

LA PLAGE

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Record: ROPER 314 (Flip My Heart Is A Violin)

Phase: VI Foxtrot

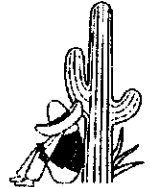
Speed 36

Sequence: Intro A A B A Ending

Release: Sept 2002

INTRO

CP fc DW LEAD FOOT FREE



1-8 WAIT;; TOG TCH; BK CURVING 3; TELESWIVEL;
TRAVELING HOVER CROSS;; CL TELEMAR;

1-2 (Wait) ;;

3 (Tog Tch) Fwd L trn RF fc RDW,-, tch R,-;

4 (Bk Curving 3) Bk R trn LF,-, cont trn bk L, cont trn bk R w/checking action fc DC;

5 (Teleswivel) Fwd L trn LF w/right sd stretch, fwd & sd R cont trn, bk L well under body, swivel LF on L allowing R to cross in front no wgt (Bk R comm LF trn, heel trn chg wgt to L, fwd R outside partner, swivel RF SCP);

6-7 (Traveling Hover Cross SQQ QQQQ) Fwd R,-, trn RF sd & bk L, cont trn sd & fwd R LOD SCAR; fwd L, fwd R CP LOD, fwd L, fwd R DC BJO;

8 (Cl Telemark) Fwd L trn LF,-, cont trn sd & fwd R (Heel trn), cont trn sd & fwd L DW BJO;

PART A

1-8 CURVED FEATHER; BK TIPPLE CHASSE; CONTRA CK REC SCP;
THRU to THROWAWAY & EXTEND;; FALLAWAY RONDE & SLIP; TELEWING;;

1 (Curved Feather) Fwd R,-, sd & fwd L strong RF trn CP prepare to step to BJO, cont trn fwd R DRW BJO w/right shoulder lead;

2 (Bk Tipple Chasse) Bk L trn RF,-, cont trn sd R/cl L, fwd R DW CP;

3 (Contra Ck Rec SCP) Comm upper body LF trn flexing knees w/right sd lead ck fwd L in CBMP looking above Lady's head (Head well to left),-, rec R, sd L DC SCP;

4-5 (Thru to Throwaway & Extend SSSS) Thru R,-, sd L both look DC,-; trn Lady LF on her R to fc DRC as Man trns LF on L to fc DW relax M's left Lady's right knees Lady extends left toe bk Man extends R bk upper body well up Lady's head to left looking up,-, extend,-;

6 (Fallaway Ronde & Slip) Slight spring action rec R trn upper body RF as you ronde L CCW,-; bk well under body rise trn LF, slip R past L sm step bk R cont trn fc DC CP (Slight spring action rec L ronde R CW,-, bk R well under body rise trn LF, fwd L cont trn);

7-8 (Telewing SQQ &SQQ (SQQ &SQ&Q)) Start like a Telespin & finish like a Dble Rev Wing fwd L comm LF trn,-, fwd & sd R cont trn (Heel trn), sd & slightly bk L LOD partial wgt keep left sd twd lady (Fwd R); on & count trn upper body LF/transfer wgt to L,-, fwd & sd R cont trn, tch L fc RDW SCAR; (On & count fwd L trn LF CP to start Dble Rev Wing action/sd & bk R cont LF trn,-, cl L for heel trn/fwd R,L);

CROSS SWIVEL LINK; START CONT HOVER CROSS BK 2 SIDE to HINGE;;
RUNNING OPEN NAT; REV IMPETUS; BK BK/LK BK; BK HOVER TELEMAR
DW;

9 (Cross Swivel Link) Fwd L swivel LF BJO point R (L) RDW,-, fwd R hover (Bk swivel RF hover), sd & fwd L DW SCP;

- 10-11 (Start Cont Hover Cross Bk 2 SQQ QQQQ) Thru R,-, trn RF sd & bk L (Fwd R between Man's feet), cont trn sd & fwd R LOD; fwd L SCAR no body trn, cl R fc LOD (Sd L across Man), bk L RLOD in BJO, bk R CP;
- 12 (Side to Hinge) Trn LF sd L,-, trn upper body slightly LF place Lady into hinge, relax left knee (Trn LF sd R,-, XLIB, relax left knee);
- 13 (Running Open Nat S&Q&Q) Trn body RF no wgt (Rec R trn RF CP),-, fwd R between lady's feet sharp RF trn/cont trn sd & bk L fc RDW, bk R/bk L BJO;
- 14 (Rev Impetus) Bk R trn LF,-, cl R heel trn, cont trn sd & bk R DW BJO (Fwd L trn LF,-, cont trn sd R, cont trn sd & fwd L DW BJO);
- 15 (Bk Bk/Lk Bk SQ&Q) Bk L,-, bk R/lk LIF (RIB), bk R DW BJO;
- 16 (Bk Hover Telemark DW) Bk L trn RF,-, cont trn sd & fwd R between Lady's feet, cont trn fwd L DW SCP;

