

SERENE

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Release Date: 2/8/14
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Music: "Winter or Fall" Artist: F.R.P. Download available at www.Casa-Musica.de
Also on Casa Musica CD "Simply the Best"
Time/Speed: 3:09 @ 29 BPM at download speed
Modifications: None
Degree of Difficulty: AVG [soft]
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm/Phase: Waltz III [Optional +1 Diamond turn]
Sequence: **INTRO A B A B C A END**

INTRODUCTION

- 1-4 LOP FCG WALL WAIT;; TWIRL VINE 3 SCP; THRU FACE CLOSE CP WALL;**
[1-2] [Wait] LOP facing Wall w ld hnds jnd M L & W R ft free Wait 2 ms;
[3] [Twirl vine 3 SCP] Sd L raising jnd ld hnds, XRIB trng W under jnd hnds, sd L to SCP
LOD (Sd & fwd R trn RF ½ under jnd ld hnds, sd & bk L trn RF ½, sd R to SCP);
[4] [Thru Face Close] Thru R, slight RF trn sd L to CP WALL, cl R (Thru L, slight LF trn
sd R to CP, cl L);

PART A

- 1-4 WHISK; THRU CHASSE BJO; FORWARD FORWARD LOCK FORWARD;**
MANUEVER;
[1] [Whisk] Fwd L, fwd & sd R comm rise, XLIB to SCP (Bk R, bk & sd L comm rise,
XRIB to SCP);
[2] [Thru Chasse to BJO] Thru R, sd L/cl R, sd & fwd L to BJO DLW (Thru L, trng slightly
LF sd R/cl L, sd & bk R BJO);
[3] [Forward Forward Lock Forward] Fwd R, fwd L/lk RIB, fwd L (Bk L, bk R/lk LIF, bk R);
[4] [Maneuver] Comm RF trn fwd R, sd L comp trn to CP RLOD, cl R (Comm RF trn bk L,
sd R comp trn to CP, cl L);
- 5-8 2 RIGHT TURNS;; CANTER 2X;;**
[5-6] [2 Right Turns] Comm ¼ RF trn bk L, cont RF trn ¼ sd R, cl L fc LOD; Fwd R comm
¼ RF trn, sd L comp trn fc WALL, cl R (Comm ¼ RF trn fwd R, cont RF trn ¼ sd L, cl R;
Bk L comm ¼ RF trn, sd R comp trn, cl L);
[7-8] [Canter 2X] Sd L, drw R, cl R (Sd R, drw L, cl L); Repeat ms 7 Part A;
- 9-12 HOVER; SYNCOPATED VINE 2X;; MANEUVER;**
[9] [Hover] Fwd L, fwd & sd R rise, sd & fwd L to SCP LOD (Bk R, bk & sd L rise, sd &
fwd R to SCP);
1&23 [10-11] [Syncopated Vine 2X] Thru R/sd L fcg ptr, XRIB, sd & fwd L to SCP DLC (Thru
1&23 L/sd R fcg ptr, XLIB, sd & fwd R to SCP); Repeat ms 10 Part A;
[12] [Maneuver] Repeat ms 4 Part A;

PART A (Contd)

13-16 SPIN TURN; BOX FINISH; 2 LEFT TURNS;:

[13] [Spin Turn] Comm RF trn bk L pvtg ½, fwd R rise cont LF trn 1/8 DLW, bk L (Comm RF trn fwd R pvtg ½, bk L cont LF trn 1/8 brush R to L, fwd R);

[14] [Box Finish] Bk R comm ¼ LF trn, cont LF trn sd L DLC, cl R (Fwd L comm ¼ LF trn, cont LF trn sd R, cl L);

[15-16] [2 Left Turns] Fwd L comm ¼ LF trn, sd R cont trn ¼ LF, cl L fc RLOD; Bk R trn ¼ LF fc WALL, sd L, cl R (Bk R comm ¼ LF trn, sd L cont trn ¼ LF, cl R; Fwd L trn ¼ LF, sd R, cl L);

PART B

1-4 WHISK; WING; 1 LEFT TURN; BACK CHASSE TO BJO DLW;

[1] [Whisk] Repeat ms 1 Part A;

[2] [Wing] Fwd R comm LF upper body rotation, drw L to R cont LF upper body rotation, tch L to SCAR DLC (Fwd L comm slight LF trn, fwd R cont LF trn, fwd L comp trn to SCAR head to left);

[3] [1 Left Turn] Repeat ms 15 Part A;

[4] [Back Chasse to BJO] Bk R comm ¼ LF trn, sd L cont trn/cl R, sd & fwd L to BJO DLW (Fwd L comm ¼ LF trn, sd R cont trn/cl L, sd & bk R BJO);

5-8 MANUEVER; IMPETUS TO SCP; SCP CHASSE; THRU FACE CLOSE;

[5] [Manuever] Repeat ms 4 Part A;

[6] [Impetus to SCP] Comm RF trn bk L, heel turn cl R cont RF trn, sd & fwd L to SCP (Comm RF trn fwd R pvtg, sd & fwd L cont RF trn brush R to L, sd & fwd R to SCP);

[7] [SCP Chasse] in SCP Thru R, fwd L/cl R, fwd L (Thru L, fwd R/cl L, fwd R);

[8] [Thru Face Close] Repeat ms 4 Intro CP WALL;

