

The Walk

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CHOREOGRAPHER: Barbara and Tom Buchanan, 2315 Snowflake Drive, Odenton, MD 21113

Email: barbaralou2315@gmail.com 410-991-7936

MUSIC: "Walk with Me" by Artist: Robin Spielberg, Album: By Way of the Wind, Track #7

Available as download from Amazon

RHYTHM: Waltz

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TIMING: 1 2 3 timing unless indicated and reflects actual weight changes

PHASE: PH IV + 1 (Hinge) Average Difficulty

SEQUENCE: INTRO A B A B Mod C B Mod A END

INTRODUCTION

1-4 WAIT 1 MEAS [OP FC DRW] ; SD DRAW TCH w/ ARM SWEEP ; BOW & CURTSY ; SD DRAW TCH BLEND BOL BJO [DRW] ;

1 {wait} Wait 1 Meas in OP FC DRW lead foot free ;

2 {Sd Draw Tch w/ Arm Sweep} Thru out the measure sweep trail arms down in front of body & up in CW (CCW) circle sd L, draw R to L, tch R to L (sd R, draw L to R, tch L to R) ends arms out to sd ;

3 {Bow & Curtsy} Man bow from the waist with the R arm folded in front & L arm behind (curtsy with L ft behind R and L arm folded in front of chest & R arm behind) ;

4 {Sd Draw Tch Blend Bol BJO [DRW]} Sd R, draw L to R, tch L to R (sd L, draw R to L, tch R to L) blend to Bol BJO [DRW] ;

5-8 WHEEL 6 [DRC] M CK ;; IMP [SCP] ; THRU FC CLO ;

5-6 {Wheel 6 [DRC] M CK} Wheel fwd 1 and ¼ revolution fwd L, fwd R, fwd L ; fwd R, fwd L, fwd R (R, L, R ; L, R, L) end bolero BJO ;

7 {Imp [SCP]} Blending CP Bk L start RF trn, cl R to L heel trn, fwd L (fwd R, fwd & sd L around M, fwd R) ending in SCP [DLC] ;

8 {Thru FC CLO} XRif of L, sd & fwd L, cl R (XLif of R, sd & fwd R, cl L) to CP [DLW] ;

PART A

1-4 WHISK ; WING [SCAR] ; OPEN REVERSE TURN ; BACK [to] SLOW HINGE & EXTEND ;

1 {whisk} Fwd L, sd & fwd R rotating upper body RF leading W to whisk, XLIB of R (bk R, sd & bk L, XRIB of L turning RF ¼) to SCP [DLC] ;

2 {wing [SCAR]} Thru R, draw L to R, tch L to R trng upper body LF (thru L, trng LF fwd R toward COH, cont LF trn fwd L) to tight SCAR [DLC] ;

3 {open Rev Trn} Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (back R comm LF trn, bk & sd cont LF trn, fwd R) to BJO [RLOD] ;

4 {back [to] slow hinge & Ext} bk R to CP; trng LF sd & bk L fc wall, lower on L commence L sd stretch cont L sd stretch leading W to XLBR keeping L sd in to ptr, relaxing L knee and trng R knee to sway R to look at lady (back L to CP, trng LF sd & fwd R, XLIB of R lower keeping L sd in twd ptr relaxing L knee, shoulders almost parallel to ptr, with R foot pointed to RLOD and head to left) ;

5-8 FINISH the HINGE ; HOVER M [in] 2 [SCP] ; P/U SIDE LOCK ; DRAG HESITATION ;

5 {finish the hinge} both ext L arms for one meas ;

6 {hover M [in] 2 [SCP]} hold comm slight RF trn leading W to step, recover R rising and brushing L to R, fwd and sd L (fwd R, fwd & sd L rising & brushing R to L, fwd & sd R) to SCP [DLC] ;

7 {p/u side lock} fwd R, fwd & sd L comm LF trn leading W to swing in front, cont trng LF lk RIB of L (fwd L, fwd & sd R comm LF trn, cont trng LF lk LIF of R) to CP [DLC] ;

