

La Mer

(Beyond The Sea)



Choreographers: Kenji & Nobuko Shibata, 820 Ryan Place #144, Pleasant Hill, CA
 94523-5177 Phone: (925) 609 - 7801 e-mail: knshibata@juno.com
 Music: Available from choreographers on Mini-Disc
 Speed: 32 BPM as on MD
 Footwork: Opposite, directions for man (lady as noted)
 Timing: **SQQ** except where noted [Note: Timing indicates weight changes only]
 Rhythm & Phase: Slow Two Step soft VI
 Sequence: **Intro - A - A - Bridge - B - B - A(1-22) - Ending**

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Meas

INTRO

1-4 WAIT; FOLD ARMS; BODY ROLL; W ROLL to FC;

- 1 Wait in SHADOW Pos both fcg WALL wgt on L (W wgt on R) L-hnds jnd & extended sd M's R-hnd at W's bk W's R-hnd extended sd;
- 2 **{Fold Arms}** Using 4 counts fold jnd L-hnds IF of W's body slowly (W fold R-hnd IF of body too);
- 3 **{Body Roll}** Using 4 counts roll body CCW with broken sway from waist to left & fwd - left - left & bk - bk - right & bk - right - right & fwd -straight up while winding jnd L-hnds CCW sd & fwd - sd - sd & bk - straight up - down to match body roll;
- 4 **{W Roll to Fc}** XRIB leading W trm LF, -, sd L, XRIF (W sd L comm trng LF 1/2, -, cont trng LF to fc sd R, XLIF) end in OP Fcg Pos M fcg WALL no hnd jnd;

PART A

1-4 BASIC L; OPEN BREAK w/ R-HND SHAKE; SKATERS WHEEL RF; W ROLL to M'S SKATERS;

- 1 **{Basic L}** Assuming CP M fcg WALL sd L, -, XRIB, rec L;
- 2 **{Open Break w/ R-hndshake}** Sd R joining R-hnds free L-hnds extended sd, -, apt L, rec R;
- 3 **{Skaters Wheel RF}** Fwd L trng RF 1/4 leading W trm LF to SKATERS Pos both fcg RLOD R-hnds jnd & placed at W's R-hip L-hnds jnd & extended sd, -, wheel RF fwd R, fwd L to fc COH (W fwd R trng LF 1/4 to SKATERS Pos fcg RLOD, -, wheel RF bk L, bk R) end in SKATERS Pos both fcg COH;
- 4 **{W Roll to M's Skaters}** Fwd R cont trng RF to fc LOD releasing L-hnds, -, XLIF, sd R joining L-hnds (W bk L cont trng RF to fc LOD, -, bk R comm roll RF bhnd M, cont rolling RF to fc LOD sd & fwd L) end M's SKATERS Pos both fcg LOD R-hnds jnd & placed at M's R-hip L-hnds jnd & extended sd;

5-8 W ROLL to VARS; BK BREAK; TUCK & SPIN RF; FWD BREAK;

- 5 **{W Roll to Vars}** M's SKATERS Pos both fcg LOD bk L releasing R-hnds, -, XRIB, small sd L joining R-hnds on W's R-shoulder (W fwd R comm rolling RF, -, fwd L cont rolling RF, sd & bk R) end in VARS Pos both fcg LOD R-hnds jnd on W's R-shoulder L-hnds jnd & extended sd;
- 6 **{Bk Break}** Bk R, -, bk L flexing knee, rec R;
- 7 **{Tuck & Spin RF}** Fwd L leading W slightly trm in LF, -, leading W trm RF w/ jnd R-hnds & release hnds fwd R, cl L (W fwd R slightly trng LF to fc DLC, -, fwd L comm spinning RF 1-5/8, step R almost in pl cont spin RF to fc M) end OP Fcg Pos M fcg LOD no hnd jnd;
- 8 **{Fwd Break}** Joining lead hnds sd & fwd R, -, fwd L flexing knee w/ checking action, rec R;

9-12 BK TRAVELING X CHASSE w/ INSIDE ROLL; DBL RONDE; TWIST TRN W INSIDE TRN to SHAPE; W SPIN LF to SHADOW;

- 9 **{Bk Traveling X Chasse w/ Inside Roll}** LOP Fcg M fcg LOD bk L, -, raising jnd lead hnds to lead W trm LF under jnd lead hnds sd R trng RF to fc WALL, XLIF assuming loose CP (W fwd R, -, fwd L comm trng LF under jnd lead hnds, sd R cont trng LF to fc M) end in loose CP M fcg WALL;

PART A (cont'd)

