

NIGHTINGALE WALTZ

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Release Date: 3/4/17
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Music: "Nightingale Waltz" Artist: Balloom Dance Orchestra & Marc Reift
Download available-Amazon.com / CD "The Best of Ballroom English Waltz"
Time/Speed: 3:05 at download speed Modifications: None
Degree of Difficulty: AVG
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm/Phase: Waltz III+2 [Diamond Turn, Telemark SCP]
Sequence: **INTRO A B C A Bmod END**

INTRODUCTION

- 1-4 **BFLY FCG WALL BO TRAIL FT FREE WAIT;; SWAY R; ROLL 3 SCP;**
[1-2] [Wait] BFLY facing Wall M's R & W's L ft free Wait 2 ms;;
[3] [Sway R] Sd R to RLOD stretching R side, -, - bringing M's L palm & W's R palm together between ptrs (Sd L to RLOD stretching L side, -, -);
[4] [Roll 3 SCP] Sd & fwd L to LOD comm LF trn, sd R cont trn, cont trn sd L (Sd & fwd R toward LOD comm RF trn, sd L cont trn, cont trn sd R) to SCP LOD;

PART A

- 1-4 **THRU SCP CHASSE; PICKUP; 2 LEFT TURNS [WALL];;**
[1] [Thru SCP Chasse] remaining in SCP throughout Thru R, sd & fwd L/cl R, fwd L (Thru L, sd & fwd R/cl L, fwd R);
[2] [Pickup] Thru R comm slight LF trn body trn leading W to CP LOD, sd L, cl R (Thru L comm ½ LF trn to CP, sd R compl trn, cl L);
[3-4] [2 Left Turns] Fwd L comm ½ LF trn, cont trn sd R, cl L; Cont ¼ LF trn bk R, sd L cont trn fc Wall, cl R (Bk R comm LF tn, sd L cont trn, cl R; Cont LF trn fwd L, sd R cont trn, cl L);
- 5-8 **HOVER; MANEUVER; SPIN TURN; BACK ½ BOX SCAR [DLW];;**
[5] [Hover] Fwd L, fwd & sd R rise, sd & fwd L to SCP LOD (Bk R, bk & sd L rise, sd & fwd R to SCP);
[6] [Maneuver] Fwd R trng RF in front of W, sd L comp ½ RF trn to CP RLOD, cl R (Fwd L, sd R to CP, cl L);
[7] [Spin Turn] Comm RF trn bk L pvtg ½, fwd R cont trn DLW, bk L (Comm RF trn fwd R pvtg ½, bk L cont trn brush R to L, fwd R);
[8] [Back ½ Box SCAR] Bk R, sm sd L ldg W to SCAR, cl R DLW (Fwd L, strong sd R to SCAR, cl L);
- 9-12 **CROSS HOVER BJO; CROSS HOVER SCAR; CROSS CHECK RECOVER FORWARD BJO; FORWARD FORWARD/LOCK FORWARD;**
[9] [Cross Hover BJO] Fwd L comm ¼ LF trn, sd & slightly fwd R w rise comp ¼ LF trn BJO DLC, sd & fwd L (Bk R comm ¼ LF trn, sd & slightly bk L w rise comp ¼ LF trn, sd & bk R);
[10] [Cross Hover SCAR] Fwd R comm ¼ RF trn, sd & slightly fwd L w rise comp ¼ RF trn SCAR DLW, sd & fwd R (Bk L comm ¼ RF trn, sd & slightly bk R w rise comp ¼ RF trn, sd & bk L);
[11] [Cross Check Recover Forward BJO] Fwd L chkg w R sd stretch, rec R, sd & fwd L w L sd stretch BJO (Bk R chkg, rec L, sd & bk R);
[12] [Forward Forward/Lock Forward] Fwd R, fwd L/XRIB, fwd L (Bk L, bk R/XLIF, bk R);

PART A (Contd)

13-16 MANUEVER; 2 RIGHT TURNS;; TWIRL VINE 3 SCP;

