

HONOR AND RESPECT

Rhythm/Phase: Waltz, Phase 6 + 1 Unphased (Double Eggbeater Turn)
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Music: "Honor And Respect" - Alessandro Olivato - Jesi Open 2009, The Music World Vol. 2, Track 1
Download: casa-musica.de
Time/Speed: Downloaded file: 2:24 Play at about -3.3 % (or to suit) = 43.5 "rpm"
Footwork: Opposite throughout (*Lady as noted in parentheses*).
Timing: 1,2,3 unless otherwise noted, reflects actual weight changes.
Degree of Difficulty: Average
Sequence: Intro, A, B, A[mod], B[mod]

INTRODUCTION

1-4 WAIT 1X; THRU TO HINGE; RECOVER-HOVER TO SCP; MANEUVER;

- 1 {Wait} M fc Wall with tr. ft. free & pointed RLOD with ld. hands joined & tr. arms ext. twd RLOD wait 1 measure ;
1,2,- 2 {Hinge} Thru LOD R, sd & fwd L keeping joined ld hands, trng upper body LF lower into left leg, - (*thru LOD L, (1,2,3) sd R comm trng body LF, place left ft under body then lower on left leg while ext rt ft twd RLOD*) ;
-,2,3 3 {Rec-Hov} -, Rec R rising and leading W fwd & brush L to R, Fwd L blending to SCP-DLW
(1,2,3) (*Rec-Fwd R, sd & fwd L comm trng RF, cont trng RF sd & bk R blending to SCP*) ;
4 {Maneuver} Fwd R trng RF, sd L cont turn to fc RLOD, cl R in CP-RLOD (*Sm fwd L twd DLW, sd R, cl L in CP*) ;

PART A.

1-5 OVERSPIN TURN; DOUBLE RISING LOCK; DOUBLE TELESPIN (TO SCP);;

- 1 {Overspin Turn} Bk L pivoting 1/2 RF to fc LOD, fwd R between woman's feet heel lead cont turn to fc DRW, rec sd & bk L in CP-DRW (*Fwd R between M's feet heel lead pivoting 1/2 RF, bk L cont turn to fc DLC, sd & fwd R*) ;
1,2&3& 2 {Dbl Rising Lock} Bk R trng LF, cont trn Fwd L/LkRIB, cont trn Fwd L/LkRIB to CP-DLC ;
3-5 {Dbl Telespin} Fwd L left comm LF trn, fwd & sd R cont LF trn, sd & bk L w/ partial wt keeping left sd in twd W w/ partial wt fc Wall comm LF body turn ; Fwd & sd L comm LF trn, fwd & sd R cont LF trn, sd & bk L w/ partial wt keeping left sd in twd W w/ partial wt fc Wall comm LF body turn ; Taking full wt on L spin LF, sd R cont LF trn, cont LF trn sd & fwd L blending to SCP-DLW ;
(*Bk R comm LF trn, bring L to R starting a heel turn & gradually chg wt to L cont LF trn, fwd R cont LF trn/keeping rt sd in twd M fwd L ; Bk R comm LF trn, bring L to R starting a heel turn & gradually chg wt to L cont LF trn, fwd R cont LF trn/keeping rt sd in twd M fwd L ; Fwd R comm LF toe spin, cont toe spin cl L, sd & fwd R blending to SCP-DLW ;*)

6-9 OPEN NATURAL; OUTSIDE SPIN; RT TURNING LOCK (SCP); VIENNESE CROSS;

