

MY SWEET CATHERINE

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Waltz Phase VI
Speed: 43
A MOD, INTER 1, A, INTER 1, B, INTER 2, A, ENDING

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My Sweet Catherine Track1
CD: The Ballroom: Waltz by Dance Mania
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PART A MOD

1-4 WAIT;; HOVER; PICK-UP DOUBLE LOCK;

1-2 {Wait} Wait 2 meas in CP DW lead ft free;;
123 3-4 {Hover} Fwd L, fwd & sd R rising, recov L SCP DC;
12&3& {PU Dbl Lk} Fwd R, with slgt LF curve fwd L/ lk RIB of L, fwd L/ lk RIB of L as W slowly picks-up to CP DC;

5-8 OPEN REV TRN; HOVER CORTE; SYNCOPATED BK ZIG ZAG; CHECK BK, MANUEVER, PIVOT;

123 5-6 {Open Rev Trn} Fwd L trn LF, cont LF trn sd R, bk L to contra BJO; {Hover Corte} Bk R start LF trn, sd & fwd L with hover action, recov bk R in contra BJO;
1&23 7-8 {Synco Bk Zig Zag} Bk L/ pull R heel bk to cl trn RF ¼ (W sd L), fwd L trn LF, bk R in contra BJO fc DW;
123 {Chk Man Pivot} Chk bk L, recov R start RF trn to manuv, fcng RLOD bk L pivot ½ RF to fc LOD in CP;

9-12 FWD RUMBA CROSS; RUDOLPH & SLIP; DBL REV; CURVING 3-STEP;

12&3 9-10 {Fwd to Rumba Cross} Fwd R, fwd L with L sd stretch cont RF trn/ lk RIB of L cont RF trn to fc RLOD, bk L pivot ½ RF;
123 {Rudolph & Slip} Fwd R btwn W's feet as if to start a RF pivot but stop action by flexing R knee while keeping L bk cont body trn allowing L sd to remain twd W, bk L with rise, bk R & cont LF trn keeping L leg extended fwd (W slgt fwd L arnd M trn RF to SCP allow R to ronde CW keep R sd twd M with R leg XIB of L, bk R start a LF pivot on ball of R foot with rise, fwd L slip cont LF trn place L near M's R ft);
12- 11-12 {Dbl Rev} Fwd L start LF trn, sd R 3/8 trn btwn 1 & 2, spin LF (W12&3) 3/8 btwn 2 & 3 on ball of R bring L to R no wgt fc LOD (W bk R trn LF, cl L to R heel trn/ sd & slgty bk R cont LF trn, XLIF of R); {Curving 3} Fwd L start LF trn, fwd R passing well under the body with R sd stretch cont LF trn, fwd L well under the body end CP DRC;

13-16 BK CHASSE REV TWIRL TO BJO; CHK DEVELOPE; BK SYNCO TWIRL SCAR; CHK DEVELOPE;

12&3 13-14 {Bk Chasse Rev Twirl to BJO} Bk R trn LF, sd L/ cl R, sd L
1-- trning to BFLY BJO DW (W fwd L prepare to LF twirl under the

- lead arm, twirl RF sd & bk R/ fwd L, sd & bk R to end BFLY DW); **{Chk Develope}** Chk fwd R in BFLY extend arms to W and hold, (W chk bk L, trn body to look twd the wall and kick the R leg up into develope twd RLOD),;
- 12&3 15-16 **{Bk Synco Twirl}** Bk L, sd R/ cl L twirling W RF, sd R rejoin in BFLY SCAR DRW (W fwd R to prepare a RF twirl under the lead arm, twirl RF under lead arm sd & bk L/ fwd R, sd & bk L);
1-- **{Chk Develope}** Chk fwd L in BFLY extend arms to W and hold, (W chk bk R, trn body to look twd wall and kick the L leg up into develope twd LOD),;

INTER 1**1-4 BK CHASSE TO BJO; CHK FWD TO SYNCO WHEEL; BK HOVER EXIT; CHAIR & SLIP;**

- 12&3 1-2 **{Bk Chasse BJO}** Bk R trn LF, blending to CP sd L/ cl R, sd L trning to BJO DW; **{Chk Fwd to Synco Wheel}** Chk fwd R blend to BJO with strong L sd stretch twd DC, with early RF trn start the W to wheel RF arnd you by trning RF & rk bk L/ almost in pl fwd R, fwd L/ fwd R to BJO LOD (W chk bk L, recov fwd R/ fwd L, fwd R/ fwd L wheeling arnd the M);
- 123 3-4 **{Bk Hover}** Bk L trn body RF, sd R with hover action cont trn to SCP DW, fwd L; **{Chair & Slip}** Lunge thru R, recov L with rise & strong LF body trn, slip bk R into CP DC (W lunge thru L, recov R with rise & trn twd M, slip fwd L to CP);

PART A**1-4 OPEN REV TRN; OPEN FINISH; HOVER; PICK-UP DBL LK;**

- 123 1-2 **{Open Rev}** Fwd L trn LF, cont LF trn sd R, bk L to contra BJO;
123 **{Open Fin}** Bk R cont LF trn, sd L, fwd R to BJO DW;
123 3-4 **{Hover}** Fwd L, fwd & sd R rising, recov L SCP DC;
12&3& **{PU Dbl Lk}** Fwd R, with slgt LF curve fwd L/ lk RIB of L, fwd L/ lk RIB of L as W slowly picks-up to CP DC;

