

TRADITIONS IV

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RECORD: Traditions of Christmas Artist: Mannheim Steamroller
 MP3 Time: 3:36 Available: Amazon, others

RHYTHM: Waltz, RAL Phase 4+2+1 (outside spin; turning lock) (square the runs)
 Moderate to hard level of difficulty

FOOTWORK Opposite (Woman's footwork or other explanation in parentheses)

SEQUENCE: A (modified), B, int, A, B, int, A (1-16), C, Ending

SPEED: 45 rpm equivalent

DATE: September 2016

PART A (MODIFICATION)	
Meas.	
1-3	(CP-WALL) WAIT 2 MEAS;; HOVER TELEMAR;
1-2 3	In CP-wall with lead feet free, wait 2 measures;; Forward left, diagonal side and forward right rising slightly [hovering] with body turning 1/8 to 1/4 right face, forward left small step on toes to Semi-Closed Position (WOMAN: Back right, diagonal side and back left with hovering action and body turning 1/8 to 1/4 right face, forward right small step on toes to Semi-Closed Position); NOTE: Starts in Closed Position and ends in Semi-Closed Position. Woman may brush right to left on second step.
	Note: Part A is done completely the first time through (see below), but with the modification of 2 measure wait as an introduction, instead of starting with the 2 Viennese turns

PART A	
Meas.	
1-3	2 VIENNESE TURNS;; HOVER TELEMAR;
1-2 3	Forward left commencing left face turn, side right continuing left face turn, cross left in front of right; back right continuing left face turn, side left continuing left face turn, close right to left ending CP-DLW; (WOMAN: Back right commencing left face turn, side left continuing left face turn, close right to left; forward left continuing left face turn, side right continuing left face turn, cross left in front of right;) Same as Part A (Modified), Meas. 3;
4-8	IN & OUT RUNS;; OPEN NATURAL; OUTSIDE SPIN TO TURNING LOCK;;
4-5	Forward right starting right face turn, side and back Diagonal Line of Dance and Wall on left to Closed Position, back right with right side leading to Banjo Position; back left turning right face, side and forward right between woman's feet continuing right face turn, forward left to Semi-Closed Position; (WOMAN: Forward left, forward right between man's feet, forward left outside partner

6	with left side leading to Banjo Position; forward right starting right face turn, forward and side left continuing turn, forward right to Semi-Closed Position;) NOTE: Figure requires 2 measures. Starts and ends in Semi-Closed Position (Open Natural) In Semi-Closed Position commence right face upper body turn forward right heel to toe, side left across Line of Dance, continue slight right face upper body turn to lead partner to step outside back right with right side leading to Banjo Position; (WOMAN: In Semi-Closed Position, the woman's footwork is thru left, forward right to Closed Position, forward left with contra body movement to Bjo;)
7	In Banjo preparing to lead woman outside partner commence right face body turn toeing in with right side lead back left in CBMP small step 3/8 turn to right on step 1, forward right in CBMP heel to toe continue to turn right face, [3/8 right face turn between steps 2 and 3] side and back left to end in Closed Position 1/4 right face turn on 3 (end CP-DRW) (WOMAN: Commence right face body turn with left side lead staying well in the man's right arm right foot forward in CBMP outside partner heel toe, left foot closes to right foot on toes of both feet 5/8 turn between steps 1 and 2, continue to turn right face 1/4 between steps 2 and 3 forward right between man's feet to end in Closed Position 1/8 right face turn on step 3;)
8	(Turning Lock – or L Turning Lock) Back right with right side lead and right side stretch/cross left in front of right, back and slightly side right starting to turn left face, side and slightly forward left to Banjo making 1/4 left face turn between steps 3 and 4 as body turns less (end in Bjo-DLW); (WOMAN: Forward left with left side lead and left side stretch/cross right in back of left, forward and slightly side left starting to turn left face, side and slightly back right to Banjo making 1/4 left face turn between steps 3 and 4 as body turns less;)
9-12	FWD, FWD/LOCK, FWD; MANUV; SPIN TURN; OPEN FINISH;
9	In Banjo Position forward right, forward left/lock right in back of left, forward left;
10	(Manuv) Forward right (outside partner's feet) commence right face upper body turn, continue right face turn to face partner side left (with L stretch), close right (end CP-RLD);
11	(Spin Turn) Commence right face upper body turn back left toe pivoting 1/2 right face to face Line of Progression, forward right between woman's feet heel to toe continue right face turn keeping left leg extended back and side, complete turn side and back left;
12	Back right turning left face, side and forward left, forward right outside partner to Banjo-DLC; (WOMAN: Forward left turning left face, side and back right, back left to Banjo;)
13-17	DIAMOND TURN;;; DRAG HESITATION;
13-16	Forward left turning left face on the diagonal, continuing left face turn side right, back left with the partner outside the man in Banjo; staying in Banjo and turning left face back right, side left, forward right outside partner in Banjo; forward left turning left face on the diagonal, side right, back left with the woman outside the man in Banjo; back right continuing left face turn, side left, forward right to designated position and facing direction; (WOMAN: Back right turning left face on the diagonal, continuing left face turn side left, forward right outside partner; forward left turning left face, side right, back left; back right turning left face, side left, forward right outside partner; forward left turning left face, side right, back left to designated position and facing direction.) NOTE: Figure makes 1 full turn left face in 4 measures. Each measure turns 1/4.
17	Forward left, beginning left face turn side right continuing left face turn draw left toward right over the remainder of the measure ending in Banjo Position-DRC;

