

SONG FOR A NEW BEGINNING

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Rhythm: Bolero

Phase: 4

Footwork: Opposite except where W's noted by ()

Music: "Song for a New Beginning", from the album "Winter Poem"

Artist: Secret Garden (music available online at iTunes Music Store, AmazonMP3)

Sequence: Intro-A-Bridge1-B-C-A-Bridge2-End Speed: increase about 8% to 48-49 rpm

INTRO

1-6 WAIT; FORWARD BREAK (CLOSING UP); FULL BASIC;; HIP LIFTS (L & R);:

- 1 (LOP FCG WALL, trl feet free) {wait} wait 1 meas;
- 2 {fwd brk} sd & fwd R,-, chk fwd L, rec bk R;
- 3-4 {full bas} blend to CP sd L w/ rise,-, bk R soft knee, fwd L; sd R w/ rise,-, fwd L soft knee, bk R;
- S--; S--; 5-6 {hip lifts} sd L,-, draw R to L press wt on R to lift R hip, lower hip; sd R,-, draw L to R press wt on L to lift L hip, lower hip;

PART A

1-4 TURNING BASIC; OPEN BREAK ENDING; R PASS; SHOULDER TO SHOULDER;

- 1-2 (CP WALL) {trng bas w/ op brk ending} sd L trn body RF into high line,-, bk R trng LF w/ slip pvt action, fwd L cont LF trn (sd & fwd R look R,-, slip fwd L close head to CP, sd & bk R cont LF trn) to fc COH in CP; sd R w/ no rise, -, bk L, rec fwd R (sd L, -, bk R, rec fwd L);
- 3 {R pass} fwd L w/ slight RF trn raise ld hnds to create window,-, XRIB of L trn RF, fwd L to fc WALL (fwd R look at ptr thru window,-, fwd L trn LF, bk R trng LF undr jnd ld hnds);
- 4 {shldr to shldr} trng to BFLY SCAR sd R,-, fwd L outsd ptr, rec R;

5-8 BACK SHOULDER TO SHOULDER; REVERSE UNDERARM TURN; PREPARE AIDA; AIDA LINE w/ HIP ROCKS;

- 5 {bk shldr to shldr} sd L,-, ck bk R, rec L to fc;
- 6 {rev U/A trn} sd R w/ rise,-, raise ld hnds ck thru L soft knee, rec R (sd L w/ rise,-, thru R trn LF under jnd ld hnds soft knee, rec L trng to fc ptr);
- 7 {prep Aida} sd L trng to "V" shape twd LOD,-, thru R, trng RF step sd L;
- S-- 8 {Aida line w/ hip rks} cont RF trn bk R in Aida line,-, rk fwd L, rk bk R,

9-12 SWIVEL TO FACE INTO A FENCE LINE; REVERSE UNDERARM TURN; SPOT TURN (BFLY); 2-HAND OPENING OUT;

- 9 {swvl to fc into fence line} sd & fwd L swvl to fc ptr BFLY,-, ck thru R twd LOD, rec L;
- 10 {rev U/A trn} sd R w/ rise,-, raise ld hnds ck thru L soft knee, rec R (sd L w/ rise,-, thru R trn LF under jnd ld hnds soft knee, rec L trng to fc ptr);
- 11 {spot trn} sd L,-, thru R trn LF to fc RLOD, rec L trn 1/4 LF to fc ptr WALL in BFLY;
- S--(SQ) 12 {opng out} in BFLY small sd R trng RF,-, lower on R extending L ft to sd & shaping to ptr, rise trng to BFLY WALL (sd & bk L trng RF,-, XLIB of R lowering, fwd L rise trng to BFLY WALL);

13-16 HIP ROCK 3; 2-HAND OPENING OUT; FENCE LINE; LUNGE BREAK;

- 13 {hip rk 3} rk sd L,-, rk sd R, rk sd L;
- S--(SQ) 14 {opng out} in BFLY small sd R trng RF,-, lower on R extending L ft to sd & shaping to ptr, rise trng to BFLY WALL (sd & bk L trng RF,-, XLIB of R lowering, fwd L rise trng to BFLY WALL);
- 15 {fence line} sd L,-, cross lunge thru R, rec L to fc ptr;
- S--(SQ) 16 {lunge brk} sd & fwd R w/ rise,-, lower on R keeping back vertical w/ slight RF trn slide L leg sd & bk, rise on R w/slight LF trn (sd & bk L w/ rise,-, bk R under body flexing knee pointing L fwd, fwd L) end LOP fcg WALL;

BRIDGE1

1-2 UNDERARM TURN; HIP LIFT;

