

RECORD: "Ramona" - Hoor 691 RAMONA -- By Koit & Helen Tullus, Sunnyvale, CA (Slow to 42)
POSITION: Intro-Diag Open-Fog; Dance-CP M fog LOD; SEQUENCE: A, A, B
FOOTWORK: Opposite

MEASURES

INTRODUCTION

1-4 Diag Open-Fog trailing hds jnd WAIT 2 MEAS;; STEP APT,PT,-; TOG TO CP,TCH,-;

PART A

1-4 FWD WALTZ; MANUV,2,3 CP; SPIN TRN R,2,3; BK SIDE,CLOSE;

1..CP fog diag wall & LOD fwd L,diag fwd & side R,cl L to R;

2..Maneuver R,L,R to CP fog RLOD;

3..Step bwd L trng RF 1/2 leave L extended,fwd on R heel rise on toe cont RF trn to face diag wall & LOD leave L leg ext rec swd & bk on L(W fwd between M's ft R heel to toe trng RF, swd & bk LOD & wall on L cont trn on toe, brush R to L like a pendulum then fwd between M's ft on R) end CP M fog diag LOD/Wall;

4..Bwd diag COH & RLOD R trn 1/4, swd L,cl R to L end CP M fog diag LOD & COH;

5-8 OPEN TELEMARK; PROMENADE RONDE; R LUNGE POINT to WHISK; OPEN NATURAL TURN;

5..CP M fwd L trng body LF cont LF trn on L toe, step swd R slightly around W on toe, cont LF trn on R toe & leave L leg ext with L toe in contact with floor & step swd L twd LOD blending SCP fog diag wall & LOD (W bk R, bring L to R no wt trng LF on R heel to face LOD, transfer wt to L toe cont LF trn to face COH,swd twd LOD & wall blending to SCP); NOTE: W keep head trnd to L until Ct 3

6..(Promenade Ronde)R fwd & relax R knee, wt on R start fan on L ft clockwise twd COH & LOD, cont & close to R(use a slight rise as the ft closes)mainly body rise;

7..(R Lunge Point to Whisk)Relax L knee & keep wt on L ft, as the R ft moves twd RLOD & COH to pt, take wt on R, & step L ft behind R as in Whisk; (Meas 6-7 W do counterpart: fwd L relax L knee, wt on L start fan on R ft CCW twd wall & LOD, cont & close to L -- use also slight body rise as ft closes; Relax R knee & keep wt on R, as L ft moves twd RLOD & COH to pt, take wt on L, step R behind L;)

8.. (Open Natural Trn)M step fwd R, cross over to BJO L, step bk R in Bjo fog diag RLOD & COH; (W fwd L,fwd R &,fwd L in smaller steps allowing M to cross over to BJO;)

9-12 CHASSE TO RIGHT; PIVOT,2,3; SYNCOPATED BWD LOCKS; BACK,SIDE,HINGE;

9..Step L bk trng 1/8 RF to face COH,side R/close L to R,side R & twd LOD still trng RF(W step R fwd, trn 1/8 RF to face wall,side L cl R to L,side L & twd wall almost fog RLOD);

10..Pivot in three trng 1/4 RF to face the wall in CP(one & one quarter RF);

11..Blend to MOD BJO(contrabody pos) step R bk/cut L IF of R, R bk, cut L IF (W fwd L/lock R behind L,fwd L,lock R behind L); -Count one & two three.

12..Step R bk,L swd LOD, leaving R ft ext flex L knee twist body LF to contrabody (W fwd L,side R twd LOD, trn LF to face RLOD step bk L);

13-16 HOVER TELEMARK; THRU,FACE,CLOSE; SPIN TRN; 1/2 BOX BK;

13..M recov on R(W rec on R face M),M hovers on R as W steps side on L twd wall, M fwd L trn W to SCP face LOD;

14..SCP fog LOD thru on R maneuver to CP fog RLOD R,L,R;

15-16.Repeat Meas 3 & 4;;

PART B

1-4 DOUBLE REVERSE SPIN; WHISK; PROMENADE WEAVE;;

1..M fwd L trng 1/4 LF to face COH,step R LOD slightly arnd W bringing L to R with tch rise high on R toe,& spin LF to end fog wall in CP (W bk R trng 3/8 LF on R heel bringing L to R no wt, transfer wt to L while cont trn, step side with quick R arnd M, cont trn R crossing L IF R(Q) taking wt on L -- the timing for W is R, L/R,L);

2..(Whisk) M fwd L,side R with slight rise, XLIB on R(W XIB) SCP (Narrow"V") fog diag LOD & COH rise on toes;

3-4.(Promenade Weave) Fwd Rstarting LF trn, fwd L trng to MOD BJO, bwd R to BJO M fog RLOD; Bwd L LOD, R trng LF to face wall still in BJO, swd twd LOD on L Bjo M fog diag LOD & wall;

5-8 MANUV; OPEN IMPETUS TO SCP; WING; CLOSED TELEMARK;

5..Maneuver to CP M fog RLOD R,L,R;

6..(Open Impetus)CP M fog RLOD bk L trn 3/8 RF, heels tog in place on R, fwd L SCP diag to COH & LOD (W fwd R,picoting 1/2 RF arnd M on L to SCP,fwd R);

7..Fwd R small step, draw L to R, tch no wt (W walk arnd M L,R,L) end SCAR M fog diag LOD & COH;

8..(Closed Telemark to BJO) Fwd L trng 1/4 LF,fwd R trng 1/4 LF stepping arnd W,fwd L cont LF trn to BJO fog diag wall & LOD(W bk R trng 1/4 LF,step side on L cont LF trn,bk to R to BJO fog COH & RLOD);

9-12 FWD,FWD/LOCK,FWD; MANUV; SPIN TURN; 1/2 BOX BK;

9-12.Fwd R in Bjo,fwd L/XRIB,fwd L; Manuv to CP M fog RLOD R,L,R; Repeat Meas 3&4;;

13-16 (L)TRN WALTZ; (L)TRN WALTZ; VINE TWIRL,2,3; APART.

13-14.CP M fog LOD start fwd on L & do a complete 1/4 waltz trn in 2 meas end CP wall;;

15-16.Vine Twirl L,R,L; Step Apart & the same time change hnds for ACK.

SEQUENCE: A, A, B