8 {drag hesitation} Fwd L comm LF trn, side R cont LF trn draw L to R (Bk R, comm LF trn, side L cont LF trn draw R to L) to BJO ;

PART B

1-4 BACK CHASSE TWIRL [SCAR] ; CHECK FWD (W) DEVELOP ; WHIPLASH [BJO] ; IMP [SCP] ;

- 1 {back chasse twirl [SCAR]} bk L, comm RF trn sd R, Cl L to R, sd & fwd R (fwd R toeing to ptr, twirling RF sd L to face RLOD, bk R trning to face LOD, sd & bk L) to SCAR [DLC] ;
- 2 {check Fwd (W) develop} Fwd L outside of ptr checking -, (bk R, bring L foot up R leg to inside R knee, extend L foot fwd) ;
- 3 {whiplash [BJO]} Bk R trning LF pointing L foot leading W to turn LF to BJO (fwd L swiveling on L pointing R foot ending in BJO) -;
- 4 {impetus [SCP]} Bk L start RF trn, cl R to L heel trn, fwd L (fwd R, fwd & sd L arnd the M, fwd R) ending in SCP [DLC] ;

5-8 WEAVE 6 [BJO] ;; MANUV ; HESITATION CHG [DLC] ;

- 5-6 {weave 6 [BJO]} Fwd R DLC, fwd L comm LF trn, cont trn sd and slightly bk R [DRC] ; bk L LOD leading W to step outside to CBMP, bk R (CP) cont LF trn, sd & fwd L to BJO [DLW] ;
- 7 {manuv} Fwd R comm RF upper body trn, cont RF trn to face ptr sd L, cl R (bk L comm RF upper body trn, cont RF trn to face ptr sd R, cl L) ;
- 8 {hesitation chg [DLC]} comm RF upper body trn bk L, sd R cont RF trn start to draw L to R & cont drawing L to R (comm RF upper body trn fwd R, side L cont RF trn start to draw R to L & cont drawing R to L) for remainder of meas [DLC] ;

9-10 VIENESE TRNS [DLW] ;;

- 9-10 {vieneese trns [DLW]} fwd L comm LF trn, sd R cont LF trn, XLIF of R (bk R comm LF trn, sd L cont LF trn, cl L to R) ; bk R cont LF trn, sd L cont LF trn, close R to L (fwd L cont LF trn, sd R cont LF trn, XLIF of R) ; [DLW]

REPEAT PART A

PART B MOD (REPEAT PART B 1-10)

11-12 HOVER [SCP] ; THRU FC CLO ;

- 11 {hover [SCP]} Fwd L, Fwd & slight Sd R rising to ball of foot, sd & slight fwd L (Bk R, Bk and slight Sd L rising to ball of foot, sd & slight fwd R) to SCP [DLC] ;
- 12 {thru FC CLO} XRif of L, sd & fwd L, cl R to CP (XLif of R, sd & fwd R, cl L) ;

PART C

1-4 WALTZ AWAY ; PICKUP [DLC] ; TELEMAR [SCP] ; THRU [to] LT WHISK ;

- 1 {waltz away} Release lead hands trng LF bringing trail hands thru to LOD fwd L, cont slight LF trn fwd R, cl L to R (trng RF fwd R, cont slight RF trn fwd L, cl R to L) to end in bk to bk V-shape M fcing DLC & W fcing DLW;
- 2 {pickup [DLC]} thru R, fwd & sd L with LF upper body trn leading W to CP, cl R (thru L comm LF trn, fwd & sd R in front of M trning LF to CP, cl L) [DLC] ;
- 3 {telemar [SCP]} fwd L comm LF trn, sd R cont LF trn, sd & slightly fwd L (bk R comm LF trn bringing L beside R with no weight, trn LF on R heel [heel trn] & ch weight to L, sd & slightly fwd R) to end in SCP ;
- 4 {thru [to] Lt whisk} thru R to momentary SCP, sd & fwd L to CP, XRBL to Rev SCP trning upper body to L (thru L, sd & slightly bk R to CP, XLBR) ;