PART B	
Meas.	
1-2	BK & R CHASSE SCAR; CHECK FWD & DEVELOPE;
1	Back left commence right face upper body turn, side right continue turn/close left, side right complete turn to Sidecar Position facing DLC; (WOMAN: Forward right commence right face upper body turn, side left continue turn /close right, side left complete turn to Sidecar Position;)
2	Forward left outside partner checking, -, -; (WOMAN: Back right, bring left foot up right leg to inside of right knee, extend left foot forward;) NOTE for Woman: Figure is executed on ball of foot with body stretched upward on Develope but knee remains flexed.
3-4	BK & CHASSE BJO; CHECK FWD & DEVELOPE;
3	Back right commence left face upper body turn, side left continue turn/close right, side left complete turn to Banjo Position facing DRC; (WOMAN: Forward left commence left face upper body turn, side right continue turn /close left, side right complete turn to Banjo Position;)
4	Forward right outside partner checking, -, -; (WOMAN: Back left, bring right foot up left leg to inside of left knee, extend right foot forward;)
5-8	IMPETUS; WEAVE 6 TO SCP;; WHIPLASH TO BJO;
5	In Banjo Position soft or flexed knees throughout commence right face upper body turn back left, close right [heel turn] continue right face turn [usually a total of about 3/8 turn], complete turn forward left in tight Semi-Closed Position-DLC; (WOMAN: In Banjo Position soft or flexed knees throughout commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right face, side and forward left continue right face turn around man brush right to left, complete turn forward right;)
6-7	(Weave) Forward right Diagonal Line of Dance and Center of Hall, forward left commence left face turn, continue turn side and slightly back right to face Diagonal Reverse Line of Dance and Center of Hall; back left Line of Dance leading woman to step outside to CBMP, back right continue left face turn, side and forward left Diagonal Line of Dance and Wall to Semi-Closed Position; (WOMAN: Forward left Diagonal Line of Dance and Center of Hall commence left face turn, continue turn side and slightly back right to face Diagonal Reverse Line of Dance and Wall, continue turn side and forward left Line of Dance; forward right Line of Dance outside the partner to CBMP, forward left Line of Dance continue turn, side right Diagonal Line of Dance to Semi-Closed Position;) NOTE: There is no sway.
8	From Semi-Closed Position thru right, turning body right face point left hold through Closed Position, with left side stretch end in Banjo Position; (WOMAN: From Semi-Closed Position thru left, swivel on left to face partner and point right hold through Closed Position, end in Banjo Position;
9-12	BK & BK/LK, BK; BK HOVER SCP; THRU, CHASSE SCP; NAT HOVER FALLAWAY;
9	In Banjo Position back left, back right/lock left in front of right, back right;

