

THE CO-OP WALTZ – Bars 1-8

OCTOBER 2018

ARRANGED BY NOEL BISHOP

TIME: 3/4 TEMPO: 30 BPM. COMMENCE IN NORMAL BALLROOM HOLD, MAN FACING, LADY BACKING DIAGONAL WALL DOWN LOD.

Counts MAN Bars Counts LADY

CHANGE STEP – 1,2,3 NATURAL TURN - OPEN IMPETUS – SLOW LOCK

1	LF diagonal wall down LOD. [HT]	1	1	RF back diagonal wall down LOD. [TH]
2	RF to side slightly forward. [T]		2	LF to side slightly back. [T]
3	Close LF to RF parallel position still facing diagonal wall down LOD. [TH]		3	Close RF to LF parallel position still backing diagonal wall down LOD. [TH]
1	RF forward, diagonally to wall, turning to R. [H]	2	1	LF back, diagonal wall, turning to R. [TH]
2	LF to side, backing diagonally to centre. [T]		2	RF to side, with right toe pointing to LOD. [T]
3	Still turning to back LOD, close RF to LF. [TH]		3	Close LF to R, now facing down LOD. [TH]
1	LF back down LOD. [TH]	3	1	RF forward, down LOD, turning to right. [H]
2	Close RF to LF, heel turn, face diagonal centre in promenade. [FLAT, RISE.]		2	LF to side, body backing diagonally to centre. [BALL RISE]
3	LF forward in promenade position moving diagonal to centre. [TH]		3	Still turning to R brush RF to LF and then step to side RF, moving diagonally to centre in prom. pos.[TH]
1	RF forward in promenade position. [H]	4	1	LF forward in promenade position. [H]
2	Commencing to turn lady square step forward and leftwards with LF pointing between centre and diagonal centre. [T]		2	Turning to the L, closing to man, step to side and slightly back RF, now backing LOD. [T]
3	Cross RF slowly behind LF, square to lady. now facing diagonal centre.[TH]		3	Still turning slightly, cross LF slowly in front of RF square to man, now backing diagonal centre. [TH]

CLOSED TELEMARK – CURVED FEATHER – OUTSIDE CHANGE TO PROMENADE RONDE

1	LF forward diagonally to centre, turning to L. [H]	5	1	RF back, almost diagonally to centre, turning to L. [DOWN]
2	RF to side, backing almost to LOD. [T]		2	Close LF to RF making a heel turn to face LOD [FLAT, RISE]
3	Still turning, step to side and slightly forward LF with body facing wall. [TH]		3	Still turning to L step to side and slightly back with RF with body backing wall.[TH]
1	RF forward diagonal to wall down LOD curving to right, lady on right side. [H]	6	1	LF back Diagonal to wall down LOD curving to right, outside man. [DOWN]
2	LF forward continuing to curve right.[T]		2	RF back continuing to curve right. [T]
3	RF forward, now facing diagonal wall against LOD, lady on R side. [TH]		3	LF back, now backing diagonal wall against LOD, man on R side. [TH]
1	LF back, diagonally to centre, lady on R side. [FLAT]	7	1	RF forward diagonally to centre, still outside. [H]
2	RF back, diagonally to centre, square to partner, commencing to turn left. [THT]		2	LF forward diagonally to centre, square to partner, commencing to turn right. [T]
3	Turning slightly to left, step to side LF down LOD, in promenade position. [TH]		3	Turning slightly right, step to side RF down LOD in promenade position. [TH]
1	Long step forward RF, along line of dance in promenade position and relax R knee. [H]	8	1	Long step forward LF along LOD in promenade position and relax L Knee. [H]
2	With weight on RF, move LF outwards and then forward with a circular ronde movement. Inside edge of toes of LF skimming the floor.[FLAT]		2	With weight on LF, move RF outwards and then forward with a circular movement. Inside edge of toes of RF skimming the floor.[FLAT]
3	Continuing the ronde movement, turn slightly to R to face wall and partner as LF closes to RF with weight. [FLAT]		3	Continuing the ronde movement , turn slightly to L to face centre and partner as RF closes to LF with weight.[FLAT]