- 6 {Op Natural} Fwd R trng RF, sd L cont turn to fc RLOD, bk R in BJO-DRC (*Sm fwd L, sd R, fwd L to BJO*) ;
7 {Outside Spin} Comm RF body trn toeing in with rt sd lead sm Bk L trng 3/8 RF, fwd R heel to toe cont RF trn, w/ 3/8 RF trn between stps 2 & 3 sd & bk L to CP 1/4 RF turn on 3 to fc RLOD
(*Fwd R comm RF trn heel to toe, cl L on toes of both feet 5/8 turn between stps 1 & 2, cont RF trn 1/4 between steps 2 & 3 fwd R between M's feet to CP 1/8 RF trn on step 3*) ;
1,2&3 8 {Rt Turning Lock} Bk R backing LOD cont RF trn/XLIF to fc COH, cont to trn upper body RF sd & fwd R between W's feet cont to trn RF, fwd L to SCP-DLC
(*Fwd L comm RF trn/XRIB, fwd & sd L staying well into M's rt arm cont RF trn, fwd R to SCP*) ;
1,2,3& 9 {Viennese Cross} Thru R, fwd L comm LF turn, sd R cont trn/XLIF fcg DRW
(1,2,3&) (*Thru L trng LF to CP, bk R cont LF trn, sd L cont turn/cl R*) ;

10-13 BACK & CHASSE TO SCP; CHAIR & SLIP; DOUBLE REVERSE (DLW); HOVER TELEMAR;

- 1,2&3 10 {Bk-Chasse} Bk R trng LF, sd L/cl R, sd L blending to SCP-DLW ;
11 {Chair-Rec-Slip} Check thru R w/ lunge action, rec L, slip R beh L trng LF blending to CP-DLC ;
1,2,- 12 {Dbl Rev} Fwd L comm LF trn, sd R w/ 3/8 LF trn between stps 1 & 2,
spin 3/8 LF between stps 2 & 3 on ball of R bringing left ft under body beside rt no wt to CP-DLW
(1,2&3) (*Bk R comm LF trn, cl L into rt heel trn trng 1/2 LF between stps 1 and 2/sd & sl bk R cont LF trn, XLIF*) ;
13 {Hov Telemark} Fwd L, Fwd R between W's feet trng sl RF, Fwd L blending to SCP-DLW ;

PART A., CONT'D

14-16 NATURAL PREP (COH); SAMEFOOT LUNGE; CHANGE SWAY;

- 1,2,- 14 {Nat Prep} Fwd R comm RF trn, sd & fwd L cont trn to fc COH, touch R to L
(1,2,3) (Fwd L comm RF trn, cl R in "L" pos fc RLOD, sd & bk L);
1,-,- 15 {Samefoot Lunge} Sd and sl fwd R looking rt w/ rt sd stretch, - , -
(1,-,-) (Bk R well under body trng body LF and looking well to left, - , -);
-,-,- 16 {Chg Sway} Chg to left sd stretch to open W's head to her rt, - , -;

PART B.

1-4 TELESPIN ENDING (SCP-DLC); RUNNING OP NAT; BK TO TUMBLE TURN; BK-CHASSE (BJO);

- 1 {Telespin Ending} Taking full wt on L spin LF, sd R cont LF trn, cont LF trn sd & fwd L blending to SCP-DLC
(Fwd R comm LF toe spin, cont toe spin cl L, sd & fwd R blending to SCP-DLC);
1&2,3 2 {Running Op Nat} Thru R comm RF trn, sd & bk L with 3/8 trn between stps 1 & 2 / bk R with 1/8 RF trn
between stps 2 & 3, bk L in BJO-DRW; (Thru L comm RF upper body trn staying well into M's rt arm
fwd R/fwd L, fwd R outside prtnr in BJO);
1&2,3 3 {Bk to Tumble Turn} Bk R trng 1/4 LF blending to CP & keeping left sd in twd prtnr/sd & fwd L, fwd R
outside partner rise rotate upper body LF bringing W in front of M, fwd L lowering with LF piv action CP-DRW
(Fwd L trng 1/4 LF blending to CP/sd & bk R, bk L under body, bk rt lowering with LF pivoting action);
1,2&3 10 {Bk-Chasse} Bk R trng LF, sd L/cl R, sd L blending to BJO-DLW;

