



THEME IN MY HEAD

Choreographers:	Release date: January 2008
Annette & Frank Woodruff	Rhythm & Phase: Waltz V soft
Rue du Camp, 87	Music: Casa Musica Ballroom Classic 5, Track 2, Theme
7034 Mons, Belgium	Time & Speed: Shortened to 2:44 – Speed unchanged
Tel: 00 32 65 73 19 40	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
annetteandfrank@gmail.com	Sequence: INTRO – AA – B – A - ENDING

Teaching tip: Chasse Variations*

INTRODUCTION

1	Wait;	SCP LOD trl ft free wt 1 meas;
2	Thru to a Left Whisk;	Thru R, sd L to fc ptr, XRib to RSCP RLOD;
3 - 4	Unwind in 6 to CP LOD;;	Unwind on heel of L foot & toe of R foot (<i>W arnd M fwd R, L R</i>); cont unwinding (<i>W arnd M fwd L, R, L</i>) to CP LOD;

PART A

1 - 2	Viennese Turn;;	Fwd L com LF trn, sd R cont trn, XLif fc RLOD (<i>W bk R com LF trn, sd L cont trn, cl R</i>); Bk R cont LF trn, sd L cont trn, cl R to CP LOD (<i>W fwd L cont LF trn, sd R cont trn, XLif</i>);
3	Turn Left Chasse to BJO;	Fwd L trn LF, contg LF trn sd R/cl L, sd & slightly bk R to BJO DRC;
4	Back Back Lock Back;	Bk L, w/ R sd ld bk R/ lk Lif, bk R;
5	Impetus to SCP;	Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (<i>W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R to L & fwd R</i>) to SCP DLC;
6	Weave 3 to BJO;	Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R (<i>W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD</i>) to BJO DRC;
7	Turn Right Chasse to SCAR;	Bk L com trn RF, contg RF trn sd R/cl L, sd R to SCAR DLW;
8	Forward Forward Lock Forward;	Traveling DLW fwd L, fwd R/lk Lib, fwd R;
9	Hover;	Fwd L, fwd & sd R hvrg & leavg L leg ip, rec L (<i>W bk R, strong bk & sd L hvrg, brush R to L & fwd R</i>) to SCP DLC;
10-11	Weave;;	Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (<i>W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO</i>); bk L LOD, bk R trng LF trn, sd & fwd L (<i>W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R</i>) to BJO DLW;
12	Curved Feather;	Staying in BJO thruout fwd R stg to trn RF, w/ L sd stretch contg RF trn sd & fwd L, contg upper bdy trn w/ L sd stretch fwd R (<i>W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L</i>) ckg to BJO DRW;
13	Back Back Lock Back;	Bk L, w/ R sd ld bk R/ lk Lif, bk R;
14	Outside Change to SCP;	Bk L, trng LF bk & sd R, contg LF trn sd & fwd L (<i>W fwd R, fwd L, fwd R</i>) to SCP LOD;
15	Thru Semi Chasse;	Thru R to SCP DLC, fwd L/cl R, fwd L;
16	Chair & Slip;	Ck thru R w/ lun action, rec L, w/ slight LF upper bdy trn slip R bhd L contg trn (<i>W swvl LF on R ft & fwd L outsd M's R ft</i>) to CP DLC;