Counts MAN

Bars Counts LADY

LUNGE POINT TO WHISK – QUICK WEAWE TO BACK CONTRA CHECK , NATURAL TWIST TURN ENDING IN PROMENADE

1	Relax L knee and keep weight over LF as RF moves diagonally forward, diagonal to wall against LOD, with R shoulder lead. [Flat]	9	1	Relax R knee and keep weight over RF as LF moves diagonally back, diagonal to wall against LOD, with L shoulder leading. [FLAT]
2	Allow the RF to move 5 or 8 cm more in the same direction and take the weight onto RF. [BALL]		2	Allow LF to move 5 or 8 cm more in the same direction and take the weight onto LF. [BALL]
3	Turning the lady to promenade position, cross the LF behind RF for a whisk. [TH]		3	Turning to promenade position, slowly cross the RF behind LF for a whisk. [TH]
1	RF forward in promenade position moving diagonal centre down LOD, leading lady to turn L at end of step. [HT]	10	1	LF forward in promenade position moving diagonal centre down LOD, commencing to turn L at end of step. [H]
&	LF forward diagonal centre down LOD, partner square. turning L. [T]		&	R F to side and slightly back, square to partner, still turning L. [T]
2	RF to side , slightly back, backing diagonal wall down LOD, still turning L. [T]		2	LF to side and slightly forward, toe pointing down LOD, turning slightly L. [T]
3	LF back down LOD partner on R side. [TH]		3	RF forward down LOD on partners' R side. [TH]
1	RF back, well under the body, and check, body overturning to L, now backing down LOD, lady square. [TH]	11	1	LF forward down the LOD, in line with partner, and check, body overturning to L. [H]
2	Take weight forward to LF, Moving it slightly, against LOD. [H]		2	Take weight back to RF moving it slightly. [TH]
3	Cross RF well behind LF, still backing down LOD, lady on R side. [FLAT]		3	Close LF to RF, still facing down LOD. Partner on R side. [FLAT]
1 - 2	Twist to R, weight on L heel and R toe, allowing feet to uncross, feet almost closed, weight transfers to RF, now facing diagonal centre. [FLAT,RISE]	12	1 - 2	Long step forward RF, round and outside partner, turning to R, [H] close LF near RF, turning to R on LF to face diagonal centre. [T]
3	LF forward diagonally to centre down LOD in promenade position. [T]		3	RF forward diagonally to centre down LOD in promenade position.[T]

TURNING HOVER – CHASSE AGAINST LOD – CONTRA CHECK – 4 ,5,6 REVERSE TURN

1	RF forward diagonal centre down LOD in promenade position. [H]	13	1	LF forward diagonally to centre down LOD in promenade position. [H]
2	LF forward diagonal centre down LOD turning lady to left. [T]		2	RF to side, square to partner, turning L. [T]
3	Replace weight to RF, hover action. [TH]		3	Replace weight to LF, hover action. [TH]
1	LF back diagonal wall against LOD commencing to turn right, lady on right side. [TH]	14	1	RF forward diagonal wall against LOD, partner on R side. [H]
2	RF to side moving diagonal wall against LOD , lady square [T]		2	LF to side moving diagonal wall against LOD, partner square. [T]
&	LF closes to RF. [T]		&	RF closes to LF. [T]
3	RF to side, turning right to face diagonal wall against LOD. [TH]		3	LF to side, turning right to back diagonal wall against LOD. [TH]
1	LF forward with right shoulder leading, contra check. [H]	15	1	RF back with left shoulder leading, contra check. [TH]
2	Replace weight on RF. [TH]		2	Replace weight to LF. [HT]
3	LF back diagonal centre down LOD. [TH]		3	RF forward diagonal centre down LOD. [TH]
1	RF back still moving diagonal centre , commencing to turn L. [THT]	16	1	LF forward still moving diagonal centre, commencing to turn L. [HT]
2	LF to side, toe pointing diagonal wall down LOD. [T]		2	RF to side, almost backing diag. wall down LOD. [T]
3	Close RF to LF, parallel position facing diagonal wall down LOD, commencing position. [TH]		3	Close LF to RF, parallel position backing diagonal wall down LOD, commencing position. [TH]