

THEME FROM FROZEN

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MUSIC: Casaphon - Ballroom Flower - "Let It Go" From "Frozen" - Track 3 **RELEASED:** October 2018
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SEQUENCE: Intro, A, B, C, D, Ending **SPEED:** Slow From 29 to 28 MPM (also cut to shorten)
RHYTHM: Waltz **PHASE:** VI **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 - 4 WAIT,, TELESPIN; TO CLOSED REVERSE; QUICK LOCK SLOW LOCK; OPEN FINISH;

- - Wait 2 piano notes in CP FCING DLC lead foot free for both,,
- 12- 1 - Fwd L comm LF trn, fwd & sd R past ptr cont LF trn (cl L heel turn), sd & slightly bk L LOD partial wgt to face DRW (fwd R LOD head closed to L);
- 123 2 - Cont LF trn thru hip & upper body to lead W fwd/transfer full wgt fwd L cont LF trn to CP, fwd & sd R past ptr (&123) cont LF trn, bk L (fwd L heel lead moving around the M on his L side/fwd & sd R trng LF square to M at end of step, cl L to R toe trn, fwd R) to CP RLOD;
- 1&23 3 - Bk R w/R sd leading/lk LIF of R, bk R, LIF of R (head now open to R) in BJO DRC;
- 4 - Comm LF blending to CP bk R LOD, trng LF sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;

5 - 9 HOVER; VIENNESE CROSS; BACK TURN LEFT & CHASSE TO BJO; MANEUVER; HESITATION CHANGE w/SWAY;

- 5 - Fwd L blending to CP, sd & slightly fwd R cont rising brush L twd R, sd & fwd L to SCP DLC;
- 123& 6 - Thru R, fwd L comm LF trn, fwd & sd R cont LF trn/cont trng LF XLIF of R (cl R to L) to end CP DRC;
- 12&3 7 - Bk R comm LF trn, sd & fwd L cont LF trn pointing L toe DLW/cl R to L, sd & slightly fwd L to BJO DLW;
- 8 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
- 12- 9 - Bk L comm RF trn, cont RF trn sd & fwd R toe pointing DLC w/L sway twd DRC (head to R), draw L to R to end CP DLC;

PART A

1 - 4 TRAVELING CONTRA CHECK; THRU RIPPLE CHASSE; THRU SYNCOPATED VINE; FORWARD HOVER TO BANJO;

- 1 - Relax R knee and take a strong step fwd LOD well across body w/R side leading, trng RF w/abrupt R sway (head now well to L) almost cl R to L then straighten legs & body, sd & slightly fwd L to SCP LOD;
- 12&3 2 - Thru R, stretch L sd to briefly look twd but over W (head to L) sd & fwd L/cl R to L, correct sway sd & fwd L still in SCP LOD;
- 1&23 3 - Thru R/sd L trng slightly RF to start blending to CP, XRIB of L, sd & fwd L to SCP LOD;
- 4 - Thru R, fwd L trng W to CP, sd & bk R (fwd L, fwd & sd R trng LF, sd & fwd L) to BJO DLW;

5 - 8 BACK RIGHT TIPPLE CHASSE PIVOT TO; BACK WHISK; QUICK OPEN REVERSE; HOVER CORTE;

- 12&3 5 - Bk L comm RF trn, w/slight R sway cont RF trn sd R toe pointing DRW/cl L to R then lose sway, cont slight RF trn fwd R RLOD between W's feet and pivot 3/8 RF to CP DLC;
- 6 - Bk L DRW, bk & sd R trng W to SCP, XLIB of R (fwd R comm RF trn, cont RF trn sd L, cont RF trn XRIB of L) to SCP DLC;
- 12&3 7 - Thru R, fwd L trng LF to CP/cont LF trn sd & bk R, bk L to BJO DRC;
- 8 - Bk R LOD comm LF trn, bk & sd L rising w/slight LF trn, sd & bk R to BJO DLW;

9-12 BACK & RIGHT CHASSE TO CP DRW; CONTRA CHECK & SWITCH TO; STEP DOUBLE RONDE; w/TWIST TURN TO SEMI DLC;

- 12&3 9 - Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CP DRW;
- 10 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L), rec bk R trn 3/8 RF, rec bk L trn another 1/8 RF to CP DLC;
- 1-3 11 - Cont RF rotation fwd R twd LOD comm CW L leg ronde, cont RF trn on R w/L leg ronde, sd L (small fwd L around M trng RF ronde R leg CW, cont RF trn on L w/R leg ronde, XRIB of L) to CP nearly RLOD;
- 23 12 - Lower slightly and hook RIB of L for twist trn/unwind RF, cont RF unwind rising to R toe in CP DLW, sd & fwd (&123) L (run around M fwd L/fwd R, fwd L brush R to L trng RF square to M, sd & fwd R) to SCP DLC;

PART A (Con't)**13-16 THRU TO DOUBLE RISING LOCKS; TURN L TO CURVING DOUBLE CHASSE FACE RLOD; BACK LEFT TURN DLW; CHANGE OF DIRECTION;**