- 10 {**Dbi Ronde**} Sd & fwd R btwn W's ft comm trng RF 3/4 ronde L CW, -, cont trng RF sd & fwd L around W, XRIB (W sd & fwd L around M comm trng RF 3/4 ronde R CW, -, cont trng RF XRIB, sd & fwd L) end momentary in loose CP M fcg LOD;
- 11 {**Twist Trn W Inside Trn to Shape**} Raising jnd lead hnds to lead W trn LF under lead hnds
(W S --) twist trn RF on both ft to fc WALL, -, shifting wgt to R slightly flex knee extending L sd & bk to shape twd W, - (W fwd R trng LF 1/2 to fc LOD, -, shape toward M looking at M L-ft extended fwd L-hnd straight up, -);
- 12 {**W Spin LF to Shadow**} Straightening R-knee raise jnd lead hnds to lead W spin LF under
(W SS) jnd lead hnds, -, hold joining L-hnds, - (W fwd L spinning LF under jnd lead hnds to fc DLW, -, cl R, -) end in SHADOW Pos both fcg DLW L-ft free for both L-hnds jnd & extended sd M's R-hnd at W's bk W's R-hnd extended sd; (now same footwork)
- 13-16 SHADOW DIAMOND TRN w/ INSIDE ROLL;;;:**
- 13-14 {**Shadow Diamond Trn w/ Inside Roll**} SHADOW Pos both fcg DLW L-ft free for both fwd L comm trng LF 1/4, -, sd & bk R cont trng LF to fc DLC, bk L; Bk R comm trng LF 1/4, -, raising jnd L-hnds to lead W trn LF sd & fwd L cont trng LF to fc DRC, fwd R (W bk R trng LF 1/4 to fc DRC, -, fwd L comm trng LF one full trn under jnd L-hnds, bk R cont trng LF to fc DRC) end in SHADOW Pos both fcg DRC;
(Option: W's Inside Roll can be omitted, in that case, W takes the same steps as M.)
- 15-16 Repeat Meas 13-14 of Part-A starting both fcg DRC end in SHADOW Pos both fcg DLW;;
- 17-20 SHADOW TRAVELING X CHASSES;; SOLO TRNS to SHADOW;;**
- 17-18 {**Shadow Traveling X Chasses**} SHADOW Pos both fcg DLW fwd L, -, sd R curving LF to fc DLC, XLIF; Fwd R twd LOD, -, sd L curving RF to fc DLW, XRIF;
- 19-20 {**Solo Trns to Shadow**} Releasing hnds fwd L twd LOD comm trng LF, -, cont trng LF to fc RLOD sd & bk R, bk L end in LOP both fcg RLOD no hnd jnd; Bk R twd LOD comm trng LF, -, cont trng LF to fc LOD sd & fwd L, fwd R assuming SHADOW Pos both fcg LOD;
- 21-24 W OUT to FC M TRANS; X-HND UNDERARM TRN to MODIF BOLERO-BJO; QK WHEEL 4; W ROLL RF to FC;**
- SS 21 {**W Out to Fc M Trans**} SHADOW Pos both fcg LOD fwd L w/ checking releasing R-hnd, -,
(W SQQ) rec R, - joining R-hnds over L-hnds (W fwd L, -, fwd R trng LF 1/2 to fc M, rec L) end in OP Fcg Pos M fcg LOD X-Hnd hold R-hnds over L-hnds; (now opposite footwork)
- 22 {**X-Hnd Underarm Trn to Modif Bolero-Bjo**} Bk L, -, trng RF 1/4 to fc WALL sd R raising jnd R-hnds to lead W trn RF, rec L raising jnd L-hnds releasing R-hnds (W fwd R comm trng RF 1-1/4, -, fwd L cont trng RF under jnd R-hnds, cont trng RF fwd R small step to fc COH);
- QQQQ 23 {**Qk Wheel 4**} Assuming Modif Bolero-Bjo Pos M fcg WALL jnd L-hnds over head R-hnds around ptr's waist wheel RF 3/4 fwd R, fwd L, fwd R, fwd L to fc LOD (W wheel RF 3/4 fwd L, fwd R, fwd L, fwd R to fc RLOD w/ checking action);
- 24 {**W Roll to Fc**} Leading W roll RF w/ R-hnd fwd R releasing L-hnds, -, trng RF 1/4 to fc WALL sd L, XRIF (W bk L comm rolling RF 1-1/4, -, cont rolling RF sd R, sd L cont rolling RF to fc M) end in OP Fcg Pos M fcg WALL no hnd jnd;

BRIDGE

1-2 BK SHOULDER to SHOULDER;;

- 1-2 {**Bk Shoulder to Shoulder**} OP Fcg Pos M fcg WALL no hnd jnd RF sd L comm trng RF, -, cont trng RF to fc RLOD in SCAR Pos bk R touching L-hnd at W's R-waist, rec L trng LF 1/4 to fc WALL (W sd R comm trng RF, -, cont trng RF to fc LOD fwd L touching L-hnd at M's chest, rec R trng LF to fc M); Sd R comm trng LF, -, cont trng LF to fc LOD bk L in BJO touching R-hnd at W's L-waist, rec R trng RF 1/4 to fc WALL (W sd L comm trng LF, -, cont trng LF to fc RLOD fwd R touching R-hnd at M's chest, rec L trng RF to fc M) end in OP Fcg Pos M fcg WALL;

