

SERENADE

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Music: Available from choreographers on minidisc or CD
Rhythm/Phase: Waltz, Phase VI
Timing: Standard 123, except where noted on sd of meas
[Note: Timing indicates wt changes only]
Sequence: INTRO A B A B2 B3 ENDING



INTRO

1 - 4 SWAY TOG; ROLL APT; FNC LINE; M FWD (W SYNC SPN);

- 2-
1. {Sway Tog} In OP LOD w/ bth free arms dwn at sds and M's R & W's L ft free and pointed twd ptr wt 1 bt, plc wt on M's R and W's L ft commencing to sway RF (W LF) twd ptr, cont sway to look at ptr while extending M's R & W's L arms up and bk and touching M's L & W's R hnds palm-to-palm at about chest level;
 2. {Roll Apt} Roll 1 full LF revolution (W RF) moving twd COH (W twd Wall) L,R,L;
 3. {Fnc Line} XRIF of L twd COH (W XLIF of R twd Wall), rec L, sd & fwd R to fc DLW (W sd & fwd L to fc DLC);
 4. {M Fwd, W Sync Spn} Moving strongly fwd twd W and DLW ovr this meas stp fwd L, long fwd R heel to toe, fwd L (W sd LOD R commencing 2 ¼ LF spn ovr this meas, cont LF spn L/R,L/R) to end w/ M fcg DLW and W fcg DRC joining ld hnds preparing to blend to BJO DLW; [Note: This meas retards very strongly. The M must take a very long count for his second stp, being careful not to rush into the third stp. The W needs to be careful not to rush her spn. The last stp for each ptr should have an "and" feel to it. As an option, the W can replace the Sync Spn w/ a 1 ¼ LF Roll R,L,R]

123
(1&2&3&)

PART A

1 - 4 MANUV; PVT 3; RT TRNG LK; BOUNCE NAT WEV;

1. {Manuv} Fwd R outsd ptr, fwd & sd L trng RF, cl R to CP RLOD;
2. {Pvt 3} Pvt RF L,R,L to CP RLOD;
3. {Rt Trng Lk} Bk R LOD w/ R shldr ld/lk LIF of R (W lk RIB of L), trng RF sd & fwd R twd LOD still in CP, trng to SCP DLC stp sd & fwd L;
4. {Bounce Nat Wev} Thru R in SCP commencing RF trn rising strongly/sd & bk L cont RF trn to CP DRW lowering at end of stp, leading w/ R sd stp sd & bk R rising strongly, bk L lowering again in BJO DRW (W thru L rising strongly/fwd R between M's ft lowering at end of stp, fwd L w/ L shldr ld rising strongly, fwd R outsd M lowering);

1&23

1&23

5 - 8 TUMBLE TRN; BK RONDE (W RUNARND) TO THRWY OVRSWAY;;;

5. {Tumble Trn} Bk R DLC commence LF trn/sd & bk L DLC, fwd R DLC, bdy rise to trn upper bdy LF to stp fwd L pvt to fc DRC (W fwd L commence LF trn/sd R cont LF trn, bk L, rise to trn upper bdy LF bk R pvt to fc DLW) bth lowering strongly at end of last stp;
6. {M Ronde, W Runarnd} Bk R lowering and staying low thru rest of meas commencing to ronde L CCW while trng bdy LF, cont to ronde L ft while trng bdy LF ovr rest of meas keeping LF sd away from W to give her a path for her stps [Note: Amount of rotation ovr this meas will be approx 1 ¼ LF] (W trn LF running arnd M L/R, L/R, L/R keeping her R sd in twd M throughout this meas while making approx 1 ¼ revolutions) to end w/ M fcg DRW w/ L ft extended bk and W fcg LOD; [Note: We prefer to have the M lift the L leg a few inches off the floor during the beginning of the

1-
(1&2&3&)

ronde and lower it to the floor between bts 2 & 3. As an option, the M can keep the L ft on the floor throughout the entire ronde, and can even "paddle" a bit if needed while the W runs arnd]