- 12&3& 13 - Thru R, fwd & sd L comm LF trn leading W to swing in front/cont trng LF lk RIB of L, fwd & sd L/lk RIB of L (thru L, fwd & sd R trng LF in front of M/XLIF of R, bk & sd R/XLIF of R) to CP DLC;
- 12&3& 14 - Fwd L comm LF trn, cont LF trn sd & bk R/cl L to R to CP DRC, cont LF trn sd & bk R/cl L to R to CP RLOD;
- 15 - Bk R comm LF trn, sd & fwd L toe pointing DLW cont LF trn, cl R to L to CP DLW;
- 12- 16 - Fwd L DLW, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;

PART B**1 - 4 TELEMARCK TO SEMI; RUNNING OPEN NATURAL; OPEN FINISH; HOVER;**

- 1 - Fwd L DLC, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
- 1&2&3 2 - Fwd R comm RF trn/fwd & sd L cont RF trn, cont RF trn sd & bk R, bk L (fwd L, fwd R between M's feet/sd & fwd L, fwd R) to BJO DRC;
- 3 - Comm LF blending to CP bk R, trng LF sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;
- 4 - Fwd L blending to CP, sd & slightly fwd R cont rising brush L twd R, sd & fwd L to SCP DLC;

5 - 8 RUNNING FEATHER TO SEMI; BIG TOP; TURN L & R CHASSE TO BJO; HESITATION CHG;

- 1&2&3 5 - Thru R/fwd L stay low lead W to trn LF, fwd R outsd ptr rising to toe trng W bk RF, sd & fwd L (thru L/trng LF sd & bk R, bk L rise trng RF, sd & fwd R) to SCP DLC;
- 123 6 - Thru R then lead W fwd again while trng LF on R leaving L ft bk and moving it well behind R, press upward on ball of L twd COH cont LF trn brushing R to L, cont LF trn small bk R (fwd L/fwd & sd R past M trng LF to square with M, brush L to R on toes while allowing M to continue LF trn, small fwd L) to CP DLW;
- 12&3 7 - Cont LF trn fwd L LOD, cont LF trn sd & bk R/cl L to R, sd & bk R to BJO DRC;
- 12- 8 - Bk L comm RF trn (fwd R outsd ptr), cont RF trn sd & fwd R toe pointing DLC, draw L to R to end CP DLC;

PART C**1 - 4 TELESPIN; TO CLOSED REVERSE; QUICK LOCK SLOW LOCK; OUTSIDE CHECK;**

- 12- 1 - Fwd L comm LF trn, fwd & sd R past ptr cont LF trn (cl L heel turn), sd & slightly bk L LOD partial wgt to face DRW (fwd R LOD head closed to L);
- (123) 2 - Cont LF trn thru hip & upper body to lead W fwd/transfer full wgt fwd L cont LF trn to CP, fwd & sd R past ptr cont LF trn, bk L (fwd L heel lead moving around the M on his L side/fwd & sd R trng LF square to M at end of step, cl L to R toe trn, fwd R) to CP RLOD;
- 1&2&3 3 - Bk R w/R sd leading/lk LIF of R, bk R, LIF of R (head now open to R) in BJO DRC;
- 4 - Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsd ptr to end BJO DRW;

5 - 8 OUTSIDE SPIN & TWIST TO BANJO DLW;; CURVED FEATHER; BACK PASSING CHANGE;

- 5 - Using strong RF rotation small bk L toe turned in, fwd R around W heel lead rising to toe cont RF trn, cont RF trn bk & slightly sd L (fwd R around M, cl L to R for toe spin, fwd R between M's feet) to CP DRW;
- 23 6 - XRIB of L to fc RLOD/twist turn to R mainly on the balls of feet, to end w/weight on R in BJO DLW, sd & fwd L (fwd L LOD/fwd R, L around M brush R to L to BJO DLW, sd & bk R) to BJO DLW;
- (&123) 7 - Fwd R outside ptr comm RF trn, fwd L twd WALL, cont RF trn fwd R outsd ptr to BJO DRW;
- 8 - Bk L, bk R w/R sd stretch to open W's head, bk L still in BJO DRW;

9-12 QUICK BACK TURN TO PROMENADE SWAY; SLOW CHANGE TO OVERSWAY; FALLAWAY RONDE & SLIP; OPEN REVERSE TURN;

- &1-- 9 - Comm LF trn bk R DLC/cont LF trn sd & fwd L stretch body upward, to look over joined lead hands, in SCP LOD;
- 10 - Relax L knee slightly keeping R leg extended, with slight LF rotation through R hip stretch L sd of body swiveling W's R ft ¼ LF to CP, look toward & over W cont to sway (head well to L) now in CP DLW;
- 11 - Sd & bk R trng slightly RF trng W to SCP & leading her to ronde as you ronde L ft CCW, XLIB of R well underneath body rising and trng LF to trn W square, bk R (sd & fwd L trng RF to SCP as you ronde R CW, XRIB of L well underneath body rising & trng LF on R to CP, small fwd L) to CP DLC;
- 12 - Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (fwd R outsd ptr) to BJO DRC;

