

ANTICIPATION

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With Michael Mead
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CD: Winter Poem Speed:40-41

Sequence: INTRO, A, INTER 1, A, B, INTER 2, A, B, INTER 3, ENDING

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Champion Ballroom Academy

Anticipation by Secret Garden Track 5

Phase VI Waltz Released 11/25/12

INTRO

1-4 WAIT; SD DRAW TCH; BOW & COURTSEY; SIDE DRAW TCH BFLY;

- 1-2 {Wait} Fc ptr & wall no hnds joined 2-3 ft apt lead ft free; {Sd
1-- Draw Tch} Thruout this measure sweep trail arms down in front
of body & up in CW (W CCW) circle (W pick-up skirt with lead
hnd) sd L, draw R to L, tch R to L ends arms out to sd;

--- 3-4 {Bow & Courtsey} Man bow from the waist with the R arm
1-- folded in front & L arm behind (W courtesy with L ft behind R
and R arm folded in front L arm behind); {Sd Draw Tch} Sd R,
draw L to R, tch L to BFLY fc wall;

5-8 AWAY TCH; TOG TCH; SYNCO ROLL; PROM SWAY;

1-- 5-6 {Away Tch} Step fwd & away from ptr L keep trail hnds joined
1-- & fc LOD, tch R to L slgt bk to bk pos,; {Tog Tch} Step fwd R to
fc ptr & wall in BFLY, tch L to R,;

1&23 7-8 {Synco Roll to Semi} Roll LF down LOD trn to step fwd L LOD
1-- trn LF ½/ bk R cont LF trn, sd L fc ptr & wall M ahead of W, thru
R blend to SCP M still ahead of W;
{Prom Sway} In SCP fwd L M cutting off the W by stepping
slgtly to wall stretch R sd look LOD start slow chg of sway;

9-10 CHG SWAY; HOVER BRUSH TO SEMI;

--- 9-10 {Chg Sway} Cont chg of sway lower in L knee & stretch L sd (W
1-3 look twd RLOD); {Hover Brush to Semi} Recov twd RLOD R
as bring body to neutral, rise on the R as brush L to R begin R sd
stretch, cont R sd stretch to step fwd L in SCP LOD delay moving
into part A slightly as music ritards;

PART A

1-4 CHASSE TO BJO; MANUV; RUNNING SPIN; SYNCO BK PICK-UP LK;

12&3 1-2 {Chasse to Bjo} Thru R, sd L/ cl R to L, fwd & sd L to BJO DW;
123 {Manuv} Fwd R in BJO stretch L sd, fwd & sd L to fc RLOD, cl
R to L fc RLOD;

1&23 3-4 {Running Spin} Bk L pivot ½ RF/ fwd R pivot ½ RF, bk & sd L
123& cont pivot LF to fc DRW, bk R R sd bk fc DRW BJO;
{Synco Bk Pick-up Lk} Bk L, bk R, swing body to trn LF &
bring W past you to pick-up sd & fwd L/ lk RIB of L DC;

5-8 OPEN REV; BK TO DBL PICK-UP LK; TELESPIN TO SEMI;

123 5-6 {**Open Rev**} Fwd L trn LF, sd R stretch R sd, bk L in BJO fc
12&3& DRC; {**Bk Dbl Pick-Up Lk**} Cont LF trn bk R, swing body to trn
LF & bring W past you to pick-up sd & fwd L/ lk RIB of L, sd &
fwd L/ lk RIB of L to pick-up W;

123 7-8 {**Telespin to Semi**} Fwd L trn LF with R sd stretch, fwd & sd R
-23 cont trn, sd & bk L with partial wgt keeping L sd fwd twd W;
(W&123) spin LF taking full wgt to L no sway, sd R cont trn no sway, fwd
L to SCP DW (W bk R trn LF, bring L to R heel trn, fwd R cont
trn; keep R sd in twd M fwd L/ fwd R, cont trn toe spin & cl L,
fwd R to SCP DW);