- 1- (12-)
- 7-8. {To Thrwy Ovrsway} Plc wt on L trng LF to fc Wall, cont to trn bdy LF to fc LOD, relax L knee while looking at W (W fwd LOD L swvl LF, sd R cont LF trn to fc RLOD, draw L past R & commence to xtnd L bk well undr bdy no wt); Cont to xtnd Thrwy Ovrsway line, -,-;
- 9 -12 **HVR LINK TO SCP; OK NAT FALWY WSK; SCP CHASSE; BIG TOP (FC DRW);**
- 23
9. {Hvr Link to SCP} [Note: The first time thru PART A, the music retards slightly before this meas] Keeping wt on LF commence to trn bdy RF, close R to L rising and cont trng bdy RF to SCP DLW, sd & fwd DLW L in SCP (W commence to trn bdy RF to fc M, stp sd R arnd M's R sd cont trng RF to SCP DLW, fwd DLW R in SCP);
- 1&23
10. {Qk Nat Falwy Wsk} Fwd DLW R commencing RF trn/cont RF trn sd & bk L to CP approx DRC, cont RF trn sd & fwd R between W's feet toe pointing DLC, XLIB of R (W fwd L comm RF trn/cont RF trn fwd R between M's feet, cont RF trn sd & bk L, XRIB of L) to Wsk pos fcg DLC;
- 12&3
11. {SCP Chasse} Thru DLC R in SCP, sd & fwd L/cl R, sd & fwd L;
- 1-&3 (123)
12. {Big Top} Long stp thru R comm LF trn, cont LF trn allowing L ft to mv bhd R ft/bk L dwn LOD, cont LF trn slp sm bk R on ball of ft leaving L ft fwd (W long stp thru L comm LF trn, sd R past M cont trng LF square to M brushing L to R, cont LF trn on ball of R ft slp sm fwd L on ball of ft) to CP DRW;
- 12&3
- 13-16 **TRN LF & CHASSE; DBL OUTSD SWVL; OUTSD SPN; RUDOLPH & SLP;**
- 12-3
13. {Trn LF & Chasse} Fwd L in CP trng LF to CP Wall, sd RLOD R/cl L, sd & bk R cont LF trn to BJO DLW;
- 12-
14. {Dbl Outsd Swvl} Bk L in BJO allowing W to swvl RF in M's R arm to SCP LOD, fwd R in SCP allowing W to swvl LF to BJO, rise slightly while drawing L ft slightly twd R then lowering at end of meas to prep for Outsd Spn;
15. {Outsd Spn} Sip L toeing in & pvt RF, fwd R heel to toe outsd W cont RF pvt, cont trn stepping sd & bk L to CP LOD (W fwd R arnd M trng RF, cont trn cl L to R on toes, blending to CP cont trn stepping fwd R between M's feet);
16. {Rudolph & Slp} Fwd R between W's feet relax knee trn bdy RF causing W to ronde CW leaving L tucked IB of R ending in SCP LOD, rec L, slp R bk trng LF to CP DLC (W sd L DLW relax L knee Ronde R CW, bk R bhd L trng LF to fc M, fwd L to CP);

PART B

1 - 4 **DBL REV SPLIT RONDE (FC DRW);; CONTRA CK & SWITCH TO DBL RONDE AND M HK;;**

- 12-; -23; (12&3&); (-2&3);
- 1-2. {Dbl Rev Split Ronde} Fwd L comm LF trn, fwd & sd R arnd W cont LF spn drawing L twd R, cont LF spn on ball of R bring L beside R no wgt (W bk R comm LF trn, cont LF heel trn & cl L/fwd & sd R arnd M cont LF trn, XLIF of R/rec on R to rel L ft) to CP LOD; Lowering on R ronde L leg CCW out & bk, XLIB of R making strong LF trn to fc DRC, cont LF trn w/ sm sd stp on R to fc DRW (W lower on R ronde L leg CCW out & bk trng LF, XLIB of R trng LF/sd R cont LF trn, XLIF of R) to CP DRW;
3. {Contra Ck & Switch} Flex knees w/ strong R sd ld ck fwd L, rec R, comm RF trn leave L ft almost in plc, cont RF trn bk L soft knees throughout to CP DLC;
- 123 (12&3)
4. {Dbl Ronde & M Hk} Fwd R between W's ft w/ RF bdy trn ronde L leg CW, swing L sd arnd W stepping sd L to CP RLOD, hk RIB of L cont RF trn to fc DRC (W fwd L arnd M and ronde R leg CW, XRIB of L/sd & fwd L commencing to unwind M, fwd R) to BJO DRC;
- 5 - 8 **W ARND TO SAME FT LUN LINE; DRAG DEVELOPE; SAME FT LUN & CHG SWAY; HVR HER OUT TO FC;**
- 2- (12-)
5. {W Arnd to Same Ft Lun Lin} Unwind trng RF on bth ft, cont to trn RF shifting wgt to R to fc Wall, lower on R to Same Ft Lun Line (W fwd arnd M trng RF L, fwd R then keeping wt on R swvl RF to fc LOD, lower on R while extending L fwd LOD w/ no wgt);