PART B

1	1 Left Turn;	Fwd L trng LF, sd R contg LF trn, cl L to CP RLOD;
2	Hover Corte;	Bk R, trng LF sd & fwd L LOD hvrg & leavg R leg ip, compg ½ LF trn rec R (<i>W brush L to R & fwd L</i>) to BJO DLW;
3	Back Chasse to SCAR;	Bk L, trng RF sd R/cl L, sd R to SCAR DRC;
4	Forward Lady Develope;	Fwd L leave R pt bk, -, - (<i>W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd</i>);
5	Back Chasse to BJO;	Bk R, trng LF sd L/cl R, sd L to BJO DLW;
6	Maneuver;	Fwd R trng RF, sd L in front of W, cl R to CP RLOD;
7	Back to Tipple Chasse Pivot;	Bk L com RF trn, contg RF trn sd R/cl L, sd & fwd R pvtg ½ RF;
8	Hesitation Change;	Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC;
9	Telemark to SCP;	Fwd L stg LF trn, sd R contg LF trn, sd & slightly fwd L (<i>W bk R stg LF trn, cl L [heel trn] contg LF trn, sd & slightly fwd R</i>) to SCP DLW;
10	Thru Ripple Chasse;	Thru R, sd & slightly fwd L w/ slight L sd stretch/cont L sd stretch into a R sway as you cl R looking to R holding sway, sd & fwd L loosing sway blending to SCP LOD;
11	Manuver;	Fwd R trng RF, sd L in front of W, cl R (<i>W fwd L, fwd R, cl L</i>) to CP RLOD;
12	Outside Change to SCP;	Bk L, trng LF bk & sd R, contg LF trn sd & fwd L (<i>W fwd R, fwd L, fwd R</i>) to SCP LOD;
13	Syncopated Vine;	Thru R, sd L/XRib (<i>W xib</i>), sd L to SCP LOD;
14	Thru Hover to BJO;	Thru R, fwd L w/ rise (<i>W trns LF</i>), rec R to BJO LOD;
15	Back Hover to SCP;	Bk L, bk R w/ rise (<i>W trns RF</i>), rec L to SCP LOD;
16	Chair & Slip;	Ck thru R w/ lun action, rec L, w/ slight LF upper bdy trn slip R bhd L contg trn (<i>W swvl LF on R ft & fwd L outsd M's R ft</i>) to CP DLC;

ENDING

1 - 3	Diamond Turn ¾;;;	Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO; staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R; staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L to BJO DLW;
4	Back Half Box;	Bk R, sd L, cl R to CP DLW;
5	Whisk;	Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to tight SCP LOD;
6	Thru to a Left Whisk;	Thru R, sd L to fc ptr, XRib to RSCP RLOD;
7 - 8	Unwind in 6 to CP DLW;;	Unwind on heel of L foot & toe of R foot (<i>W arnd M fwd R, L R</i>); cont unwinding (<i>W arnd M fwd L, R, L</i>) to CP DLW;
9	Apart Point;	Apt L, -, pt R twd ptr & hold till end of music;

* Chasse, Semi Chasse, Locks, Back Locks, Ripple Chasse, Tipple Chasse, Syncopated Vine.



THEME IN MY HEAD – WOODRUFF – WZ V– 2:44

INTRO (4 meas)

SCP LOD trl ft free wait 1 ; Thru to Left Whisk ; Unwind in 6 to CP LOD ;;

PART A (16 meas)

Viennese Turn ;; Turn L Chasse to BJO ; Back Bk Lk Bk ; Impetus to Semi ;
Weave 3 to BJO ; Turn R Chasse to SCAR ; Forward Fwd Lk Fwd ;
Hover ; Weave ;; Curved Feather ;
Back Bk Lk Bk ; Outside Change to SCP ; Thru Semi Chasse ; Chair & Slip ;

PART A (16 meas)

Viennese Turn ;; Turn L Chasse to BJO ; Back Bk Lk Bk ; Impetus to Semi ;
Weave 3 to BJO ; Turn R Chasse to SCAR ; Forward Fwd Lk Fwd ;
Hover ; Weave ;; Curved Feather ;
Back Bk Lk Bk ; Outside Change to SCP ; Thru Semi Chasse ; Chair & Slip ;

PART B (16 meas)

1 L Turn ; Hover Corte ; Back Chasse to SCAR ; Fwd Lady Develope ;
Bk Chasse to BJO ; Maneuver ; Bk to Tipple Chasse Pivot ; Hesitation
Change ; Telemark to SCP ; Thru Ripple Chasse ; Maneuver ;
Outside Change to SCP ; Syncopated Vine ; Thru Hover to BJO ;
Bk Hover to SCP ; Chair & Slip ;

PART A (16 meas)

Viennese Turn ;; Turn L Chasse to BJO ; Back Bk Lk Bk ; Impetus to Semi ;
Weave 3 to BJO ; Turn R Chasse to SCAR ; Forward Fwd Lk Fwd ;
Hover ; Weave ;; Curved Feather ;
Back Bk Lk Bk ; Outside Change to SCP ; Thru Semi Chasse ; Chair & Slip ;

ENDING (9 meas)

Diamond Turn $\frac{3}{4}$;; Bk $\frac{1}{2}$ Box ;
Whisk ; Thru to L Whisk ; Unwind in 6 to CP DLW ;; Apart Point ;