

ONCE UPON A DECEMBER

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Music: "Once Upon a December" (Premium Standard Orchestra – Ballroom Swing) available from Casa Musica
Rhythm/Phase: Viennese Waltz – Phase IV+2 (Right Lunge Roll & Slip – Chg of Sway)
Sequence: Intro ABC - BC (1-14) - Ending Slowed 5% Released: November 2014

INTRO

1-8 WAIT BFLY/WALL;;; STEP APART; POINT; TOGETHER to BFLY; TOUCH;

1-4 {Wt BFLY/WALL} Wt 4 measures BFLY/WALL with ld foot free;;;
1--;---; 5-6 {Stp Apt; Pt} Stp apt L,-, (Stp apt R,-,-); Pt R twd ptr,-, (Pt L twd ptr,-,-);
1--;---; 7-8 {Tog; Tch} Stp tog R to BFLY/WALL,-, (Stp tog L,-,-); Tch L to R,-, (Tch R to L,-,-);

PART A

1-4 CANTER TWIRL;; REVERSE CANTER TWIRL;;

1-3;1--; 1-2 {Canter twirl} Sd L raising jnd lead hnds, draw R to L, cl R to L (Sd & fwd R comm RF spn under jnd ld hnds, cont RF spn, cl L to R); Sd L, draw R to L, to LOP fcg ptr WALL;
1-3;1--; 3-4 {Rev canter twirl} Sd R raising jnd lead hnds, draw L to R, cl L to R (Sd & fwd L comm LF spn under jnd ld hnds, cont LF spn, cl R to L); Sd R, draw L to R, to LOP fcg ptr WALL;

5-8 CANTER DOUBLE TWIRL;; to SWAY APART;;

1-3;1-3;5-6 {Canter dbl twirl} Repeat measure 1 Part A; Repeat footwork measure 1 Part A switch to jnd trailg hnds on count 3;
1--;---; 7-8 {Sway apt} Step apt L DC,-, (Step apt R DW,-,-); Continue sway apt with arm sweep,-,-;

9-12 CANTER ROLL ACROSS;; TWICE;;

1-3;1--; 9-10 {Canter roll across} Fwd R twd DLW comm RF roll bhnd W,-, cont RF roll sd L; Sd R jn ld hnds, sweep R arm out to sd,-;
1-3;1--; 11-12 {Twice} Fwd L twd DLC comm LF roll bhnd W,-, cont LF roll sd R; Sd L jn trlg hnds, sweep L arm out to sd,-;

13-16 CANTER PICKUP LADY LOCKS;; CANTER TELEMARK SCP/LOD;;

1-3;1--; 13-14 {Canter PU Lady lk} Fwd R,-, fwd L (Fwd L comm LF trn,-, fwd & sd R cont trn); Cl R to L,-, (blendg to CP/DLC lk Lif of R,-,-);
1-3;1--; 15-16 {Canter tele SCP} Fwd L comm trng LF,-, sd & fwd R around W cont LF trn (Bk R comm LF trn bringing L beside R no wgt,-, cont RF trn on R heel chg wgt to L); Sd & fwd L,-, (Sd & fwd R,-,-) to SCP/LOD;

PART B

1-8 SERPIENTE;;; IN AND OUT RUNS;;;

1-3;1--; 1-2 {Serp} Blndg to BFLY thru R to fc ptr,-, sd L (Thru L to fc ptr,-, sd R); XRib, fan L CCW,- (XLib, fan R CW,-);
1-3;1--; 3-4 {fin Serp} XLib,-, sd R (XRib,-, sd L); XLif, fan R CW,- (XRif, fan L CCW,-);
1-3;1--; 5-6 {In and Out Runs} Blndg to SCP/LOD fwd R startg RF trn,-, sd & bk L DW (Fwd L,-, fwd R); Bk R with R sd leadg to BJO/RLOD,-, (Fwd L with L sd leadg to BJO,-,-);
1-3;1--; 7-8 {fin In and Out Runs} Bk L trng RF,-, sd & fwd R between W's ft contg RF trn (Fwd R startg RF trn,-, sd & sd L cont trn); Fwd L to SCP/LOD,-, (Fwd R to SCP/LOD,-,-);

9-16 SERPIENTE;;; START IN AND OUT RUNS;; HESITATION CHANGE;;

9-14 Repeat measures 1-6 Part B;;;;;
1--;1--; 15-16 {Hest Chg} Comm RF upper body trn bk L,-,-; Sd R cont RF trn, draw L to R CP/LOD,-;