10	Back left, side and back right with a slight rise, turning right face with right side stretch recover left to SCP-LOD; (WOMAN: Forward right, side and forward left with a slight rise & brush free foot to supporting foot, recover right to SCP;)
11	Thru right, forward left/close right, forward left to Semi-Closed Position;
12	Forward right with slight right face body turn, forward left on toe turning right face with slow rise, back right; (WOMAN: Forward left, forward right on toe turning right face with slow rise, back left;) NOTE: Semi-Closed Position throughout. Turn between 1/4 right face turn up to 1/2 turn. Progressive figure, no steps should go to Reverse Line of Dance.
13-16	SLIP PIVOT BJO; MANUV; SPIN TURN; BOX FINISH;
13	Back left, back right commence left face turn [keeping left leg extended], forward left; (WOMAN: Back right commence left face turn pivot on ball of foot [thighs locked left leg extended], forward left complete left turn placing left foot near man's right foot, back right;) NOTE: Figure begins in Semi-Closed Position and ends in Banjo Position-DLW.
14	Same as Part A, Meas. 10;
15	Same as Part A, Meas. 11;
16	Back right commence left face turn, side left, close right ending CP-DLC;

INTERLUDE	
Meas.	
1-3	SWAY L & R;; SD CANTER;
1	(CP-DLC) Step side L shifting momentum of the body towards the weighted foot causing a L stretch. NOTE: This also causes the non-weighted foot to draw slightly towards the weighted foot.
2	Step side R shifting momentum of the body towards the weighted foot causing a R stretch.
3	Side left with left side stretch, draw right to left, close right to CP;

PART C	
Meas.	
1-3	TELEMARK TO SCP; MANUV; PIVOT TO SCP;
1	Forward left commencing to turn left face, side right continuing left face turn, side and slightly forward left to end in tight Semi-Closed Position-DLW; (WOMAN: Back right commencing to turn left bringing left beside right with no weight, turn left face on right heel [heel turn] and change weight to left, side and slightly forward right to end in tight Semi-Closed Position;)
2	(Manuv) Forward right commence right face upper body turn, continue right face turn to face partner side left (with L stretch), close right (end CP-RLD);
3	In Closed Position commence right face upper body turn back left turning right face [approximately] 3/8 leaving right leg extended in front, forward right between woman's feet heel to toe turning right face [approximately] 3/8, side and forward left leading

	woman into Semi-Closed Position; (WOMAN: In Closed Position commence right face upper body turn forward right between man's feet heel to toe turning right face [approximately] 3/8 leaving left leg extended behind, back left turning right face [approximately] 3/8 leaving right leg extended in front, side and forward right into Semi-Closed Position;) NOTE: Starts in Closed Position Reverse Line of Dance to end in Semi-Closed Position Line of Dance. Knees are soft throughout. There is a slight rise at the end of the second step
4-8	SQUARE THE RUNS;;; CHAIR & SLIP;
4-5	Starting in SCP-LOD forward right starting right face turn, side and back Diagonal Line of Dance and Wall on left to Left Half-Open Position facing COH, forward right with right side leading with right stretch and right arm extended; forward left leading woman across, close right to Half-Open Position facing RLOD, forward left with left side stretch and left arm extended; (Woman: Forward left as man crosses in front, close right blending to Left Half-Open facing COH, forward left with left side stretch and arm extended; forward right starting right face turn, side and back on left to Half-Open Position facing RLOD, forward right with right side leading with right stretch and right arm extended;)
6-7	Repeat meas. 4 and 5 to end facing wall; and end facing LOD;
8	(Chair, rec, slip) Blending to SCP-LOD check thru right with lunge action as for Chair [see note below], recover left [no rise], with slight left face upper body turn slip right behind left continuing turn to end Closed Position facing Diagonal Line of Dance and Center of Hall; (WOMAN: Forward and check thru left with lunge action as for chair, recover right [no rise], swivel left face on right and step forward left outside man's right foot to Closed Position;) NOTE: Chair is a 1-step figure. The dancer's body profile is shaped to style a forward lunge to resemble the side view of a straight chair. The stepping leg is slightly bent representing the front legs and seat of the chair. The dancer's torso forms the chair's back as the trailing leg simulates the chair's rear legs.

ENDING	
Meas.	
1-5	DIAMOND TURN ¾;;; BOX FINISH; DIP BK TO A LEG CRAWL;
1-3	Same as Part A, Meas. 13, 14, 15;;;
4	Same as Part B, Meas 16, but ending CP-DLW;
5	Step back left with relaxed leg and slight left face turn, straighten left leg to lead woman to leg crawl, hold; (Woman: forward right between man's feet, with the left toe pointed to the floor slide left foot up along the man's right outer thigh as the man straightens his left leg from a soft knee, hold;)