**9-12 CHASSE TO SEMI; CURVE FEATH; BK RT CHASSE; TRAVELING
CONTRA CHK;**

12&3 9-10 {**Chasse to Semi**} Thru R, fwd & sd L/ cl R, fwd & sd L in SCP;
123 {**Curve Feath**} Fwd R start curve RF arnd W, sd & fwd L arnd
W, fwd R to BJO DRW (W fwd L, sd R, bk L to BJO);

12&3 11-12 {**Bk Rt Chasse**} Bk L trn RF, sd R/ cl L, sd R trning RF to end
123 CP DC; {**Traveling Contra Chk**} Fwd L with contra body
motion with upper body trned to the L R sd stretch, cl R rising to
toes trning RF, fwd L in SCP DW (W bk R trn RF, cl L rising to
toes trning RF, fwd R in SCP);

**13-16 RUNNING OPEN NAT; BK PICK-UP LK; TRN IN & CHASSE; HESIT
CHG;**

1&23 13-14 {**Running Open Nat**} Thru R start RF trn/ sd & bk L trn 3/8 LF,
123 bk R with R sd lead trn 1/8 RF, bk L in BJO fc DRW; {**Bk Pick-
up Lk**} Bk R start LF trn, cont LF trn as sd & fwd L, lk RIB of L
to CP fc DC;

12&3 15-16 {**Trn In & Chasse**} Fwd L trn LF, sd R/ cl L, sd & bk R trning
12- LF to BJO fc DRC;
{**Hesit Chg**} Bk L trn RF, sd R to fc DC, draw L to R no wgt;

INTER 1**1-3 TELEMARK SEMI; WHIPLASH; BK HOVER TO SEMI;**

123 1-2 {**Telemark Semi**} Fwd L start LF trn, sd & fwd R arnd W, fwd L
1-- to SCP DW (W bk R, cl L to R heel trn, fwd R in SCP);
{**Whiplash**} Fwd R trn body sharply LF to cause W to swvl LF,
pt L ft twd DW and stretch L sd to cont to develop the line with
W in BJO pos.;

123 3 {**Bk Hover to Semi**} Bk L, bk R with hover action trn body RF to
trn W to SCP, recov fwd L DW in SCP;