**5-8 MANEUVER; (BK) TIPPLE CHASSE TO FACE LOD; TRAV CONTRA CHECK;
MAN CHASSE-LADY ROLL LEFT TO SKATERS;**

- 5 {Maneuver} Fwd R trng RF, sd L cont turn to fc RLOD, cl R in CP-RLOD (Bk L trng RF, sd R, cl L in CP);
1,2&3 6 {Bk-Tipple Chasse} Bk L trng RF, cont trn sd R/cl L, sd R to CP-LOD;
7 {Trav Contra Chk} Fwd L using contra body motion w/ upper body turned to the L, cl R & rise to toes,
fwd L blending to SCP-LOD (Bk R trng RF, cl L & rise to toes, fwd R blending to SCP-LOD);
1,2&3 8 {M Chasse-W Roll} Thru R, sd L/cl R, sd & fwd L to Skaters-DLW (Thru L trng 1/2 LF, cont trn sd & bk R,
cont trn sd & fwd L to M's rt sd in Skaters-DLW); Note: Next 3 meas. will start on same footwork.

9-12 SKATER RT TURNS 2X;; SHADOW SYNC WHISK; THRU TO FC - LADY IN 2 TO BFLY;

- 9-10 {Skater Rt Turns} Fwd R comm RF trn, cont trn sd L, cont trn bk R both fc RLOD;
cont RF trn Bk L, cont trn sd & fwd R, finish trn fwd L both fc LOD in Skaters;
1&2,3 11 {Shad Sync Whisk} Blending to Shad w/ ld arms ext Thru R, cl L, sd R/with RF body trn XLIB but not tightly;
(1,-,3) 12 {Thru-BFLY} Thru R twd LOD, sd L twd LOD, cl R in BFLY (Trng LF Fwd R LOD, - , cont trn cl L fcng prtnr);

13-16 DOUBLE EGGBEATER TURN;; WITH WRAPPED RT LUNGE; SIDE TO A HINGE;

- 13-15 {Dbl Eggbeater Turn w/ Wrap Rt Lunge} Sd L raising lead hands but also taking trailing hands thru twd LOD
at shoulder level, XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to
release hand hold & immediately re-join under M's R arm while trng W under trailing hands to finish in
BFLY-Wall / cl R
(1,2,3&) (Trng RF sd & fwd R, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing
hands to fc prtnr in BFLY / cl L);
14 Sd L raising lead hands but also taking trailing hands thru twd LOD at shoulder level,
XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to release hand hold
& immediately re-join under M's R arm while trng W under trailing hands to finish in BFLY-Wall
(Trng RF sd & fwd R, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing
hands to fc prtnr in BFLY);
1,-,- 15 Sd R w/ lunging action leadng W to trn RF, - , -
(&1,-,-) (Sd & fwd R trng RF 1/2, sd R w/ lunging action in wrapped pos-Wall, -) ;
1,-,- 16 {Hinge} Sd & fwd L joining ld hands, trng upper body LF lower into left leg, - , - (Sd LOD L comm LF trn,
(1,2,3) sd R LOD cont LF trn to fc RLOD, place L ft under body then lower on left leg while ext rt ft twd RLOD);

PART A (MOD.)

1-2 RECOVER-HOVER TO SCP; PICKUP-DOUBLE LOCK;

-,2,3 1 {Rec-Hov} Repeat Intro, meas. 3 ;

(1,2,3)

1,2&3& 2 {PU-Dbl Lock} Fwd R comm trng LF, cont trn fwd L/LkRIB, cont trn fwd L/LkRIB to CP-DLC
(1,2&3&) (Fwd L comm trng LF in front of prtnr, blending to CP cont trn bk R/LkLIF, cont trn bk R/LkLIF) ;

3-10 DOUBLE TELESPIN (TO SCP);;; OPEN NATURAL; OUTSIDE SPIN; RT TURNING LOCK (SCP); VIENNESE CROSS; BACK & CHASSE TO SCP;

3-10 Repeat Part A., measures 3-10.