- 1 (LOP FCG WALL) {U/A trn} sd L,-, XRIB of L, rec L (sd R comm RF trn under jnd ld hnds,-, fwd L trn RF 1/2, rec fwd R trn RF to fc ptr);
S-- 2 {hip lift} blend to CP sd R,-, draw L to R press wt on L to lift L hip, lower hip;

PART B

1-4 SPOT TURN; HAND TO HAND; LACE ACROSS; BOLERO WALK 3;

- 1 (CP WALL) {spot trn} sd L,-, thru R trn LF to fc RLOD, rec L trn 1/4 LF to fc ptr & WALL in BFLY;
2 {hnd to hnd} sd R,-, trn to OP LOD bk L, rec fwd R;
3 {lace across} passing bhd W diag across line of progression w/ ld hnds jnd fwd L,-, cl R, fwd L (passing in front of M diag across line of progression under jnd ld hnds fwd R,-, cl L, fwd R);
4 {bolero wk 3} in LOP pos fwd R,-, fwd L, fwd R;

5-8 RUMBA AIDA; RUMBA AIDA; RUMBA SWITCH ROCK; BOLERO CRAB WALK 3;

- QQS 5 {rumba Aida} toward LOD fwd L, fwd R trn LF, bk L to Aida line,-;
QQS 6 {rumba Aida} toward RLOD fwd R, fwd L trn RF, bk R to Aida line,-;
QQS 7 {rumba switch rk} swvl LF on R to fc ptr chk sd L to BFLY COH, rec R, sd L,-;
8 {bolero crab wk 3} XRIF of L,-, sd L, XRIF of L;

PART C

1-4 SPOT TURN; HAND TO HAND; LACE ACROSS; FACE FOR SWAY R, & TWIRL 2;

- 1-3 (BFLY COH) {spot trn}{hnd to hnd}{lace across} repeat Part B, meas 1-3, beginning fcg COH & progressing toward RLOD;;;
4 {fc for sway R & twirl 2} trn to fc ptr & WALL sd R w/ sway,-, raise ld hnds sd L leading W to twirl RF, XRIF of L (trn to fc ptr sd L w/ sway,-, twirl RF under jnd ld hnds R, L);

5-8 HIP CHECK LUNGE & LADY REV TWIRL (into an); OPEN VINE 4; NEW YORKER; PROMENADE SWAY, SLOW R LUNGE & HOLD;

- 5 {hip chk lunge & W rev twirl} lunge sd L chkg W w/ R hnd on her R hip,-, raise ld hnds rec R leading W to twirl LF, cl L (lunge sd R chkg,-, twirl LF under jnd ld hnds L, R);
QQQQ 6 {op vine 4} sd R, thru L to LOP pos RLOD, trn LF to fc ptr sd R, trn LF to OP pos LOD bk L;
7 {NY} trng RF to fc ptr sd R cont RF trn w/ rise to fc RLOD,-, ck thru L soft knee, rec R trn LF to fc ptr;
SS 8 {prom sway, slo R lunge & hold} sd L into prom sway pos,-, sd R bending R knee to R LUNGE pos,-;

PART A

1-4 TURNING BASIC; OPEN BREAK ENDING; R PASS; SHOULDER TO SHOULDER;

5-8 BACK SHOULDER TO SHOULDER; REVERSE UNDERARM TURN; PREPARE AIDA; AIDA LINE w/ HIP ROCKS;

9-12 SWIVEL TO FACE INTO A FENCE LINE; REVERSE UNDERARM TURN; SPOT TURN (BFLY); 2-HAND OPENING OUT;

13-16 HIP ROCK 3; 2-HAND OPENING OUT; FENCE LINE; LUNGE BREAK;

BRIDGE2

1 SLOW SIDE, MAN CHECK FORWARD (LADY DEVELOPE);

- SS(S--) 1 (LOP FCG WALL) {slo sd, M chk fwd (W devel)} sd L blending to BFLY DLW,-, chk fwd R outsd ptr,- (sd R w/ small LF trn,-, bk L bring R ft up L leg to insd of L knee, extend R ft fwd);

END

1-4 SLOW BACK (LADY REV TWIRL); FORWARD BREAK (CLOSING UP); TURNING BASIC (to a); SLOW R LUNGE & HOLD;

- 1 **(BFLY DLW) {slo bk (W rev twirl)}** rec L,-, raise ld hnds leading W to twirl LF small sd R, cl L (fwd R,-, twirl LF undr jnd ld hnds L, R);
- 2 **{fwd brk}** sd & fwd R,-, chk fwd L, rec bk R;
- 3 **{trng bas}** sd L trn body RF into high line,-, bk R trng LF w/ slip pvt action, fwd L cont LF trn (sd & fwd R look R,-, slip fwd L close head to CP, sd & bk R cont LF trn) to fc COH in CP;
- s-- 4 **{slo R lunge & hold}** sd R bending R knee to R LUNGE pos,-,-;