[13] [Manuever] Fwd R comm RF trn in front of W, sd L comp ½ RF trn to CP RLOD, cl R (Bk L comm RF trn, sd R to CP, cl L);
[14-15] [2 Right Turns] Comm ½ RF trn bk L, cont trn sd R, cl L fc LOD; Fwd R comm ¼ RF trn, sd L comp trn fc WALL, cl R (Comm ½ RF trn fwd R, cont trn sd L, cl R; Bk L comm ¼ RF trn, sd R comp trn, cl L);
[16] [Twirl Vine 3 SCP] Sd L raising jnd ld hnds to ld W to trn under, XRIB, sd & fwd L SCP LOD (Sd R comm RF trn under jnd ld hnds, cont trn sd L, cont trn sd & fwd R SCP);

PART B

1-4 THRU CHASSE BJO; FORWARD FORWARD/LOCK FORWARD; FORWARD FACE CLOSE; CANTER;

[1] [Thru Chasse BJO] Thru R comm trn to fc, sd L/cl R, slight LF trn sd & fwd L to BJO DLW (Thru L comm trn to fc, sd R/cl L, slight LF trn sd & bk R to BJO);
[2] [Forward Forward/Lock Forward] Repeat ms 12 Part A;
[3] [Forward Face Close] Fwd R comm slight RF trn fc Wall, sd L, cl R (Bk L comm slight RF trn fc COH, sd R, cl L);
[4] [Canter] Sd L, drw R, cl R (Sd R, drw L, cl L);

5-8 TWISTY VINE 3; MANUEVER; SPIN TURN; BOX FINISH;

[5] [Twisty Vine 3] With slight RF trn sd L, XRIB, with slight LF trn sd & fwd L to BJO (With slight RF trn sd R, XLIF, with slight LF trn sd & bk R to BJO);
[6] [Maneuver] Repeat ms 13 Part A;
[7] [Spin Turn] Repeat ms 7 Part A;
[8] [Box Finish] Bk R comm ¼ LF trn, cont LF trn sd L, cl R DLC (Fwd L comm ¼ LF trn, cont LF trn sd R, cl L);

9-12 DIAMOND TURN;;;;

[5] [Diamond Turn] Fwd L trng LF to DLC, cont LF trn sd R, bk L to BJO DRC; Trng LF bk R, sd L, fwd R to BJO DRW; Fwd L trng LF, sd R, bk L to BJO DLW; Trng LF bk R, sd L, fwd R to BJO DLC (Bk R trng LF, cont LF trn sd L, fwd R to BJO; Fwd L trng LF, sd R, bk L to BJO; Bk R trng LF, cont LF trn sd L, fwd R to BJO; Fwd L trng LF, sd R, bk L to BJO);

13-16 TELEMARK SCP; HOVER FALLAWAY; SLIP PIVOT BJO; FORWARD FACE CLOSE;

[13] [Telemark SCP] Fwd L comm LF trn, sd R cont LF trn, sd & slightly fwd L w R sd stretch SCP DLW (Bk R comm LF trn, heel trn cont LF trn cl L, sd & slightly fwd R w L sd stretch SCP);
[14] [Hover Fallaway] In SCP Fwd R, fwd L rising, bk R (Fwd L, fwd R rising, bk L);
[15] [Slip Pivot BJO] Bk L, bk R slight LF body trn, fwd L BJO (Bk R, trn body LF fwd L, bk R in BJO);
[16] [Forward Face Close] Repeat ms 3 Part B;

