

## WALTZ IN A FLAT

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CD: Smart Sleep With Classical  
Waltz, Phase VI  
Sequence: A, B, B, C

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Johannes Brahms, Waltz in A Flat  
Track 14 featuring Heidi Brende  
Released: 1/21/07  
Footwork: Opposite unless noted

### PART A

#### **1-4 HOLD; HOVER TO BJO; MANUV; SPIN & DBL TWIST;**

- 1-2 {**Hold**} In CP with heads & arms down wait 1 meas DW; {**Hover to BJO**} Fwd L, fwd & sd R, fwd L in BJO bringing heads and arms to normal CP thruout the meas;  
123  
123 3-4 {**Manuv**} Start RF trn fwd R, sd L cont RF trn to fc RLOD, cl R;  
123 {**Spin & Dbl Twist**} Bk L pivot ½ RF, fwd R pivot ½ RF, sd L across W (W cl R) to end fc RLOD;

#### **5-8 CONT SPIN & DBL TWIST;; TRNING LK; MANUV;**

&--3 5-6 {**Cont Spin & Dbl Twist**} On the & ct hook RIB of L/ unwind RF,-, sd L to fc RLOD (W run arnd M L/R, L, step fwd into M on R in CP); On the & ct hook RIB of L/ unwind RF,-, sd & bk L to fc DRW (W run arnd M L/R, L, step fwd into M on R in CP);  
(W &123)  
&--3  
(W &123)  
1&23 7-8 {**Tring Lk**} With R sd bk step bk R/ lk LIF of R, bk R trning LF, fwd L to BJO DW;  
123 {**Manuv**} Start RF trn fwd R, sd L cont RF trn to fc RLOD, cl R;

### PART B

#### **1-4 IMPETUS SEMI; QUICK OPEN REV; HOVER CORTE; OUTSIDE SPIN;**

123 1-2 {**Imp Semi**} Bk L start RF trn, cl R to L heel trn, fwd L SCP DC  
123& (W fwd R start RF trn, fwd & sd L arnd M, fwd R SCP); {**Qk Open Rev**} Fwd R, fwd L pick-up the W trn LF, sd & bk R trn LF/ bk L to end BJO RLOD (W fwd L, fwd R pick-up, trning LF sd & fwd L/ fwd R);  
123 3-4 {**Hover Corte**} Bk R trn LF, sd L cont LF trn with rise, recov R to BJO DW;  
123 {**Outside Spin**} Trn body RF to almost cl L to R, fwd R outside ptr trn RF, sd L end DW (W fwd R outside ptr, cl L to R toe spin, fwd R to CP);

#### **5-8 TWIST TRN TO LUNGE & CHG SWAY; QK CHG/CHG BK, SD LK,-; ZIG ZAG; FWD, DEVELOPE,-;**

&--- 5-6 {**Twist trn to Lunge & Chg Sway**} On the & ct of previous meas XRIB of L/ unwind to R lunge,-, chg sway (W run arnd M L/R, sd & bk L end in lunge line, chg sway to open head);  
(W &12-)  
-23 {**Qk Chg/ Chg Bk Sd Lk**} On & ct of previous meas chg sway bk to closed head/ chg bk to open head, sd L pick-up W to close head, XRIB of L;

- 1&23 7-8 **{Zig Zag}** Fwd L trn LF/ sd & bk R, bk L trn RF, sd & fwd R;  
 1-- **{Fwd Develope}** Fwd L come to loose SCAR RLOD, hold (W bk R, develope L),-;
- 9-12 ROLL OUT TRANS; THRU CHASSE; THRU & SYNCO ROLL; THRU RONDE TRANS;**
- 1-3 9-10 **{Roll Out Trans}** Recov bk R, hold, sd L (W fwd L start LF roll, (W 123) sd R cont LF roll to fc wall, sd L in LOP both fc wall);  
 12&3 **{Thru Chasse}** Both thru R, sd L/ cl R to L, sd L;  
 12&3 11-12 **{Thru Synco Roll}** Both thru R, roll LF fwd L bring arms to XIF  
 1-3 of body/ cl R to L cont LF trn, sd L bk to LOP both fc wall;  
 (W 1--) **{Thru Ronde Trans}** Thru R, both ronde L ft CCW, cl L to R end fcng ptr and LOD (W tch L to R wrap L arm IF of body);
- 13-14 SYNCO REV UNDERARM TRN BOLERO; SYNCO RUNAROUND;**
- 12&3 13-14 **{Synco Underarm Trn Bolero}** Fwd R start to lead W LF under  
 1&2&3 lead arm, fwd & sd L like a hover/ recov R, fwd L to bolero BJO RLOD (W fwd L start LF underarm trn, sd R like a hover cont LF trn/ recov L, fwd R to BJO); **{Synco Runaround}** Runaround R/L, R/L, R end in bolero BJO fc DRC;

**Repeat B****PART C**

- 1-4 OVERTRN IMPETUS SEMI; RIPPLE CHASSE TWICE;; PREPARATION TO SAME FOOT LUNGE LINE;**
- 123 1-2 **{Overtrn Imp Semi}** Bk L start RF trn, cl R to L heel trn, fwd L  
 12&3 SCP LOD (W fwd R start RF trn, fwd & sd L arnd M, fwd R SCP); **{Ripple Chasse}** Thru R, sd L stretch L sd roll head to look R/ cl R roll head slowly bk to SCP, sd L head bk to SCP;
- 12&3 3-4 **{Ripple Chasse}** Thru R, sd L stretch L sd roll head to look R/ cl  
 1-- R roll head slowly bk to SCP, sd L head bk to SCP; **{Prep to**  
 (W 12-) **Same Ft Lunge Line}** Thru R to fc ptr, tch L to R stopping W's fwd progress by trning body twd her (W cl R to L), quickly lower on R pt L to sd (W pt L fwd);
- 5-8 DOUBLE TELESPIN ENDING;; MINI-TELESPIN; CONTRA CHK;**
- 12- 5-6 **{Dbl Telespin Ending}** On & ct start moving wgt bk onto L ft as  
 (W &123) start to trn body LF causing W to step fwd/ take wgt fully on L as  
 12- trn body to fc LOD, sd R arnd W to fc RLOD, put L ft bk with  
 (W &123) partial wgt keep body twd W (W fwd L/ fwd R arnd M, cl L to R for toe pivot, fwd R); repeat meas 5;
- 12- 7-8 **{Mini Telespin ending}** On & ct start moving wgt bk onto L ft as  
 (W &12-) start to trn body LF causing W to step fwd/ take wgt fully on L as  
 1-- trn body to fc LOD, sd R arnd W to fc DRC, hold (W fwd L/ fwd R arnd M, cl L to R, hold); **{Contra Chk}** Lower on R to step fwd L with R shoulder lead to end in contra chk;