

REACH FOR THE STARS

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RECORD: Telemark 4721 B

SEQUENCE: INTRO A B A B A TAG

INTRODUCTION

- 1-4 (CP fac LOD)WAIT; WAIT; DIP, -, -; RECOV, FWD, FWD;
1,2 WAIT 2 meas in CP ; ;
3-4 DIP twd RLOD, hold ct. 2 & 3; Recover fwd M's R, continue fwd L, R;

PART A

- 1-4 FWD WALTZ; MANUV, SID, CLOS; SPIN TURN, 2, 3; BK, SID, CLOS;
1 (CP fac Wall & LOD) Fwd Waltz L, R, L;
2 Manuv, sid, clos fac RLOD R, L, R;
3 (Spin Turn) Bk L LOD pivot 1/2 RF, fwd on R heel rise to Toe trn RF M fac Wall & LOD, Recov Sid & Bk on L toe (W fwd R heel to toe & pivot 1/2 RF, Sid & bk on L toe LOD & Wall, Brush R to L fwd L on toe between M's feet);
4 Bk R COH & RLOD trn RF, sid L COH & RLOD, Clos R to L (CP COH & LOD);
- 5-8 OPEN TELEMAR; NATURAL TELEMAR; CROSS SCAR, RECOV, SCP; QUICK OPEN REVERSE TURN;
5 (Open Telemark) CP COH & LOD Fwd L heel to toe start LF trn, continue trn side R twd COH & RLOD on Toe leave L leg extended, Side & fwd L twd Wall & LOD on toe blend narrow V SCP (W R bk COH & LOD commence LF trn, Bring L to R no weight trning on R heel transfer weight to L, side & fwd R twd Wall LOD.
6 (Natural Telemark) (SCP) Fwd R Wall & LOD commence RF trn, sid L Wall & LOD, continue RF trn sid R LOD continue trn CP M fac COH & LOD (W fwd L Wall & LOD, Fwd R between M's feet, sid L LOD & Wall);
7 (X Body Check) X LIF of R small step on TOE to slight SCAR M fac Wall & LOD M's head trn to L (W XRIB of L small step on TOE trn Head to R), M Recovers o R TOE, Sid L COH & LOD to Contra Bjo (as W recover on L trn head to L);
8 (Quick Open Reverse Trn) Contra Bjo fwd R, fwd L trn LF/sid R LOD blend CP fac COH, Bk L LOD in Contra Bjo;
- 9-12 BK, SID, HINGE; OPEN HOVER, 2, SCP; THRU CHASSEE (Contra Bjo); MANUV, SID, CLOS;
9 (Contra Bjo) Bk R LOD blend CP, long step L sid & slightly fwd LOD, leave R leg extended relax & veer both knees twd Wall trning body LF twd W (W fwd L LOD, Sid R LOD, X LIB twd LOD keep L heel off floor head trned well to L); NOTE: M does a side lunge as W does a L Whisk, M 2 steps, W 3 steps.
10 (Open Hover) M recover R RLOD to fac Wall & Hover cts 1, 2, Recover sid LOD on L toe blend to SCP LOD (W recover on R fac COH, sid L on toe RLOD Hover & Brush R to L, Sid & fwd L SCP LOD);
11 (SCP LOD) Thru R fac partner, sid L/clos R to L, Sid L to Contra BJO Wall LOD;
12 (Manuv) Fwd R in Bjo trn RF sid L LOD & Wall, Clos R to L (CP RLOD);
- 13-16 SPIN TRN; BK, SID, CLOS; LF TRN WALTZ; LF TRN WALTZ;
13-14 REPEAT Meas 3 & 4 PART A end CP LOD & COH
15-16 TWO LF trning Waltz end CP LOD & Wall;

PART B

- 1-4 WHISK; WING; OPEN TELEMAR; SCP CHASSEE;
1 (CP Wall & LOD) (Whisk) Fwd L heel, Sid & fwd R toe, XLIB of R loosely (not a hook) on toe blend SCP fac COH & LOD;
2 (Wing) Thru R LOD & COH, draw L to R & Teh for 2 cts trning LF to fac COH & LOD (W thru L, Fwd R, L around M to SCAR end W; s feet NOT CLOSED);
3 (Open Telemark) (SCAR) M fwd L commence LF trn, continue trn sid R RLOD & COH partners now in CP M fac Wall & RLOD, Sid L twd Wall & LOD blend SCP (W bk R commence LF trn, bring L to R no weight & trn on R heel transfer weight to L, sid & fwd R blend narrow V SCP);
4 (Remain in SCP) (Chassee) Thru R LOD & Wall, Fwd L/clos R to L, Fwd L;

REACH FOR THE STARS(Cont'd)
PART B(cont'd)