5-8 (W) SYNC THE UNWIND [BJO LOD] ; OUTSIDE SWIVEL & P/U ; DIAMOND TRN [DLC] [into] ;;

- 5 {(W) sync the unwind [BJO LOD]} Unwind RF on ball of R, and heel of L, cont unwind (fwd around M R, L/R, L) to BJO LOD ;
- 6 {outside swivel & p/u} bk L leaving R foot fwd & slowly lead W to swivel RF to SCP, fwd R comm LF trn leading W to swing in front (bk R ronde L foot in momentary SCP step fwd L strongly swiveling LF in front of M) ending CP [DLC] ;

7-8 {diamond trn [DLC]} fwd L trn LF on the diag, cont LF trn sd R, bk L in BJO (Bk R trn LF on the diag, cont LF trn sd L, fwd R outside ptr) ; staying in BJO & trn LF bk R, sd L, fwd R in BJO (fwd L trn LF, sd R, bk L) ;

9-12 FINISH DIAMOND TRN [DLC] ; FWD RT CHASSE [BJO] ; BK BK/LK BK ;

9-10 {finish diamond trn [DLC]} fwd L trn LF on the diag, sd R, bk L in BJO (bk R trn LF, sd L, fwd R outside ptr) ; bk R cont LF trn, side L, fwd R (fwd L trn LF, sd R, bk L) to [DLC] ;

11 {fwd rt chasse [BJO]} fwd L, sd R, cl L to R, sd & bk R (bk R trning LF, sd L, cl R to L, sd & fwd L) to BJO ;

12 {bk bk/lk bk} Bk L LOD, bk R/lk LIF of R (W lk IB), bk R ;

13-16 IMP [SCP] ; P/U SD LK [DLC] ; DIAMOND TRN [DLC] ;

13 {Imp [SCP]} Bk L start RF trn, cl R to L heel trn, fwd L (fwd R, fwd & sd L arnd the M, fwd R) ending in SCP [DLC] ;

14 {p/u sd lk [DLC]} fwd R, fwd & sd L comm LF trn leading W to swing in front, cont trng LF lk RIB of L (fwd L, fwd & sd R comm LF trn, cont trng LF lk LIF of R) to CP [DLC] ;

15-16 {diamond trn [DLC]} fwd L trn LF on the diag, cont LF trn sd R, bk L in BJO (Bk R trn LF on the diag, cont LF trn sd L, fwd R outside ptr) ; staying in BJO & trn LF bk R, sd L, fwd R in BJO (fwd L trn LF, sd R, bk L) ;

17-20 FINISH DIAMOND TRN [DLC] ; FWD RT CHASSE [BJO] ; BK BK/LK BK ;

17-18 {finish diamond trn [DLC]} fwd L trn LF on the diag, sd R, bk L in BJO (bk R trn LF, sd L, fwd R outside ptr) ; bk R cont LF trn, side L, fwd R (fwd L trn LF, sd R, bk L) to [DLC] ;

19 {fwd rt chasse [BJO]} fwd L, sd R, cl L to R, sd & bk R (bk R trning LF, sd L, cl R to L, sd & fwd L) to BJO ;

20 {bk bk/lk bk} Bk L LOD, bk R/lk LIF of R (W lk IB), bk R ;

21-22 HES CHG [to] ; DRAG HES ;

21 {hes chg [to]} comm RF upper body trn bk L, sd R cont RF trn start to draw L to R & cont drawing L to R (comm RF upper body trn fwd R, side L cont RF trn start to draw R to L & cont drawing R to L) for remainder of meas [DLC] ;

22 {drag hes} Fwd L comm LF trn, side R cont LF trn draw L to R (Bk R, comm LF trn, side L cont LF trn draw R to L) to BJO ;

REPEAT PART B MOD

REPEAT PART A

END

1-4 BACK CHASSE TWIRL [BFLY SCAR] ; CHECK FWD (W) DEVELOP ; WHIPLASH [BJO] ; IMP [SCP] ;