PART C (Con't)**13-16 SLOW HOVER CORTE IN 6; TO BOLERO; M BK CHK & SYNC RUNAROUND 2 MEAS; FC LOD;**

- 12- 13 - Bk R LOD comm LF trn, cont LF sd & slightly fwd L toe pting DLW, slowly start to rise on L;
 --3 14 - Cont to slowly rise, while you rotate slightly LF extending L arms out to sd (placing R hand on M's L shldr), sd & bk R to end BOLERO BJO DLW;
 12&3& 15 - Looking at ptr small bk L checking toe to heel like outside spin but not nearly as strong a rotation, wheel fwd R/L, R/L outside ptr (looking at ptr fwd R around ptr, cont RF wheel fwd L/R, L/R) still in BOLERO BJO POS;
 1&23 16 - Cont tight RF Bolero wheel fwd on toes running around ptr R/L, R, L (fwd on toes L/R, L, R) to end DLW still in BOLERO BJO POS; **NOTE:** This wheel makes a total of 2 full RF rotations.

PART D**1 - 4 BOLERO IN & OUT RUNS; 4 MEASURES;; TO SEMI DLC;**

- 1 - Fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to BJO DRC (bk L comm RF trn, cont RF trn sd & fwd R between M's feet, w/L sd leading fwd & sd L) still in BOLERO BJO POS;
 2 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet, w/L sd leading fwd & sd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, cont RF trn bk & sd R) still in BOLERO BJO POS;
 3 - Fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to BJO DRC (bk L comm RF trn, cont RF trn sd & fwd R between M's feet, w/L sd leading fwd & sd L) still in BOLERO BJO POS;
 4 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet starting to blend to CP DLW, sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn to CP, joining lead hands sd & fwd R) to SCP DLC;
NOTE: These can be danced in normal or "beach ball" hold, especially if space does not permit.

5 - 8 WEAVE 6;; CURVED FEATHER; BACK PASSING CHANGE;

- 5 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to BJO DRC;
 6 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to BJO DLW;
 7 - Fwd R outside ptr comm RF trn, fwd L twd WALL, cont RF trn fwd R outsd ptr to BJO DRW;
 8 - Bk L, bk R w/R sd stretch to open W's head, bk L (fwd R outsd ptr) still in BJO DRW;

**9 -12 QUICK BACK TURN TO PROMENADE SWAY; SLOW CHANGE TO OVERSWAY;
FALLAWAY RONDE & SLIP; OPEN REVERSE TURN;**

- &1-- 9 - Comm LF trn bk R DLC/cont LF trn sd & fwd L stretch body upward, to look over joined lead hands, in SCP LOD;
 --- 10 - Relax L knee slightly keeping R leg extended, with slight LF rotation through R hip stretch L sd of body swiveling W's R ft ¼ LF to CP, look toward & over W cont to sway (head well to L) now in CP DLW;
 11 - Sd & bk R trng slightly RF trning W to SCP & leading her to ronde as you ronde L ft CCW, XLIB of R well underneath body rising and trng LF to trn W square, bk R (sd & fwd L trng RF to SCP as you ronde R CW, XRIB of L well underneath body rising & trng LF on R to CP, small fwd L) to CP DLC;
 12 - Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (fwd R outsd ptr) to BJO DRC;

13-16 SLOW HOVER CORTE IN 6; TO BOLERO; M BK CHK & SYNC RUNAROUND 2 MEAS; FC LOD;

- 12- 13 - Bk R LOD comm LF trn, cont LF sd & slightly fwd L toe pting DLW, slowly start to rise on L;
 --3 14 - Cont to slowly rise, while you rotate slightly LF extending L arms out to sd (placing R hand on M's L shldr), sd & bk R to BJO DLW;
 12&3& 15 - Looking at ptr small bk L checking toe to heel like outside spin but not nearly as strong a rotation, wheel fwd R/L, R/L outside ptr (looking at ptr fwd R around ptr, cont RF wheel fwd L/R, L/R) still in BOLERO BJO POS;
 1&23 16 - Cont tight RF Bolero wheel fwd on toes running around ptr R/L, R, L (fwd on toes L/R, L, R) to end DLW still in BOLERO BJO POS; **NOTE:** This wheel makes a total of 2 full RF rotations.

ENDING**1 SWIVEL PREP FACE WALL & SAME FOOT LUNGE;**

- 3 1 - Swivel RF on L to fc WALL/tch R to L to PREP POS, lower on L with slight L sway reach sd R toe pting DLW,
 (1-3) transfer all weight to R w/soft knee stretch upward & sway R (swivel RF on R/cl L to R in PREP POS toes pointing DLC and head to R, lower on L reach bk R well underneath body, transfer all weight to R keeping wgt off heel stretch upward head well to L);

NOTE: The last piano note is on beat 3 of this measure to land the SAME FOOT LUNGE on.

NOTE: Timing is standard 123 unless noted on side by the measure and refers to actual weight changes.