- 5-8 (Transition)M X OVER,FAC COH,TCH;(Same foot Lunge)REACH,LUNGE,SWAY;SPOT SPIN,-,CLOS,HOVER TELEMAR(SCP);
- 5 (Transition)(SCP Wall & LOD)M fwd R XIF of W trn RF,continue Trn Sid L Wall & LOD,Continue trn to fac COH tch R to L no weight (W keeping head to R in SCP W fwd L,Fwd R between M's feet,clos L near R)
- 6 (Same Foot Lunge)(CP M fac COH W facRLOD)M relax L knee trn head left tilt upper part of body twd RLOD sliding inside edge of R long step LOD & slightly fwd twd COH leave L leg extended,cts 2 & 3 roll weight onto flat R relaxing R knee L leg extended upper body straight(no tilt)M looks at W (W relax L knee looking RLOD slight tilt fwd slide R bk cross well in Bk of L toes pointing Wall & RLOD,cts 2,3 trn head to L roll weight on to R L leg extended & tilt(or sway) slightly to left);
- 7 (Spot Spin)M recover on L relaxing L knee & spoin LF to CP LOD,-,clos R near L(W recover on L trning LF,continue LF trn step sid R twd COH,clos L to R);NOTE: M has 2 changes of weight L,R and W has 3 - L,R,L.
- 8 (Hover Telemark)(CP LOD)Diag fwd L X slightly IF of R,Sid R LOD & Wall on Toe tilt upper body to Wall & LOD & Hover M look at W,recover sid LOD & COH blending SCP(W bk R wall & LOD X slightly IB of L,sid L LOD & Wall head to L & tilt upper body to Wall & LOD & Hover,Recover on R to SCP;
- 9-14 (SCP)WEAVE,2,3;4,5,6 to Contra Bjo;MANUV,SID,CLOS;SPIN & TWIST;BK,SID,CLOSE;
- 9,10 (SCP fac LOD & COH(Weave)Thru R commence LF trn,Fwd L trn LF(W sid & Bk on R twd RLOD & COH fac M in CP),Sid R COH & LOD in CP;Blend Contra Bjo Bk L twd COH & LOD,Bk R LOD & COH blend CP & trn LF 1/4,Fwd L Wall & LOD in Contra Bjo;
- 11 (Contra Bjo)Manuv Fwd R,Sid L LOD & Wall,Clos R to L CP RLOD;
- 12,13(Spin & Twist)M Bk L pivot 1/2 RF,Fwd R heel to toe Trn RF,Sid LOD around W on L toe CP Wall; Quickly XRIB of L & Twist RF on both feet 1/8,ct 2 transfer all weight to R & rise on toe trn to fac LOD CP,continue RF trn on R toe step sid & bk COH & RLOD on L toe (CP LOD & Wall): (W fwd R between M's feet heel to toe pivot RF 1/2,Bk L toe continue trn, continue trn on L heel & clos R to L(CP W fac COH); W run fwd arnd M quick L/quick R,fwd L trn to fac ptrn(CP),W brush R to L & fwd R between M's feet); NOTE: Timing can be either:1,2,3;&/1,2,3; OR 1,2,3;1/8,2,3;
- 14 (CP)Bk R twd COH & RLOD trning LF,sid L twd COH,clos R to L(end CP LOD);
- 15-18 DBLE REVERSE SPIN;CURVING THREE;BK,CHASSEE TO SCP;PICKUP,2,3(CP LOD & Wall);
- 15 (Dble Reverse Spin)CP LOD M fwd L trn LF 1/4,small step sid R twd LOD slightly arnd W,rise on toe of R while spinning LF to fac LOD tch L to R (maintain balance by keeping pressure on L toe during spin)(W bk R(heel trn)bring L to R no wt,transfer wt to L toe continue LF trn to fac COH/sid & slightly bk R twd LOD,still trning LF XLIF of R)end CP LOD;(Count: M-1,2,spin; W-1,2/&,s;(Remain in CP throughout figure).
- 16 (Curving Three)(Make a half circle to L)Fwd L heel lead trn LF strong body trn,Fwd R curving LF rise on R toe & lift R side of body,maintaining R sid of body lift fwd L high on toe(W bk R trn LF strong body trn,Bk L curving LF,XRIB of L high on toe ; W's head trn to R on cts 2 & 3) End fac RLOD.
- 17 Bk R RLOD & COH,(SCP Chassee)Sid L.twd Wall & LOD/clos R to L,Sid L(SCP);
- 18 Fwd R (pick W up to CP),Fwd L,R(CP LOD Wall);

T A G

- 1-3 WHISK;THRU,SID,CLOS;APART TO ACK;
Repeat MEAS 1 PART B; Step thru LOD,sid,clos to fac ptrn;STEP APART to aCK as music retards;

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