

LAKE COMO - LE LAC DE CÔME

Music: Sweet People

<http://www.amazon.co.uk/> Summer Dream

Track # 5 Time 2:59

Rhythm: Slow 2 Step Phase: IV + 1 + U (Triple Traveler+ Several unphased figures)

Footwork: Opposite except where (Noted)

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Sequence: **INTRO AB INTER AB END**



INTRO

01-04 LOOSE CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC ; ;

{Wait} LOOSE CP WALL ld ft free wt 2 meas ; ; {Full Basic} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib), rec R to BFLY WALL ;

PART A

01-04 OP BASICS ; ; SWITCHES ; ;

{OP Basics} Sd L trng to ½ LOP RLOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ OP LOD, -, XLib (W XRib), rec R starting to fold in frt of W ; {Switches} Sd L Xg in frt of W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (W sd L Xg in frt of M, fwd R to ½ OP, fwd L) to ½ OP LOD ;

05-08 THE SQUARE ; ; ; ;

{The Square} Like a switch sd L crossing IF of W, -, trng RF sd R twd COH in L ½ OP, XLif (W fwd R, -, sd L twd COH, XRif starting to XIF of M) ; Fwd R, -, sd L twd RLOD, XRif starting to XIF of W (W like a switch sd L crossing IF of M, -, trng RF sd R twd RLOD in ½ OP, XLif) ; Like a switch sd L crossing IF of W, -, trng RF sd R twd WALL in L ½ OP, XLif (W fwd R, -, sd L twd WALL, XRif starting to XIF of M) ; Fwd R, -, sd L twd LOD, XRif (W like a switch sd L crossing IF of M, -, trng RF sd R twd L OD in ½ OP, XLif) to ½ OP LOD ;

09-12 AIDA PREPARATION ; AIDA LINE w/ 2 HIP ROCKS ; SWIVEL to FC & SPOT TURN ; BASIC ENDING ;

{Aida Preparation} Fwd L, -, thru R, trng RF sd L fcg ptr ; {Aida Line w/ 2 Hip Rocks} Trng RF bk R to V-BK-TO-BK RLOD, -, xfer wgt to L, xfer wgt to R ; {Swivel to Fc & Spot Turn} Fwd L swivel to Fc & point R sd, -, XRif trn LF ½, rec L cont LF trn to Loose CP WALL ; {Basic Ending} Sd R, -, XLib (W XRib), rec R to BFLY WALL ;

13-16 UNDER ARM TURN INTO a RONDE LARIAT ; ; OUTSIDE ROLL ; BASIC ENDING

{Underarm Turn} Sd L raise jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R, -, XLif trng ¾ RF under jnd ld hnds, fwd R cont RF trn to fc M) ; {Ronde Lariat} Blend to CP sd & fwd R between W's feet trn upper body RF to lead W to ronde CW, -, swivel LF on R under raisen jnd hnds to LOP LOD, hold (W sd L ronde R CW, -, XRib, sd & fwd L to fcg LOD) ; {Outsd Roll} Fwd L trn LF to fc ptr, -, sd R, XLif (W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to Loose CP COH ; {Basic Ending} Repeat meas 12 Part A to BFLY COH ;

PART B

01-04 DBL HNDHOLD UNDERARM TURN to STACKED HANDS ; OPEN BREAK ; CHANGE SIDES / W UNDRM TURN ; OP BASIC ENDING ;

{Dbl Handhold Undrm Trn} [With both hands joined above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L Stacked Lft over Rt hands (W fwd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hands L over R) fcg ptr & COH ; {Stacked Hnds Open Break} With stacked hnds sd R, -, rk apt L, rec R ; {Change Sides / W Underarm} Fwd L to COH chg sds CW lead W trn under stacked hds, -, sd R, XLif (W fwd R to WALL LF trn under stacked hds chg sds, -, sd L, XRif) to BFLY WALL ; {OP Basic Ending} Sd R trng to ½ OP LOD, -, XLib (W XRib), rec R starting to fold in frt of W to ½ OP LOD ;

05-08 OP BASICS ; ; TRAVELING CROSS CHASSE TWICE to Manuver ; ;

{OP Basics} Repeat meas 1,2 Part A to Picking Up in Low Bfly ; ; **{Traveling Cross Chasse x 2 to Manuver}** Joining both hands low Fwd L trng LF, -, with rt side leading sd R, XLif (*W bk R trng lf, -, with lf side leading sd L, XRif*) to DLC ; Fwd R comm trng RF fcg DLW w/L shld ld, -, sd L cont RF trn to fc prtn, cl R to manuver ;

09-12 RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING to Picking Up ; LEFT TURN w/ INSIDE ROLL ; BASIC ENDING ;

{Right Turn w/ Outside Roll} Sd & bk L in frt of W, -, raisg jnd ld hnds sd & bk R trng ¼ RF, XLif to fc ptr (*W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr*) to LCP COH ; **{Basic Ending}** Sd R, -. XLif, rec R comm tm RF in front of W to picking up ; **{Left Trn w/ Insd Roll}** Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (*W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R*) to LCP WALL ; **{Basic Ending}** Repeat meas 12 Part A ;

13-16 LUNGE BASICS to Manuver ; ; TRAVELING RIGHT TURN w/ OUTSIDE ROLL to Picking Up ; ;

{Lunge Basics to Manuver} Sd L, -, rec R, XLif (*W XRif*) ; Sd R, -, rec L, XRif (*W XLif*) to manuver ; **{Traveling Right Turn w/ Outside Roll}** Cont trn RF crossing IF of W sd & bk L to fc RLOD, -, XRif, twist tm RF 5/8 on both ft to fc DRW & shift wgt to L (*W fwd R btwn M's ft, -, fwd L, R around M RF*) end CP M fcg DLW ; Fwd R slightly trng RF to fc RLOD raising jnd lead hnd to lead W tm RF, -, sd L, XRif (*W Sd & bk L comm tm RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L*) to picking up ;

INTER

01-06 TRIPLE TRAVELER ; ; BASIC ENDING to Picking Up ; LEFT TURN to WALL ; BASIC ENDING ;

{Triple Traveler} [To LOD] Fwd L com LF upper bdy trn raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (*W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD*) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (*W fwd L, -, fwd R, fwd L*) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (*W fwd R com RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr*) ; **{Basic Ending}** Repeat meas 16 Part A to picking up ; **{Left Turn to WALL}** In BFLY Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (*W bk R comm LF trn, -, sd L, XRif*) to BFLY WALL ; **{Basic Ending}** Repeat meas 12 Part A ;

ENDING

01-04 TRIPLE TRAVELER 2 ; ; FORWARD to FCG PTR INTO A RIGHT LUNGE & EXTEND ARMS ;

{Triple Traveler 2} Repeat meas 1,2 INTER ; ; **{Fwd to Fcg Ptr Into a Right Lunge & Extend Arms}** Fwd L trn LF to fc ptr, sd R to RLOD w/ soft [flexed] knee and slight LF upper body rotation, extending both arms to sd