REPEAT MEAS 5-16 PART A**REPEAT INTER 1****PART B****1-4 REVERSE FALLAWAY & SLIP; CROSS CHASSE CHECK; BK LADY SWVL PROMENADE SWAY; WHIPLASH TO BJO;**

- 1&23 1-2 **{Rev Fallaway Slip}** Fwd L start LF trn/ sd & bk R with R sd lead in fallaway pos ¼ trn btwn 1 & 2, bk L in CBMP well under body 1/8 trn LF btwn 2 & 3 body trns less, trn LF slip R past L toe in with step bk on R cont LF trn ¼ btwn 3 & 4 end fcng DW (W bk R/ sd & bk L, bk R trning LF 5/8, cont LF trn slip L past R

- fwd L to CP); **{Cross Chasse & Chk}** Fwd L start LF trn, sd R cont LF trn/ cl L to R fc DC, chk fwd R in bjo DC;
- 1-- 3-4 **{Bk Swvl Prom Sway}** Stay low bk L start to trn body RF, cont
 1-- RF body trn pt R ft sd & bk to prom sway pos fc DC (W fwd R, swvl RF to prom sway pos),;
{Whiplash to BJO} Fwd R, trn body LF to pt L fwd in BJO with L sd stretch (W fwd L, swvl LF to BJO pt R ft bk),;
- 5-8 OUTSIDE SPIN; CURVE FEATH; BK TO DBL BK LK; BK CHASSE TO BJO;**
- 123 5-6 **{Outside Spin}** Dissolve the sway with early RF trn lead W to
 123 BJO as step small bk L, fwd R heel to toe in BJO cont RF trn, cont RF trn bk L to end in CP DW (W fwd R trning RF, cl L to R for toe pivot cont RF trn, cont trn fwd R btwn M's feet); **{Curve Feath}** Fwd R btwn W's ft, with L sd stretch cont R trn sd & fwd L, cont upper body trn to R with L sd stretch fwd R to contra BJO DRW;
- 12&3& 7-8 **{Bk to Dbl Bk Lk}** Bk L chg sway to R sd stretch & bk, bk R/ lk
 12&3 LIF of R, bk R/ lk LIF of R; **{Chasse to Bjo}** Bk R trn LF, sd L/ cl R, sd L trning to BJO DW;
- 9-12 MANUV; SPIN TRN; BOX FIN; LEFT PIVOT TO;**
- 123 9-10 **{Manuv}** Fwd R with RF body trn, cont trn to fc ptr & RLOD sd
 123 L, cl R to L; **{Spin Trn}** Bk L pivot ½ RF, fwd R cont pivot ¼ RF to rise heel to toe, bk L CP DW (W fwd R pivot ½ RF, bk L pivot ¼, fwd R in CP);
- 123 11-12 **{Box Fin}** Bk R start LF trn, sd L trn ¼ LF, cl R to L DC;
 123 **{Left Pivot To}** Fwd L trn LF, sd R arnd W, bk & sd L (W bk R, cl L to R heel trn, fwd R under M's body);
- 13-16 THROWAWAY; LINK TO SEMI; OPEN NAT; IMPETUS SEMI;**
- 13-14 **{Throwaway}** Rotate body LF stay low to cause W to extend ft
 -23 bk in throwaway (W rotate slowly & extend L ft bk with strong R sd stretch);
{Link to SCP} Trn body RF keep sway and stay low, cl R to L as start to chg sway rise, chg sway to SCP fwd L LOD;
- 123 15-16 **{Open Nat}** Thru R, trn RF to step sd & bk L across ptr, bk R
 123 BJO DRC (W fwd L, fwd R, fwd L);
{Imp Semi} Bk L, cl R to L heel trn, fwd L in SCP DC (W fwd R in BJO, sd L arnd M, fwd R in SCP);

INTER 2**1-4 BIG TOP; TURNING WHISK; FWD HOVER TO BJO; HEISTATION CHG;**

- 123 1-2 **{Big Top}** Fwd R start LF spin, cont LF trn XLIB of R, cont spin
 (W1&-3) slip R a small step bk in CP DW (W fwd L/ fwd R arnd M's L sd cont toe spin,, fwd L slipping to CP); **{Bk TrningWhisk}** Fwd L trn LF, sd R cont LF trn, hook LIB of R stay on toe fc DRC;

123 3-4 {**Fwd Hover to BJO**} Fwd R, fwd L with LF body trn & rise, bk
 12- R to BJO (W fwd L, fwd R trn to BJO, recov L); {**Hesit Chg**} Bk
 L trn LF, sd R cont LF trn, draw L to R end CP DC;

REPEAT A

ENDING

**1-4 BK CHASSE TO BJO; CHK FWD TO SYNCO WHEEL; BK HOVER
 EXIT; CHAIR & SHAPE;**

12&3 1-2 {**Bk Chasse BJO**} Bk R trn LF, blending to CP sd L/ cl R, sd L
 12&3& trning to BJO DW; {**Chk Fwd to Synco Wheel**} Chk fwd R
 blend to BJO with strong L sd stretch twd DC, with early RF trn
 start the W to wheel RF arnd you by trning RF & rk bk L/ almost
 in pl fwd R, fwd L/ fwd R to BJO LOD (W chk bk L, recov fwd
 R/ fwd L, fwd R/ fwd L wheeling arnd the M);
 123 3-4 {**Bk Hover**} Bk L trn body RF, sd R with hover action cont trn to
 1-- SCP DW, fwd L; {**Chair & Shape**} Lunge thru R, chg sway to bk
 poise,;