PART B

1-4 UNDERARM TRN; OPENING OUT 3 TIMES;;;

- 1 {Underarm Trn} OP Fcg Pos M fcg WALL joining lead hnds sd L, -, XRIB raising jnd lead hnds to lead W trn RF under jnd lead hnds, rec L joining trailing hnds (W sd R, -, XLIF comm trng RF under jnd lead hnds, rec R cont trng RF to fc M) end in BFLY M fcg WALL;
- S - - 2-3 {Opening Out 3 Times} Cl R, -, flexing R-knee extend L sd twd LOD shaping twd ptr trailing hnds high lead hnds low, straighten R-knee (W sd L trng RF 1/4 to fc LOD, -, bk R, rec L); Cl S - - L, -, flexing L-knee extend R sd twd RLOD shaping twd ptr leading hnds high trailing hnds low, straighten L-knee (W fwd R trng LF 1/2 to fc RLOD, -, bk L, rec R);
- (W SQQ)
- (W SQQ)
- 4 Repeat Meas 2 of PART-B end in L-shaped BFLY M fcg WALL W fcg LOD;

5-8 REV ROPE SPIN to OP; ROLL IN to WRAP; W ROLL OUT to FC; FWD BREAK;

- 5 {Rev Rope Spin to OP} Cl L raising jnd trailing hnds to lead W spiral LF, -, releasing lead hnds fwd R under jnd trailing hnds, trng RF to fc RLOD sd L small step (W fwd R spiraling LF one full trn under jnd trailing hnds, -, fwd L comm curving LF bhnd M, fwd R cont curving LF to fc RLOD) end in OP both fcg RLOD;
- 6 {Roll In to Wrap} Bk R leading W fwd & trn LF, -, rec L cont leading W trng LF, fwd R (W fwd L comm trng LF one full trn, -, cont trng LF step almost in pl R, L) end in One-Hnd WRAPPED Pos both fcg RLOD jnd trailing hnds at W's R-waist M's L-hnd extended sd W's L-hnd folded across body;
- 7 {W Roll Out to Fc} Fwd L leading W slightly trn in LF, -, leading W trn RF w/ jnd trailing hnds & release fwd R, cl L (W fwd R slightly trng LF to fc DLC, -, fwd L comm roll RF, cont trng RF to fc M bk R) end in OP Fcg Pos M fcg RLOD no hnd jnd;
- 8 {Fwd Break} Joining both hnds sd & fwd R, -, fwd L flexing knee w/ checking action, rec R;

9-12 BK TRAVELING X CHASSE; W ROLL to TANDEM; BODY ROLL; W ROLL to FC;

- 9 {Bk Traveling X Chasse} BFLY M fcg RLOD bk L, -, slightly trng RF sd & bk R, XLIF (W fwd R slightly trng RF, -, sd & fwd L, XRIF);
- SQ - 10 {W Roll to Tandem} Bk R raising jnd lead hnds to lead W trn LF, -, trng LF to fc WALL sd L twd LOD, tch R lowering jnd lead hnds (W fwd L comm trng LF under jnd lead hnds, -, cont Trng LF sd R twd LOD, cont trng LF on R tch L) end in WRAPPED TANDEM Pos both fcg WALL M bhnd W;
- 11 {Body Roll} Joining L-hnds repeat Meas 3 of INTRO;
- 12 {W Roll to Fc} Repeat Meas 4 of INTRO;

END

1-6+ WHEEL 6;; W TRN TRANS TO SHADOW; CURVING WALKS; BK to SHADOW SD LUNGE;..

- 1-2 {Wheel 6} Assuming Modif Bolero-Bjo Pos M fcg WALL jnd L-hnds over head R-hnds around ptr's waist fwd R comm wheel RF 1-1/4, -, fwd L, fwd R; Cont wheel RF fwd L, -, fwd R, fwd L (W fwd L comm wheel 1-1/4, -, fwd R, fwd L; Cont wheel RF fwd R, -, fwd L, fwd R w/ checking action) end in Modif Bolero-Bjo Pos M fcg RLOD;
- S - - 3 {W Trn Trans to Shadow} Fwd R swiveling RF 1/4 to fc COH leading W trn RF under jnd L-hnds, -, pt L sd twd RLOD, - (W bk L comm trng RF 3/4 under jnd L-hnds to fc COH, -, cl R cont trng RF to fc COH, pt L sd twd RLOD) end in Shadow Pos both fcg COH L-ft free for both;
- (W SQ -)
- (now same footwork)
- 4 {Curving Walks} Fwd L comm curving LF 1/4, -, fwd R cont curving LF, fwd L twd RLOD w/ checking action;
- SS - - - 5-6+ {Bk to Shadow Sd Lunge} Bk R comm trng LF, -, cont trng LF to fc WALL sd L twd, -; Flex L-knee shape upper body twd LOD, -, hold as music fades out