REPEAT PART A

- 1-16 CURVED FEATHER; BK TIPPLE CHASSE; CONTRA CK REC SCP;
THRU to THROWAWAY & EXTEND;; FALLAWAY RONDE & SLIP; TELEWING;;
CROSS SWIVEL LINK; START CONT HOVER CROSS BK 2 SIDE to HINGE;;
RUNNING OPEN NAT; REV IMPETUS; BK BK/LK BK; BK HOVER TELEMARK
DW;

PART B

- 1-8 CROSS PIVOT SCAR; FWD LADY DEVELOPE; FEATHER FINISH;
OPEN TELEMARK; OPEN NATURAL; OPEN IMPETUS; PROM WEAVE;;
- 1 (Cross Pivot SCAR) Fwd R DW,-, trn RF sd & bk L, cont trn sd & fwd R DC SCAR;
- 2 (Fwd Lady Develop SS {SQQ}) Fwd L w/checking action,-, hold,- (Bk R,-, raise L to right knee toe down, extend L fwd parallel to floor);
- 3 (Feather Finish) Bk R RDW,-, sd & fwd L DC, fwd R DC BJO;
- 4 (Open Telemark) Fwd L trn LF,-, cont trn sd & fwd R (Heel trn), sd & fwd L DW SCP;
- 5 (Open Natural) Thru R trn RF,-, cont trn sd & bk L, bk R DW BJO;
- 6 (Open Impetus) Bk L trn RF,-, cl R no wgt heel trn w/hovering action trn Lady to SCP (Sd & fwd L around Man brush R to L), fwd L DC SCP;
- 7-8 (Prom Weave SQQ QQQQ) Thru R trn Lady LF CP,-, fwd L cont trn, sd R LOD cont trn; bk L DW BJO, bk R LOD CP, sd L preparing to trn to BJO, fwd R DW BJO;
- 9-16 FWD RIGHT LUNGE & EXTEND REC to HIGHLINE;; HAIRPIN;
PREPARATION TRN; SAME FOOT LUNGE; FWD HOVER BJO; ROYAL SPIN;
FWD CHASSE SCP;
- 9-10 (Fwd Right Lunge & Extend Rec to Highline SSSS) Fwd L DW,-, flex left knee fwd & sd R DW,-; as weight is taken on R flex right knee and make slight body trn to left and look at partner,-, sharply rise on R trn RF sd & bk L stretching high both look LOD,-;
- 11 (Hairpin) Trn upper body RF fwd R RDW CP,-, fwd L prepare to step to BJO, fwd R DRW BJO;
- 12 (Preparation Trn SS) Bk L RF trn fc COH,-, tch R no wgt w/right sd stretch look RLOD (Fwd R swivel RF fc RDW,-, cl L,-);
- 13 (Same Foot Lunge) Relax left knee & stretch right sd w/sway twd RLOD sd & fwd R no wgt,-, transfer wgt to R stretch left sd look DC, stretch right sd trn upper body RF trng Lady SCP (Relax L knee & reach bk w/right toe well under body sway twd RLOD,-, transfer wgt to R w/strong LF body trn look left, trn upper body RF look RLOD);
- 14 (Fwd Hover BJO) Trn upper body to fc RLOD no wgt,-, fwd L trn BJO, bk R DW BJO (Rec L rising,-, trn LF sm sd R CP, brush L to R fwd L);

- 15 (Royal Spin) Bk L sm step trn RF,-, fwd R around lady, fwd L DW BJO (Fwd R around Man,-, L curls in sm ronde CW up, then down near right leg);
- 16 (Fwd Chassee SCP SQ&Q) Fwd R,-, sd & fwd L/cl R, fwd L DW SCP;

REPEAT PART A

- 1-16 CURVED FEATHER; BK TIPPLE CHASSE; CONTRA CK REC SCP;
THRU to THROWAWAY & EXTEND;; FALAWAY RONDE & SLIP; TELEWING;;
OPEN TELEMARK; START CONT HOVER CROSS BK 2 SIDE to HINGE;;;
RUNNING OPEN NAT; REV IMPETUS; BK BK/LK BK; BK HOVER TELEMARK
LOD;

ENDING

- 1-3 1/2 ZIG ZAG (1S 4Q);,, CHG OF DIR to SHAKE HNDS; OPEN CONTRA CK;
- 1 (Zig Zag SQQ QQ) Thru R,-, trn RF sd & bk L SCAR, bk R SCAR; trn LF sd & fwd L BJO, fwd R DW BJO,
 - 2 (Chg Of Dir To Shake Hnds SS) Fwd L,-; fwd & sd R to shake hnds fc DC,-,
 - 3 (Open Contra Ck SS) Flex right knee trn body LF,-; fwd L w/right shoulder lead sweep left arm down & up shoulder high look at Lady (Sweep left arm down & up keep head well to left,-)

