

From Sarah with Love

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Music: "From Sarah With Love", Artist: Sarah Connor, CD XCL 6720582, Track #1
cut original music from 9.48sec to 37,37sec, then timewarp to 90%
Footwork: for man, lady opposite or in ()
Sequence: Intro – A B C – Int – A B – A D – A B – End
Rhythm/Phase: Slow Two-step, Phase IV + 1 (triple traveller) 6/2006, Rev. 1.0

INTRO

1 WAIT (LOOSE CP),,;
1 in loose CP WALL wait 2 beats & 1 measure,,;
2 – 5 BASIC;; 2 LUNGE BASICS;;
sqq, sqq 2-3 {basic} sd L, -, XIB R, rec L; sd R, -, XIB L, rec R to BFLY WALL;
sqq, sqq 4-5 {2 lunge basics} sd L w/lunge action,-, rec R, XIF L; sd R,-, rec L, XIF R;
6 SIDE DRAW CLOSE:
ss 6 {sd draw cl} sd L, draw R to L, cl R to loose CP Wall, -;

PART A

1 – 4 BASIC TO PU;; L TRN INSIDE ROLL; BASIC ENDING;
sqq sqq 1-2 {basic} sd L, -, XIB R, rec L; sd R, -, XIB L, rec R to PU;
sqq 3 {L trn w/insd roll} fwd L comm ¼ LF trn, -, sd R, XIF L to BFLY fc COH;
(W: bk R comm ¼ LF trn, -, sd L cont LF trn under lead hnds, sd R);
sqq 4 {basic ending} sd R, -, XIB L, rec R to BFLY;
5 – 8 2 LUNGE BASICS TO MANUV;; R TRN OUTSIDE ROLL; BASIC ENDING;
sqq, sqq 5-6 {2 lunge basics} repeat Intro meas. 4-5 turn to manuver;;
sqq 7 {R trn w/outsd roll} bk L comm ¼ RF trn, -, sd R, XIF L to BFLY WALL;
(W: fwd R comm. ¼ RF trn, -, sd L cont RF trn under lead hnds, sd R);
sqq 8 {basic ending} repeat Part A meas. 4 to low BFLY fc LOD;*
* only 3rd time to ½ OP LOD

PART B

1 – 4 4 TRAVELING CROSS CHASSES TO BFLY;;;;
sqq 1 {4 trav X chasses} in low BFLY fwd L trn ¼ LF DLC, -, sd R, XIF L (W: XIF R);
sqq 2 fwd R trn ¼ RF DLW, -, sd L, XIF R (W: XIF L);
sqq 3 fwd L trn ¼ LF DLC, -, sd R, XIF L (W: XIF R);
sqq 4 fwd R trn ¼ RF DLW, -, sd L, XIF R (W: XIF L) to BFLY fc WALL;
5 – 8 2 OPEN BASICS;; L TRN INSIDE ROLL; BASIC ENDING;
sqq 5 {2 op basics} sd L to left ½ OP, -, XIB R, rec L to fc prtn;
sqq 6 sd R to ½ OP, -, XIB L, rec R to PU fc LOD;
sqq 7 {L trn w/insd roll} repeat Part A meas. 3;
sqq 8 {basic ending} repeat Part A meas. 4;
9 – 12 BASIC;; L TRN INSIDE ROLL; BASIC ENDING;
sqq 9-10 {basic} repeat Intro meas. 2-3 to PU;
sqq 11 {L trn w/insd roll} repeat Part A meas. 3;
sqq 12 {basic ending} repeat Part A meas. 4 to PU LOD;**
** 2nd time to BFLY

PART C

1 – 4 TRIPLE TRAVELLER;;; BASIC ENDING:

sqq	1	{triple traveller} fwd L lead W to trn under lead hnds, -, fwd R, fwd L;
sqq	2	fwd R spiral LF under joined hnds, -, fwd L, fwd R;; (W: bk R trn ¼ LF, -, sd & fwd L cont. trn ½ LF, sd & fwd R trn fc LOD; fwd L, -, fwd R, fwd L;)
sqq	3	fwd L bring lead hnds down & bk to lead W trn, -, fwd & sd R, XIF L; (W: fwd R trn RF, -, sd L trn RF, fwd R to fc;)
sqq	4	{basic ending} repeat Part A meas. 4 to BFLY COH;

5 – 6 2 LUNGE BASICS TO PU RLOD;:

sqq, sqq	5-6	{2 lunge basics} repeat Intro meas. 4-5 to PU RLOD;
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7 – 10 TRIPLE TRAVELLER;;; BASIC ENDING:

	7-9	{triple traveller} repeat Part C meas. 1-3;;;
	10	{basic ending} repeat Part C meas. 4 to BFLY WALL;

11-12 2 LUNGE BASICS TO FC;:

	11-12	{2 lunge basics} repeat Intro meas. 4-5 to loose CP WALL;
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INTERLUDE

1 – 2 SLOW SIDE DRAW TOUCH L & R;:

ss	1	{sl sd draw tch L} sd L, draw R to L, tch R, -;
ss	2	{sl sd draw tch R} sd R, draw L to R, tch L, -;

PART D

1 – 4 SWITCHES;; 2X;:

sqq	1	{switches} fwd L XIF of W comm RF trn, -, fwd R to left ½ OP, fwd L; (W: fwd R, -, fwd L, fwd R to left ½ OP;)
sqq	2	fwd R, -, fwd L, fwd R to ½ OP; (W: fwd L XIF of M comm RF trn, -, fwd R to ½ OP, fwd L;)
	3-4	{2x} repeat Part D meas. 1-2 to loose CP WALL;;

5 – 8 SIDE BASIC; REV UNDERARM TURN; UNDERARM TURN; BASIC ENDING ½ OP:

sqq	5	{sd basic} sd L, -, XIB R, rec L;
sqq	6	{rev underarm trn} sd R lead hands joined release trail hands, -, XIF L, rec R; (W: sd L start LF trn under joined lead hands, -, fwd trn R continue LF trn, rec trn L to face man)
sqq	7	{underarm trn} sd L still lead hands joined, -, XIB R, rec L; (W: sd R start RF trn under joined lead hands, -, fwd trn L continue RF trn, rec trn R to face man)
sqq	8	{basic ending} repeat Part A meas. 4 to ½ OP;;

9 – 12 SWITCHES;; 2X;:

	9-12	{switches, 2x} repeat Part D meas. 1-4;;;
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13-16 SIDE BASIC; REVERSE UNDERARM TURN; UNDERARM TURN; BASIC ENDING:

	13-14	{sd basic; rev underarm trn} repeat Part D meas. 5-6;;
	15-16	{underarm trn; basic ending} repeat Part D meas. 7-8 to loose CP WALL;;

ENDING

1 – 4 2 OPEN BASICS;; DRIFT APT & PT:

sqq sqq	1-2	{2 op basics} repeat Part B meas. 5-6;;
ss	3	{drift apt & pt} apt L, -, pt R, -;