1 {back chasse twirl [SCAR]} bk L, comm RF trn sd R, Cl L to R, sd & fwd R (fwd R toeing to ptr, twirling RF sd L to face RLOD, bk R trning to face LOD, sd & bk L) to SCAR [DLC] ;

2 {check Fwd (W) develop} Fwd L outside of ptr checking -,- (bk R, bring L foot up R leg to inside R knee, extend L foot fwd) ;

3 {whiplash [BJO]} Bk R trning LF pointing L foot leading W to turn LF to BJO (fwd L swiveling on L pointing R foot ending in BJO) -;

4 {impetus [SCP]} Bk L start RF trn, cl R to L heel trn, fwd L (fwd R, fwd & sd L arnd the M, fwd R) ending in SCP [DLC] ;

5-6 CHAIR & SLO EXT [LOOK RLOD] ; ;

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5-6 {chair & slo ext [look RLOD]} Chk thru R (chk thru L) with lunge action sweeping Lead arm up & down in front of body & extend out as music fades & look RLOD ;;

HEAD CUES

INTRO

WAIT ; [DRW] SD DRAW TCH w/ ARM SWEEP ; BOW & CURTSY ; SD DRAW TCH
BOL BJO [DRW] ;
WHEEL 6 [DRC] M CK ; ; IMP [SCP] ; THRU FC CLO ;

PART A

WHISK ; WING [SCAR] ; OP REV TRN ; BK [to] SLO HINGE & EXT ; ;
HOVER M [in] 2 [SCP] ; P/U SD LK ; DRAG HES ;

PART B

BK CHASSE TWIRL [BFLY SCAR] ; CK FWD (W) DEVELOP ; WHIPLASH [BJO] ; IMP [SCP] ;
WEAVE 6 [BJO] ; ; MANUV ; HES CHG [DLC] ; VIENESE TRNS [DLW] ; ;

REPEAT PART A

WHISK ; WING [SCAR] ; OP REV TRN ; BK [to] SLO HINGE & EXT ; ;
HOVER M [in] 2 [SCP] ; P/U SD LK ; DRAG HES ;

PART B MOD

BK CHASSE TWIRL [BFLY SCAR] ; CK FWD (W) DEVELOP ; WHIPLASH [BJO] ; IMP [SCP] ;
WEAVE 6 [BJO] ; ; MANUV ; HES CHG [DLC] ;
VIENESE TRNS [DLW] ; ; HOVER [SCP] ; THRU FC CLO ;

PART C

WALTZ AWAY ; P/UP [DLC] ; TELE [SCP] ; THRU [to] LT WHISK ;
(W) SYNC THE UNWIND [BJO LOD] ; O/S SWIVEL & P/U ; DIAMOND TRN [DLC] ; ; ;
FWD RT CHASSE [BJO] ; BK BK/LK BK ; IMP [SCP] ; P/U SD LK [DLC] ;
DIAMOND TRN [DLC] ; ; ;
FWD RT CHASSE [BJO] ; BK BK/LK BK ; HES CHG [to] ; DRAG HES ;

REPEAT B MOD

BK CHASSE TWIRL [BFLY SCAR] ; CK FWD (W) DEVELOP ; WHIPLASH [BJO] ; IMP [SCP] ;
WEAVE 6 [BJO] ; ; MANUV ; HES CHG [DLC] ;
VIENESE TRNS [DLW] ; ; HOVER [SCP] ; THRU FC CLO ;

REPEAT PART A

WHISK ; WING [SCAR] ; OP REV TRN ; BK [to] SLO HINGE & EXT ; ;
HOVER M [in] 2 [SCP] ; P/U SD LK ; DRAG HES ;

END

BK CHASSE TWIRL [BFLY SCAR] ; CK FWD (W) DEVELOP ; WHIPLASH [BJO] ; IMP [SCP] ;
CHAIR & SLO EXT [LOOK RLOD] ; ;