REPEAT A**PART B****1-4 REV FALLAWAY & SLIP; DBL REV; DBL REV; HOVER TELEMARK;**

1&23 1-2 {**Rev Fallaway Slip**} Fwd L start LF trn/ sd & bk R cont LF body

- 12&3 trn to SCP, bk L well under body in SCP rise in L leg, trn LF to slip R past L with small step bk cont LF trn to pivot ¼ end DW (W bk R/ bk L, bk R rise & trn LF, to slip L fwd & cont LF pivot to CP); **{Dbl Rev}** Fwd L start LF trn, sd & fwd R arnd W/spin LF on R, tch L to R fc DW (W bk R, cl L to R heel trn/ fwd R cont RF trn, cont RF trn XLIF of R end CP);
- 12&3 3-4 **{Dbl Rev}** Repeat meas 2 of part B; **{Hover Telemark}** Fwd L in CP, fwd R trn body 1/8 RF to trn W to SCP, cont RF body trn to SCP fwd L LOD (W bk R, bk L trn RF, fwd R in SCP);
- 123 123
- 5-8** **SYNCO RIPPLE VINE TWICE;; OPEN NAT; IMP TO SEMI;**
- 1&23 5-6 **{Synco Ripple Vine Twice}** Thru R stretching L sd & start to look bk over R shoulder/ sd L cont to look twd RLOD, XRIB of L rolling head bk to LOD, fwd L in SCP LOD; Repeat meas 5 of part B;
- 1&23
- 123 7-8 **{Open Nat}** Thru R start RF trn, sd & fwd L XIF of W, bk R in BJO fc DRC (W fwd L, fwd R, fwd L);
- 123 **{Impetus Semi}** Bk L start LF trn, cl R to L heel trn, fwd L in SCP DC (W fwd R, fwd & sd L arnd the M, fwd R in SCP);
- 9-12** **OK OPEN REVERSE; LEFT WHISK; RUNAROUND TO BJO; MANUV;**
- 1&23 9-10 **{Qk Open Rev}** Thru R/ fwd L start LF trn, sd & bk R cont LF trn, bk L in BJO fc DRC (W fwd L/ fwd R trn LF, sd & fwd L, fwd R to BJO); **{Left Whisk}** Bk R start LF trn, sd L, sharply trn body LF lower in knees & XRIB of L placing W on the L thigh extended twd her (W fwd L, sd R, XLIB of R & flick R leg up with bent knee sitting on M's thigh);
- 1&2&3 11-12 **{Runaround to BJO}** Unwind RF,/ fwd R arnd W in BJO, cl L in BJO DW (W fwd arnd M R/L, R/L, R); **{Manuv}** Repeat meas 2 part A;
- 123 123
- 13-16** **OVERTRN SPIN TRN; RT TURNING LCK TO SEMI; CHAIR & SLIP; TRN IN & CHASSE;**
- 123 13-14 **{Overtrn Spin Trn}** Bk L pivot ½ RF, fwd R pivot ½ RF, bk L with R sd bk to fc RLOD; **{Rt Trning Lk to Semi}** Bring R sd bk bk R/ lk LIF of R, trn RF to step fwd R btwn W's ft trn RF to SCP, fwd L in SCP DC (W fwd L/ XRIB of L, fwd L trn RF to SCP, fwd R in SCP DC);
- 123 15-16 **{Chair & Slip}** Lunge thru R with flexed knee, recov L rise on L trn LF, to slip R ft bk small step under body trn to CP DC (W lunge thru L, recov R trning LF and rising, slip L ft fwd to CP);
- 12&3 **{Trn in & Chasse}** Repeat meas 15 of part A;

INTER 2

- 1-4** **HESIT CHG; TELEMAR SEMI; WHIPLASH; BK HOVER TO SEMI;**
- 12- 1-2 **{Hesit Chg}** Repeat meas 16 of part A; **{Telemark Semi}** Repeat meas 1 of Inter 1;
- 123
- 1-- 3-4 **{Whiplash}** **{Bk Hover to Semi}** Repeat meas 2 & 3 of Inter 1;;
- 123

REPEAT A REPEAT B**INTER 3****1-4 BK TRNING HOVER TO BJO; MANUV;OVERTRN SPIN TRN; RT TRNING LK TO SEMI;**

- 123 1-2 {**Bk Trning Hover to BJO**} Bk L trn RF, with R sd stretch fwd R
 123 in CP cont RF trn, cont RF trn fwd L to BJO DW; {**Manuv**}
 Repeat meas 12 part B;
- 123 3-4 {**Overtrn Spin Trn**}{**Rt Trning Lk to Semi**} Repeat meas 13-14
 1&23 part B;;

5-6 CHAIR & SLIP; LEFT TRN;

- 123 5-6 {**Chair & Slip**} Repeat meas 15 part B; {**Left Trn**} Fwd L trn LF,
 123 sd & fwd R arnd W, cl L to R fc RLOD;

ENDING**1-4 LEFT TRN TO BFLY WALL; SD TCH; BOW & COURTSEY; SD TCH TO BFLY;**

- 123 1-2 {**Left Trn to Bfly Wall**} Bk R cont LF trn, bk & sd L sliding to
 1-- BFLY pos, cl R to L in BFLY fc wall; {**Sd Tch**} Repeat meas 2
 of Intro;
- 3-4 {**Bow & Courtsey**} {**Sd Tch BFLY**} Repeat meas 3-4 Intro;;

5-8 AWAY TCH; TOG TCH; SYNCO ROLL; PROM SWAY;

- 1-- 5-6 {**Away Tch**} {**Tog Tch**} Repeat meas 5-6 Intro;;
- 1--
- 1&23 7-8 {**Synco Roll to Semi**} {**Prom Sway**} Repeat meas 7-8 Intro;;

9-10 CHG SWAY;;

- 9-10 {**Chg Sway**} Repeat meas 9 of Intro but chg sway more slowly to
 --- take the extra meas;;