11-13 CONTINUOUS HOVER CROSS;;;

11-13 {Cont Hov Cross} Thru R comm RF trn, sd L cont trn to CP, with strong RF trn on left sm fwd R prep to step outside prtnr ; Fwd L across R to SCAR-DLC, cl R, bk L to BJO; bk R to CP, sd & fwd L, fwd R in BJO-DLC ; (Thru L, [RF heel trn] cl R [no wt] & chg wt to R, sd L to CP; bk R to SCAR, sd L to CP, fwd R to BJO; fwd L to CP, sd & bk R, bk L in BJO ;)

PART B (MOD.)

1 HOVER TELEMAR (DLC);

1 {Hov Telemark} Starting DLC & blending to CP repeat Part A., meas. 13 ending SCP-DLC ;

2-14 RUNNING OP NAT; BK TO TUMBLE TURN; BK-CHASSE (BJO); MANEUVER; (BK) TIPPLE CHASSE TO FACE LOD; TRAV CONTRA CHECK; MAN CHASSE-LADY ROLL LEFT TO SKATERS; SKATER RT TURNS 2X;; SHADOW SYNC WHISK; THRU TO FC - LADY IN 2 TO BFLY; DOUBLE EGGBEATER TURN;;

2-14 Repeat Part B., measures 2-14.

15 WITH WRAPPED RT LUNGE & SHAPE;

1,-,- 15 {Wrap Rt Lunge & Shape} Repeat Part B., meas. 15 end shaping to prtnr W's head on M's rt shoulder ;
(1,-,-)

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Quick Cues

Waltz - Phase 6+1 Unphased (Double Eggbeater Turn)

Choreo.: Jack and Sharie Kenny

Music: "Honor And Respect" - Alessandro Olivato - Jesi Open 2009, The Music World Vol. 2, Track 1

Download: casa-musica.de

Sequence: Intro-AB-A(Mod)-B(Mod)-Ending

Speed: 44 "rpm"

INTRO: WAIT 1X; THRU TO A HINGE; REC-HOVER TO SEMI; MANEUVER;

PART A: OVERSPIN TURN; BK TO DOUBLE RISING LOCK; DOUBLE TELESPIN (SCP);;
OPEN NATURAL; OUTSIDE SPIN TO RT TURNING LOCK (SEMI);; VIENNESE CROSS;
BACK & CHASSE TO SEMI; CHAIR & SLIP; DOUBLE REV (DLW); HOVER TELEMAR;
NATURAL PREP (COH); SAMEFOOT LUNGE; CHANGE SWAY;

PART B: TELESPIN ENDING (SEMI-DLC); RUNNING OP NATURAL; BK TO TUMBLE TURN;
BACK & CHASSE TO BJO; MANEUVER; BACK TIPPLE CHASSE TO FC LOD;
TRAVELING CONTRA CHECK; MAN CHASSE-LADY ROLL LEFT TO SKATERS;
2 SKATER RT TURNS;; SHADOW SYNC WHISK; THRU TO FC-LADY IN 2 TO B'FLY;
DOUBLE EGGBEATER TURN;; w/ WRAPPED RT LUNGE; SIDE TO A HINGE;

PART A (MOD): REC-HOVER TO SEMI; PICKUP-DOUBLE LOCK;
DOUBLE TELESPIN (SCP);; OPEN NATURAL;
OUTSIDE SPIN TO RT TURNING LOCK (SEMI);; VIENNESE CROSS;
BACK & CHASSE TO SEMI; CONTINUOUS HOVER CROSS (DLC);;

PART B (MOD): HOVER TELEMAR; RUNNING OP NATURAL; BK TO TUMBLE TURN;
BACK & CHASSE TO BJO; MANEUVER; BACK TIPPLE CHASSE TO FC LOD;
TRAVELING CONTRA CHECK; MAN CHASSE-LADY ROLL LEFT TO SKATERS;
2 SKATER RT TURNS;; SHADOW SYNC WHISK; THRU TO FC-LADY IN 2 TO B'FLY;
DOUBLE EGGBEATER TURN;; w/ WRAPPED RT LUNGE & SHAPE;