PART C

- 1-4 **WHISK; WING; TURN L RIGHT CHASSE BJO; BACK BACK/LOCK BACK;**
[1] [Whisk] Fwd L, fwd & sd R comm rise, XLIB SCP (Bk R, bk & sd L comm rise, XRIB SCP);
[2] [Wing] Fwd R comm LF upper body rotation, drw L to R cont LF upper body rotation, tch L to SCAR DLC (Fwd L comm slight LF trn, fwd R cont LF trn, fwd L comp trn to SCAR head to left);
[3] [Turn L Right Chasse BJO] Fwd L comm LF trn, sd R cont trn/cl L, sd & bk R comp trn to BJO DRC (Bk R comm LF trn, sd L cont trn/cl R, sd & fwd L comp trn BJO);
[4] [Back Back/Lock Back] Bk L, bk R/lk LIF, bk R (Fwd R, fwd L/lk RIB, fwd L);
- 5-8 **IMPETUS SCP; THRU HOVER BJO; BACK HOVER SCP; PICKUP;**
[5] [Impetus SCP] [Comm RF trn bk L, heel turn cont RF trn cl R, sd & fwd L SCP (Comm RF trn fwd R pvtg, sd & fwd L cont RF trn brush R to L, sd & fwd R);
[6] [Thru Hover BJO] Thru R, fwd L rising trng slightly LF to trn W to BJO, rec bk R (Thru L, fwd R rising trng LF to BJO, fwd L);
[7] [Back Hover SCP] Bk L, sd & bk R rising trng upper body RF to lead W's trn to SCP, rec fwd L (Fwd R, fwd L rising trng RF to SCP, fwd R);
[8] [Pickup] Repeat ms 2 Part A;
- 9-12 **INTERRUPTED BOX;;; TO SCAR DLW;**
[9-12] [Interrupted Box to SCAR] Fwd L, sd R, cl L; Bk R w/upper body RF turn raising ld hnds, sd L leading woman under jnd hnds, cl R; Fwd L, sd R, cl L; Bk R to CP, comm RF trn to SCAR pos sm sd L, cl R (Bk R, sd L, cl R, Fwd L w/upper body trn to R, curve fwd R comm RF circ und ld hnds, fwd L; Cont RF circ fwd R, fwd L, fwd R to fc M; Fwd L to CP, comm RF trn to SCAR sd R, cl L) DLW;
- 13-16 **CROSS HOVER SCP; THRU SCP CHASSE; THRU SIDE BEHIND; ROLL 3 SCP;**
[13] [X Hover SCP] Fwd L, fwd & sd R w slight RF rotation ldg W to take longer sd stp to CP DLW, fwd & sd L to SCP LOD (Bk R, sd & bk L to CP, sd & fwd R to SCP);
[14] [Thru SCP Chasse] Repeat ms 1 Part A;
[15] [Thru Side Behind] Thru R, sd L comm slight RF body trn releasing CP retaining ld hnds, XRIB (Thru L, sd R comm slight LF body trn, XLIB);
[16] [Roll 3 SCP] Repeat ms 4 Intro;

PART B MOD

- 1-15 **THRU CHASSE BJO; FORWARD FORWARD/LOCK FORWARD; FORWARD FACE CL; CANTER; TWISTY VINE 3; MANUEVER; SPIN TURN; BOX FINISH; DIAMOND TURN;;; TELEMARK SCP; HOVER FALLAWAY; SLIP PIVOT BJO;**
[1-15] Repeat ms 1-15 Part B ;;;;;;;;;;;
- 16 **MANEUVER;**
[16] [Maneuver] Repeat ms 13 Part A;

ENDING

1-4 2 RIGHT TURNS;; TWISTY VINE 3; FORWARD FACE CLOSE;

[1-2] [2 Right Turns] Repeat ms 14-15 Part A;;

[3] [Twisty Vine 3] Repeat ms 5 Part B;

[4] [Forward Face Close] Repeat ms 3 Part B;

5-6 CANTER; SLOW SIDE CORTE;

see
note

[5] [Canter] Repeat ms 4 Part B;

[6] [Slow Side Corte] Slow sd L, flex L knee with slight LF upper body rotation to RSCP leaving R leg extended, -, - (Slow sd R ,flex R knee slight LF upper body rotation to RSCP leaving L leg extended, -, -);

[Note: music slows considerably through last 2 ms of Ending]

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