



CHANGE OF SEASONS

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Record: Fabuloso Collection International & Standard Vol II CD = Track # 4 PHASE VI WALTZ

Sequence: Intro – A – B – C – A mod – C mod – End

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses)

Timing: Standard Waltz unless noted

7/06

INTRO

Meas:

1-4 **LEFT SHAD POS (W ON INSIDE) BOTH RT FT FREE W 1 MS; RT LUNGE; WHISK; W SYNCO ROLL X BJO JN RT HDS;**

1-2 L shad pos fc DLW both have RT ft free w 1 ms; [rt lunge] sd R into RT Lunge, -, - ;

3-4 [whisk] Rec L, XRIB of L, rec L; [w synco roll x] Fwd R, L, R (W roll RF 1 ½ trn R/L, R, L) jn R hds fc DLW;

PART A

1-4 **HOVER TELE; IN & OUT RUN W SPIRAL LF TO L ½ OPN; CONT IN & OUT RUN TO ½ OP LOD; SL CHECK THRU;**

1-2 [hvr tele] DLW R hds jnd fwd L, fwd & sd R, fwd L (W bk R, bk & sd L comm RF trn, fwd R in slight "L" pos); [in & out run W spn] Fwd R, comm RF trn sd L lead W to trn LF, release hds cont trn fwd & sd R (W fwd L comm LF trn, cont trng sd R spiral LF, sd & fwd L) to L ½ OP/LOD;

3-4 [in & out run] Fwd L, fwd R betw W's ft, L (W fwd R comm RF trn, sd & bk L, cont trn fwd R ½ OP/LOD; [sl x thru] Shape twds ptr chk thru R, (W shape twds ptr chk thru L), - ;

5-8 **BK WHISK; RIPPLE CHASSE SCP; IN & OUT RUN TO L ½ OPN; SL CHECK THRU;**

5-6 [bk whisk] Rec L, sd R, XLIB of R (W rec R, sd L, XRIB of L) blend to SCP LOD; [ripple chasse] Thru R trn head to R with R sway to CP, sd L/cl R holding sway, sd & fwd L (W thru L trn head to L with L sway blend to CP, sd R/cl L hold sway, sd & fwd R) SCP;

7-8 [in & out run] Fwd R comm RF trn, sd & bk L, cont trn fwd R (W fwd L, fwd R betw M's ft, fwd L) to L ½ OP/LOD; [sl x thru] Shape twds ptr chk thru L, (W shape twds ptr chk thru R), - ;

9-12 **OUTSD CHK; HEEL PULL HAIRPIN TWICE;; BK CHASSE W SYNCO UNDERARM TRN to fc;**

9-10 [outsd chk] Rec R comm LF trn, cont trn sd & fwd L, fwd R outsd ptr (W rec L, bk R, bk L) BJO/DRC; [heel pull hairpin] Bk L comm strong RF trn, pull R ft twd then past L foot to step sd facing nearly LOD swing L sd strongly fwd step/fwd L with strong trn to R twd WALL, cont RF trn o step fwd R outsd ptr (W fwd R comm strong RF trn, cont trn sd L/cont trn bk R, bk L) to end BJO DRW;

11-12 [heel pull hairpin] Repeat meas 10 part A; [w synco undarm trn] Comm RF trn bk L, sd R/cl L cont trn, sd R (W comm RF trn fwd R, cont trn under jnd hds L/R, sd L) LOP fc DLW;

12&3

13-16 **HVR ; QK OP REV; HINGE; CHG TO SM FT LUNGE LN;**

13-14 [hvr] Fwd L blend to CP, sd & fwd R with slight rise & slight RF upper body trn to lead W to trn to SCP, rec L (W bk R, sd & bk L with slight rise trn to SCP, rec R); [qk op rev] Fwd R, fwd L trn LF/sd & bk R, bk L outsd ptr (W fwd L, fwd R trn LF/sd & fwd L, fwd R) BJO DRC;

12&3

15-16 [hinge] Bk R, sd & bk L comm LF trn, trn body LF leading W to XLIB relax L knee leave R leg extended (W fwd L, fwd R comm LF trn, cont trn LF XLIB of R relax L knee & allow R to slide fwd toe pointed keep left sd in twd ptr); [sm ft lng ln] Comm RF upper body trn rise on L to lead W to rec, cl R to L cont RF upper body trn, extend L shape twd ptr (W rec R comm RF upper body trn, cont trn on R, lower on R and extend L fwd);