PART C

1-4 REVERSE TURNS;;; fc LOD;

123;123; 1-2 {Rev trns} Fwd L trn LF, sd R cont trn, XLif of R (Bk R trn LF, sd L cont trn, cl R to L); Bk R trn LF, sd L cont trn, cl R to L (Fwd L trn LF, sd R cont trn, XLif of R);
123;123; 3-4 {fin Rev trns} Repeat measures 1-2 Part C; End fcg LOD;

5-8 FORWARD POINT; BACK POINT; FORWARD CANTER;;

1--;1--; 5-6 {Fwd pt; Bk pt} Fwd L, pt R fwd,-; Bk R, pt L bk,-;
1-3;1--; 7-8 {Fwd canter} Fwd L,-, cl R to L; Fwd L,-,-;

9-12 NATURAL TURNS;;; fc LOD;

123;123; 9-10 {Nat trns} Fwd R trn RF, sd L cont RF trn, cl R to L fc RLOD; Bk L trn RF, sd R cont RF trn, cl L to R fc LOD;

123;123; 11-12 {fin Nat trns} Repeat measures 9-10 Part C; End fcg LOD;

13-16 FORWARD POINT; BACK POINT; FORWARD CANTER;;

1--;1--; 13-14 {Fwd pt; Bk pt} Fwd R, pt L fwd,-; Bk L, pt R bk,-;

1-3;1--; 15-16 {Fwd canter} Fwd R,-, cl L to R; Fwd R,-,-;

17-20 REVERSE TURNS;;; underturned FACE WALL;

17-20 {Rev trns undertrnd fc WALL} Repeat measures 1-4 Part C;;; Undertrnd fc WALL;

21-24 FORWARD POINT; BACK POINT; SIDE CANTER; to SCP;

1--;1--; 21-22 {Fwd pt; Bk pt} Fcg WALL fwd L, pt R fwd,-; Bk R, pt L bk,-;

1-3;1--; 23-24 {Sd canter to SCP} Sd L, draw R to L, cl R to L; Sd & fwd L to SCP/LOD,-,- (Sd & fwd R to SCP/LOD,-,-);

PART B

1-8 SERPIENTE;;; IN AND OUT RUNS;;;

1-8 Repeat measures 1-8 Part B;;;;;;;

9-16 SERPIENTE;;; START IN AND OUT RUNS;; HESITATION CHANGE;;

9-16 Repeat measures 9-16 Part B;;;;;;;

PART C (Measures 1-14)

1-8 REVERSE TURNS;;; FORWARD POINT; BACK POINT; FORWARD CANTER;;

9-14 NATURAL TURNS;;; FORWARD POINT; BACK POINT;

ENDING

note – music slows significantly – dance slowed canter timing to vocals

1-4 START FORWARD CANTER; to RIGHT LUNGE; ROLL and SLIP to COH CANTER TIMING;;

1-3;1--; 1-2 {Start fwd canter to R lunge} Repeat measure 7 Pt C slowing; Sd & fwd R,-,-;

1-3;1--; 3-4 {Roll and slip 'And – a - Song'} Rollg RF rec L,-, slip R past L fc COH; Rec L,-,-;

5-8 SIDE CANTER to LUNGE APART;; CANTER ROLL ACROSS;;

1-3;1--; 5-6 {Sd canter to Lunge apt 'Some – One – Sings'} Fcg COH sd R, draw L to R, cl L to R blendg to low BFLY; Lunge apt R to LOP/LOD;

1-3;1--; 7-8 {Canter roll across 'Once – U-} Repeat meas 11-12 Pt A;;

9-12 THRU SIDE BEHIND;; ROLL THREE and STEP THRU;;

9-10 {Thru sd beh 'pon – a De-'} [3 even beats] Thru R, sd L, XRib of L (Thru L, sd R, XLib or R);

11-12 {Roll 3 & stp thru 'ce-em'} [4 even beats] Startg LF roll sd & fwd L, cont roll fwd R; sd & fwd L to SCP, thru R (Startg LF roll sd & fwd R, cont roll fwd L; sd & fwd R to SCP, thru L);

13-16 PROMENADE SWAY;; SLOW CHANGE of SWAY;;

1--;;;; 13-16 {Prom sway '-ber'} Sd & fwd L stretchg L sd slightly upward relax L knee (Sd & fwd R stretchg R sd of body slightly upward relax L knee); Slowly chg sway to R sd stretch (Slowly chg sway to L sd stretch look L twd RLOD);;