

NO NEWS IS GOOD NEWS

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MUSIC: RLG/BMG Heritage CD "RCA Legends" Track 4
by Silvia
D/L Available Amazon & I-Tunes

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RHYTHM: Waltz
DIFFICULTY: Easy

RAL PHASE: II
FOOTWORK: Opposite, directions for man except where noted
SEQUENCE: INTRO, A, B, INTL 1, A(1-16), INTL 2, B, END

TIME/SPEED: 2:53@45 RPM
SUGGESTED SPEED: 2:42@50 RPM
REL DATE: June, 2011

INTRO

1-4 CP RLOD WAIT 2 MEAS ; ; LEFT TURNING BOX HALF ; ;

- 1-2 In CP RLOD WALL wait 2 meas ; ;
3-4 In CP RLOD fwd L commencing 1/4 LF trn, complete trn sd R to fc WALL, cl L ; bk R commencing 1/4 LF trn, complete trn sd L to CP LOD, cl R ;

PART A

1-4 FWD WALTZ ; DRIFT APART ; THRU TWINKLE TWICE TO CP LOD ; ;

- 1-2 In CP LOD fwd L, fwd and slightly sd R, cl L ; sip R, L, R (W drift apt L, R, L) to LOP LOD ;
3-4 In LOP LOD thru L twd WALL, sd R trn LF to OP LOD, cl L ; thru R twd COH, sd L trn RF to CP LOD, cl R ;

5-8 2 LEFT TURNS BFLY WALL ; ; WALTZ AWAY ; PICKUP CP LOD ;

- 5-6 In CP LOD fwd L commence LF trn, cont trn sd R diag across LOD, cl L ; bk R commence LF trn, cont trn sd L twd LOD to BFLY WALL, cl R ;
7-8 From BFLY WALL release lead hands and retaining trail hands jnd and trng away from ptr fwd L, fwd R, cl L ; fwd R ldg W in frnt, sd L, cl R in CP LOD ;

9-12 PROGRESSIVE BOX ; ; 1 LEFT TURN ; BACK WALTZ ;

- 9-10 In CP RLOD fwd L, sd R, cl L ; fwd R, sd L, cl R to CP LOD ;
11-12 In CP LOD fwd L commence LF trn, cont trn sd R diag across LOD to CP RLOD, cl L ; bk L, bk R, cl L to CP RLOD ;

13-17 2 RIGHT TURNS ; ; VINE 3 ; THRU FACE CLOSE ; CANTER BFLY WALL ;

- 13-14 From CP RLOD bk L commence trng RF, sd R continue RF trn, cl L ; fwd R commence RF trn, sd L continue RF trn to CP WALL, cl R ;
15-16 In CP WALL sd L, xRib, sd L ; thru R twd LOD, fwd and sd L trng twd ptr to CP WALL, cl R ;
17 From CP WALL sd L, draw R to L, cl R to BFLY WALL ;

PART B

1-4 WALTZ AWAY & TOGETHER ; ; WALTZ AWAY ; TURN IN LOP RLOD ;

- 1-2 From BFLY WALL release lead hands and retaining trail hands jnd and trng away from ptr fwd L, fwd R, cl L ; fwd R, trng twd ptr fwd and sd L to BFLY WALL, cl R ;
3-4 From BFLY WALL releasing lead hands and retaining trail hands joined and turning away from partner fwd L, sd and fwd R, cl L ; turning toward partner fwd R, sd and fwd L releasing joined trail hands and blending to lead hands joined, bk R to LOP RLOD ;

5-8 BACK WALTZ ; BACK DRAW TOUCH ; THRU TWINKLE ; THRU FACE CLOSE BFLY WALL ;

- 5-6 In LOP RLOD bk L, bk and slightly sd R, cl L ; bk R, drw L, tch L to LOP RLOD ;
7-8 From LOP RLOD fwd L comm LF (W RF) turn, sd R cont LF (W RF) turn toward partner and changing to OP LOD, cl L ; thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R ;

9-12 BALANCE LEFT AND RIGHT ; ; STEP SWING ; SPIN MANEUVER ;

- 9-10 In BFLY WALL sd L, xRib rising on toe, rec L ; sd R, xLib rising on toe, rec R to BFLY WALL ;
11-12 In BFLY WALL sd & fwd L to OP LOD, swing R thru, - (W sd & fwd R to OP LOD, swing L thru, -) ; fwd R trng RF in frnt of W, sd L, cl R to CP RLOD (W LF spin on L, R, L end fcg LOD) ;

PART B CONTINUED:

13-16 2 RIGHT TURNS ; ; TWIRL VINE 3 ; THRU FACE CLOSE ;

13-14 From CP RLOD bk L commence trng RF, sd R continue RF trn, cl L ; fwd R commence RF trn, sd L continue RF trn to CP WALL, cl R ;

15-16 From BFLY WALL releasing trail hands sd L comm slight RF turn, XRib, sd L comm slight LF turn (W sd and fwd R comm RF turn under joined lead hands, sd and bk L cont RF turn, sd and fwd R comp RF turn) ; thru R twd LOD, fwd and sd L trng twd ptr to CP WALL, cl R ;

INTERLUDE 1

1-4 CANTER TWICE ; ; FORWARD TOUCH ; BACK TURN LEFT 1/4 CP LOD ;

1-2 In CP WALL sd L, draw R to L, cl R ; sd L, draw R to L, cl R to CP WALL ;

3-4 In CP WALL fwd L, tch R to L, - ; bk R trng 1/4 LF to CP LOD, sd L, cl R ;

INTERLUDE 2

1-3 SWAY LEFT ; SWAY RIGHT ; CANTER BFLY WALL ;

1-2 In CP WALL sd L shifting momentum of body towards L causing the stretching of the body on the L with a slight draw of the R towards the L, -, - ; sd R shifting momentum of body towards R causing the stretching of the body on the R with a slight draw of the L towards the R, -, - ;

3 From CP WALL sd L, draw R to L, cl R to BFLY WALL ;

END

1-4 LEFT TURNING BOX CP WALL ; ; ; ;

13-16 In CP WALL fwd L commencing 1/4 LF trn, complete trn sd R to fc LOD, cl L ; bk R commencing 1/4 LF trn, complete trn sd L to COH, cl R ; fwd L commencing 1/4 LF trn, complete trn sd R to fc RLOD, cl L ; bk R commencing 1/4 LF trn, complete trn sd L to CP WALL, cl R ;

5 SLOWLY DIP BACK & HOLD ;

5 Bk L with the knee relaxed and R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -, -, ; SMILE ☺