PART B

- 1-4** **TRAVELING SM FT LUNGE; REV PVT BJO; OUTSD SWVL LILT P/U DLW; TUMBLE TRN DRC;**
123 1- 2 **[travel sm ft lng]** Sm ft lng pos no rise sd L rotate upper body LF, fwd R trn body RF & lower
(12&3) pt L lod- (W fwd L swvl LF, cl R to L/ bk L swvl RF,cl R); M hold lead W to extend L fwd to sm ft
- 23 lunge ln, **[rev pvt bjo]** - fwd L, sd & bk R (W extend L fwd to sm ft lunge ln, rec L comm LF
(12&3) trn/cont trn bk R, fwd L) BJO/RLOD;
- 12&3** 3 – 4 **[outsd swvl lilt p/u]** BJO Bk L trn body RF to swvl W to SCP, fwd R strong rise with LF body trn,
fwd L sml step (W fwd R swvl RF SCP, fwd L rise & trn LF, cl R) CP/DLW; **[tumble]** Bk R cont
LF trn/sd L, fwd R BJO, upper body rise & trn to take small step fwd L lower to pvt LF to fc DRC
(W fwd L trn LF/sd & bk R, bk L in BJO, upper body rise & trn to take small step bk pivot LF head
R) CP/DRC;
- 5- 8** **BK TO RT LUNGE LN CHG SWAY; LINK EXIT; OP NAT TRN; OVERTURN OUTSIDE SPIN;**
5 – 6 **[bk R lunge ln]** CP/DRC Bk R with R side stretch, pt L ft bk twd LOD, chg sway (W fwd L with L
side stretch head to R, pt R ft fwd twd LOD, chg sway head to L); **[link]** Rec L, trn body LF cl R
to L rise chg sway, fwd L (W rec R, cl L to R rise chg sway, fwd R) SCP/DLW;
7 – 8 **[op nat trn]** Fwd R comm RF trn, sd L cont trn, bk R outsd ptr; **[ot outsd spn]** Comm RF trn bk L,
fwd R outsd ptr spin RF, sd & slightly bk L (W comm RF trn fwd R outsd ptr, cl L to R spin RF, sd
& fwd R) CP DLC;
- 9 – 12** **RUDOLPH RONDE BK W DEVELOP; LINK; WEAVE 6 BJO;;**
9 – 10 **[rud ronde]** Cont RF trn fwd R bet ptr ft start RF pvt but check action flex R knee keep L ft bk
allow L sd to remain in to woman,XLIB of R well under body, take full wt to L chg sway to R pt R ft
bk, hold (W cont RF trn bk L trn RF to SCP, allow R leg to ronde CW keep R sd in to man, XRIB
of L well under body swvl LF on R, bring L ft up R leg outsd of R knee extend L ft fwd);
[link] Fwd R, comm slight RF upper body trn, slight body rise, fwd L (W bk L, swvl RF on L with
slight rise, fwd R) SCP DLC;
11-12 **[weave bjo]** Fwd R, fwd L comm LF trn, bk R to BJO; bk L, bk & sd R cont trn sd & fwd L outsd
ptr to BJO DLW;
- 13-16** **OUTSD RUN & PVT; DBL NAT; FWD SWVL TO SM FT LNG LN; W SPIRALTRANS TO SHAD DLW;**
13-14 **[outsd run & pvt]** BJO fwd R/fwd L, fwd R comm RF trn, bk L pvt ½ RF (W run bk L/bk R, bk L
comm RF trn, fwd R btwn M's ft pvt ½ RF)fc DLC; **[dbl nat]** Cont RF trn fwd R, fwd & arnd ptr L
cont RF trn, cont RF trn spinning on ball of L allow W to step into BJO (W cont RF trn bk L, cl R
to L heel trn,cont RF trn fwd & arnd ptr L/cont RF trn fwd R outsd ptr) BJO/LOD;
15-16 **[fwd swvl sm ft lunge ln]** Cont RF upper body trn to cause W to swvl RF keep R shoulder bk
release trailing hd fwd R past ptr, swvl RF on R to fc ptr DRW, shape twd ptr pt L sd & bk (W
BK L swvl RF to fc ptr , cl R to L , lower on R & pt L LOD) trailing hds high; **[w spiral trans
shad]** Rec L trn LF to fc DLW, cl R to L, sd & fwd L (W fwd L, fwd R spiral LF under jnd hds, sd &
fwd L) to shad pos R ft free for both DLW;