- 6. {Drag Develope} Just before the first bt of this meas lower more strongly to allow L ft to xtnd a bit further twd LOD/reach sd LOD L taking wt to L ft, commence to rise on L while dragging R ft twd L, tch R to L (W fwd LOD L, lift R leg and xtnd R ft fwd in Develope, lower R leg to tch R ft beside L);
- 7. {Same Ft Lun & Chg Sway} Lower on L w/ slight L sway while reaching sd R w/ toe pointing DRW (W XRib well underneath bdy), cont to xfer wgt to R soft knee and commence to stretch upward, cont stretch & sway R (W head well to L)/on & ct chg sway by trng bdy slightly RF stretching R sd to op W's head to R while changing M's head to L;
- 8. {Hvr Her Out to Fc} Rec L commencing to mv W fwd twd LOD, releasing hold on W and trng ¼ LF rec R rising and allowing L to draw slightly bk twd R ft, sm fwd L LOD (W fwd L commencing to mv out of M's arms and trng ¼ LF to fc COH, sd R LOD cont LF trn to fc M while rising and allowing L to draw slightly bk twd R ft, sm fwd L RLOD) to end fcg ptr & LOD w/ no hnds jnd and arms extended to sd w/ W on outsd track and M on insd track;
- 9-12 PASSING HVR (2X); SYNC WHEEL; FC WALL-W SYNC SPN OUT;**
- 9-10. {Passing Hvrs} W/ identical ftwrk stp fwd R beginning to pass by ptr while placing M's R hnd on W's midsection & W's R hnd on M's chest, fwd L rising and commencing ½ RF trn releasing R hnd from ptr, rec R finishing RF trn to fc RLOD (W fc LOD) w/ M still on insd track and W on outsd track; Stp fwd L beginning to pass by ptr while placing M's L hnd on W's midsection & W's L hnd on M's chest, fwd R rising and commencing ½ LF trn releasing L hnd from ptr, rec L finishing LF trn to fc LOD (W fc RLOD);
- 11. {Sync Wheel} Blending to Bolero pos w/ R arms arnd ptr's waist and L arms xtnd out to sd wheel 1 full RF revolution R,L/R,L;
- 12. {W Sync Spn Out} Fwd R cont to trn RF to fc Wall while allowing W to roll off of M's arm, sm XLIF of R, sd RLOD R (W roll 1 ¾ RF twd RLOD R,L/R,L/R) to OP Wall; [Note: As an option, the W can replace the Sync Spn Out with a ¾ RF Roll twd RLOD R,L,R]
- 13-16 FNC LINE; W TRN TO FC (M PT) (BFLY BJO); X HVR; X SWVL & PT;**
- 13. {Fnc Line} Bth XLIF of R, rec R, sd LOD L;
- 14. {W Trn to Fc, M Pt} XRIF of L leading W twd LOD w/ jnd hnds, rec L releasing jnd hnds, pt R sd & bk (W XRIF of L to fc LOD, fwd LOD rolling 3/8 LF dwn LOD L,R) to Bfly Bjo DLW;
- 15. {X Hvr} Fwd R DLW, fwd & sd L rising & trng slightly RF, rec R (W bk L, bk & sd R rising & trng slightly RF, rec L) to Bfly SCAR DRW;
- 16. {X Swvl & Pt} Fwd L DRW, swvl LF on L and pt R bk & sd (W bk R DRW, swvl RF on R and pt L bk & sd) to Bfly Bjo DLW,-;
- 17-18 X HVR; X SWVL & PT;**
- 17-18. Rpt meas 15-16 of PART B;;
[Note: The music retards again at the end of Meas 18. The first stp of PART A will be slightly delayed]

PART B2

1-14 RPT MEAS 1-14 OF PART B;.....

15-16 MANUV; HES CHG;

- 15. {Manuv} Fwd R outsd ptr, fwd & sd L trng RF, cl R to CP RLOD;
- 16. {Hes Chg} Bk L trn RF, sd R to fc DLC, draw L to R no wgt;

PART B3

1-14 RPT MEAS 1-14 OF PART B;.....

15-16 MANUV; IMP SCP;

- 15. {Manuv} Fwd R outsd ptr, fwd & sd L trng RF, cl R to CP RLOD;
- 16. {Imp SCP} Bk L bringing R beside L w/ no wgt commencing RF heel trn, chg wgt to R cont RF trn, fwd & sd L (W fwd R pivoting ½ RF, sd & fwd L arnd M cont pivoting action brushing R to L, fwd & sd R) to SCP DLC;

ENDING

1 - 5 OK OP REV; HVR CORTE; OUTSD SWVL & QK VIN 4; W INSD ROLL (M TRANS); SLO X CK W/ ARMS;

- 12&3
1. {Qk OP Rev} Thru R DLC, blending to CP fwd L DLC trng LF/sd & bk R LOD, bk LOD L in BJO;
 2. {Hvr Corte} Bk R LOD blending to CP and trng LF, sd & fwd L LOD cont trn, rec R RLOD cont trn to BJO DLW;
- 12&3&
3. {Outsd Swvl & Qk Vin 4} Bk L in BJO allowing W to swvl RF in M's R arm to SCP LOD, slowing slightly to match the sync notes in the music stp thru LOD R/sd LOD L to CP Wall, XRIB of L (bth XIB), sd & fwd L LOD to SCP;
- 1-3
(123)
4. {W Insd Roll, M Trans} Thru LOD R releasing W and allowing her to commence roll twd LOD (W thru LOD L commencing LF roll dwn LOD), hold (W cont roll LOD R), sd & fwd L (W fin roll LOD L) to end bth fcg DLW w/ W dwn LOD of M and no contact; *[Note: The first stp of this meas will match the last piano note in the music. The rest of the ending will be danced to the fading chord in the music]*
- 1-
5. {Slo X Ck w/ Arms} Bth XRIF of L leaving L ft IB of R, stretch L sd while slowly raising L arm upward, cont raising L arm ovr last two bts to end w/ bth ptrs looking upward and bth L arms high w/ palm fcg LOD and bth R arms dwn at sd,-;