PART C

1-4 TWISTY BALANCE LEFT; TWISTY BALANCE RIGHT; TWISTY VINE 3; MANUEVER;

[1] [Twisty Balance Left] With slight RF trn sd L, XRIB, rec L fc WALL (With slight RF trn sd R, XLIF, rec R fc ptr);

[2] [Twisty Balance Right] With slight LF trn sd R, XLIB, rec R fc WALL (With slight LF trn sd L, XRIF, rec L fc ptr);

[3] [Twisty Vine 3] With slight RF trn sd L, XRIB, with slight LF trn sd & fwd L to BJO DLW (With slight RF trn sd R, XLIF, with slight LF trn sd & bk R to BJO);

[4] [Manuever] Repeat ms 4 Part A;

5-8 SPIN TURN TO WALL; BACK ½ BOX; TWIRL VINE 3 SCP; PICKUP SIDE CLOSE;

[5] [Spin Turn to WALL] Comm RF trn bk L pvtg ½, fwd R rise cont trn ¼ RF fc WALL, bk L (Comm RF trn fwd R pvtg ½, bk L cont trn ¼ RF brush R to L, fwd R);

[6] [Back ½ Box] Bk R, sd L, cl R (Fwd L, sd R, cl L);

[7] [Twirl Vine 3 SCP] Repeat ms 3 Intro;

[8] [Pickup Side Close] Thru R ldg W fwd to trn trng slightly LF to fc LOD, sd & fwd L, cl R CP (Thru L trn ½ LF to CP, sd & bk R, cl L);

PART C (Contd)

9-12 LEFT TURNING BOX 3/4;;; BACK 1/2 BOX TO SCAR DLW;

[***NOTE: See Optional Figure at End]

[9-11] [Left Turning Box 3/4] Fwd L comm 1/4 LF trn, comp trn sd R, cl L; Bk R comm 1/4 LF trn, comp trn sd L, cl R; Fwd L comm 1/4 LF trn, comp trn sd R, cl L (Bk R comm 1/4 LF trn, comp trn sd L, cl R; Fwd L comm 1/4 LF trn, comp trn sd R, cl L; Bk R comm 1/4 LF trn, comp trn sd L, cl R);

[12] [Back 1/2 Box to SCAR DLW] Bk R slight LF trn, sm sd L ldg W to take slightly longer sd stp, cl R to SCAR DLW (Fwd L, slightly longer stp sd R, cl L to SCAR head to left);

13-16 CROSS HOVER BJO; CROSS HOVER SCAR; CROSS HOVER SCP; THRU FACE CLOSE CP WALL;

[13] [X Hover BJO] Fwd L comm 1/4 LF trn, sd & slightly fwd R w rise comp 1/4 LF trn to BJO DLC, sd & fwd L (Bk R comm 1/4 LF trn, sd & slightly bk L w rise comp 1/4 LF trn, sd & bk R to BJO);

[14] [X Hover SCAR] Fwd R comm 1/4 RF trn, sd & slightly fwd L w rise comp 1/4 RF trn to SCAR DLW, sd & fwd R (Bk L comm 1/4 RF trn, sd & slightly bk R w rise comp 1/4 RF trn, sd & bk L to SCAR);

[15] [X Hover SCP] Fwd L, fwd & sd R w slight RF rotation ldg W to take longer sd stp to CP DLW, fwd & sd L to SCP LOD (Bk R, sd & bk L to CP, sd & fwd R to SCP);

[16] [Thru Face Close CP Wall] Repeat ms 4 Intro;

ENDING

1-4 HOVER; SLOW THRU SIDE CLOSE; SLOW TWISTY VINE 3; SLOW FORWARD FACE CLOSE;

[1] [Hover] Repeat ms 9 Part A;

[Note: Slowing across next 5 measures to match music]

[2] [Slow Thru Side Close] Repeat ms 4 Intro;

[3] [Slow Twisty Vine 3] Repeat ms 3 Part C;

[4] [Slow Forward Face Close] Fwd R slight RF trn to CP WALL, sd L, cl R (Bk L slight RF trn to CP, sd R, cl L);

5-6+ SLOW SIDE CORTE; [HOLD];

[5] [Slow Side Corte] Slow sd L, flex L knee with slight LF upper body rotation to RSCP leaving R leg extended, -, - (Slow sd R, flex R knee slight LF upper body rotation to RSCP leaving L leg extended, -, -);

[6+] Hold as music fades,,,;

*** [NOTE: Optional figure for ms 9-12 Part C]

9-12 DIAMOND TURN 3/4;;; BACK SIDE CLOSE SCAR DLW;

[9-11] [Diamond Turn 3/4] Fwd L trng LF to DLC, cont LF trn sd R, bk L to BJO DRC; Slight LF trn bk R, sd L, fwd R to BJO DRW; Fwd L trng LF, cont slight LF trn sd R, bk L to BJO DLW (Bk R trng LF, cont LF trn sd L, fwd R to BJO; Fwd L trng LF, cont slight LF trn sd R, bk L to BJO; Bk R trng LF, cont LF trn sd L, fwd R to BJO);

[12] [Back Side Close SCAR DLW] Bk R, sm sd L ldg W to take slightly longer sd stp, cl R to SCAR DLW (Fwd L, slightly longer stp sd R, cl L to SCAR head to left);