PART C

- 1 – 4** **SHAD NAT TURN 3;;; SHAD NAT TRN (option W SPIRAL);**
1-2 **[shad nat trn]** shad pos DLW sm footwork fwd R comm RF trn, cont trn sd L, bk R to fc RLOD
with R shldr ld bk; Bk L comm RF trn, cont trn sd R, fwd L fc DLW with L shld ld fwd;
3-4 **[cont shad nat trn]** Repeat meas 1; Repeat meas 2 (option W Bk L comm RF trn, cont trn sd R,
fwd L spiral ½ RF) to shad pos DLW;
- 5-7** **SHAD RUNNING NAT TRN; BK PU (W LK TRANS); DBL REV CP DLW; W TRN TO SHAD;**
12&3 **5-6** **[run nat trn]** shad pos still on sm ft wk Comm RF upper body trn Fwd R/bk L cont trn, bk R, bk L
fc RLOD; **[bk pu w lk trans]** Bk R trn LF, cont trn sd & fwd L, cl R to L (W bk R trn LF, cont trn
sd & fwd L, fwd R cont trn to fc ptr/XLIF of R) CP DLC;
(12&3) **7-8** **[dbl rev]** Fwd L, comm LF trn sd & bk R, spin LF on R tch L to R (W bk R, comm LF heel trn on
to R cl L to R/fwd R, cont LF trn XLIF of R) CP DLW; **[w trn shad]** Fwd L, R, L lead W to trn LF
under jn ld hds (W bk R comm LF underarm trn, cont trn sd & fwd L, tch R to L)to shad pos DLW;

- 9-12 **SHAD NAT TURN 3;;; SHAD NAT TRN (option W SPIRAL);**
 9-10 Repeat meas 1 & 2 Part C;;
 11-12 Repeat meas 3 & 4 Part C;;
 13-16 **SHAD RUNN NAT TRN; BK PU LK TRANS; DBL REV CP DLW; DRIFT APT TRANS JN R HDS;**
 13-14 Repeat meas 5& 6 Part C;;
 15-16 Repeat meas 7 Part C; **[drift apt]** Fwd L, R lead W to drift apt, tch L to R (W bk R, bk L drift apt from ptr, tch R to L) jn R hds;

MOD PART A

- 1-4 **HOVER TELE; IN & OUT RUN W SPN LF TO L ½ OPN; CONT IN & OUT RUN TO ½ OP LOD; SL CHECK THRU;**
 1-2 Repeat meas 1 & 2 Part A;;
 3-4 Repeat meas 3 & 4 Part A;;
 5-8 **BK WHISK; CHASSE SCP; OP NAT TRN; OP IMP W TRANS SHAD;**
 5-6 Repeat meas 5 & 6 Part A;;
 7-8 Repeat meas 7 Part B:**[op imp]** comm RF trn bk L bring R to L no wgt begin RF heel trn, chg wgt to R cont trn fwd & sd L (W fwd R comm RF pvt ½, sd & fwd L arnd ptr cont trn, tch R to L) SHAD DLW;

MOD PART C

- 1-4 **SHAD NAT TURN 3;;; SHAD NAT TRN W SPIRAL;**
 1-2 Repeat meas 1 & 2 Part C;;
 3-4 Repeat meas 3 & 4 Part C;;
 5-8 **RUNNING NAT TRN; BK PU LK TRANS; CL TELEMARK; W SWVL TO SM FT LNG LN;**
 5-6 Repeat meas 5 & 6 Part C;;
 7-8 **[cl tele]** Fwd L, comm LF trn sd & bk R, cont LF trn sd & fwd L (W bk R, comm LF trn bring L beside R no wgt, trn LF on R (heel trn) chg wgt to L, sd & bk R) BJO DLW;**[w swvl sm ft lng ln]** Cont RF upper body trn to cause W to swvl RF keep R shoulder bk release trailing hd fwd R past ptr, swvl RF on R to fc ptr DRW, shape twd ptr pt L sd & bk (W BK L swvl RF to fc ptr, cl R to L, lower on R & pt L LOD);

END

- 1—4 **SL TRAVELING SM FT LUNGE;; SL DRAG DEVELOPE; SM FT LUNGE LN;**
 1 – 2 **[sl travel sm ft lng]** no rise sd L rotate upper body LF, -, - (W fwd L swvl LF, cl R to L, reach bk L); fwd R, trn body RF, lower pt L lod (W replace wgt on L, swvl RF cl R, slowly extend L ft fwd to sm ft lng ln);
 3-4 **[sl drag dev]** Slow rec sd L, rise & sl drag R to L, chg to R sway (W rec L, sl rise & drag R to L, develop R); Cl R to L chg to L sway, lower on R shape twd ptr, pt L LOD (W cl R to L, lower on R, extend L)to sm ft lng ln;