

WHAT A LOVELY WAY

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RECORD: STAR 176A THIS IS A LOVELY WAY (FLIP) ETERNALLY

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RHYTHM: FOXTROT PHASE IV SPEED 43

SEQUENCE: A B A (1-8) C B A (1-7) ENDING

INTRO

1-4 WAIT;; HOVER TELEMARK SCP; CHAIR REC SLIP;
 1-2 IN CP DLW WAIT 2 MEAS;;
 3-4 FWD L DLW,-, SD & FWD R RISING, FWD L; CK THRU R,-, REC L
 (W REC R SWIVL LF, FWD L CP), BK R TO CP DLC;

PART A

1-6 REVERSE TRNS LOD;; 3 STEP TWICE;; TRN L-R CHASSE BJO; BK BK LK BK;
 1-2 FWD L COMM LF TRN (WHEEL TRN) -, FWD & SD R CONT TRN, BK L
 CP RLOD; BK R CONT LF TRN,-, SD & FWD L TRNG, FWD R TO BJO DLW;
 3-4 FWD L TO CP LOD,-, FWD R, FWD L; FWD L,-, FWD R, FWD L;
 5-6 FWD L TRNG LF,-, SD R/CL L, BK R TO BJO LOD; BK L,-, BK R/LK LIF,
 BK R TO BJO;

7-11 OUTSD CHG SCP; * THRU FC CL; HOVER SCP; IN & OUT RUNS;;
 7-8 BK L,-, BK R TRNG LF, SD & FWD L TO SCP LOD; THRU R,-, SD L, CL R;
 9-11 FWD L,-, FWD & SD R RISING, REC FWD L TO SCP LOD; FWD R TRNG RF,-, SD
 & BK L CONT RF TRN, SD & FWD R (W FWD L,-, FWD R BTW M'S FEET, FWD
 L); FWD L,-, FWD R BTW W'S FEET, FWD L TO SCP LOD (W FWD R TRNG
 RF,-, SD & BK L CONT TRN, SD & FWD R);
*NOTE: * PART A (1-8) CHG MEAS 8 TO PKUP SD CL;

12-16 WEAVE 6 BJO;; OPEN NATL; IMPETUS SCP; PICKUP SIDE LOCK;
 12-13 FWD R,-, FWD L TRNG LF, SD & BK R; BK L,-, BK & SD R TRNG LF, SD &
 FWD L BJO DLW;
 14-16 FWD R TRNG RF,-, SD & BK L, BK R TO BJO RLOD; BK L TRNG RF,-, CL R
 TO L (HEEL TRN) CONT TRN, FWD L TO SCP; THRU R,-, SD & FWD L TO CP,
 XRIB OF L TRNG TO DLC (W LK IN FRONT);

PART B

1-6 DIAMOND TRNS;;; TELEMARK SCP; PICKUP S/C;
 1-4 FWD L START LF TRN,-, SD R, BK L; BK & TRN R,-, SD L, FWD R; FWD &
 TRN L,-, SD R, BK L; BK & TRN R,-, SD L, FWD R TO DLC;
 5-6 FWD L COMM LF TRN,-, CONT TRN FWD & SD R ARND W, (WHEEL TRN)
 FWD L SCP; SMALL FWD R,-, IN PLACE L, CL R TO S/C DLW;

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PART B CONT:

7-8

X HOVER BJO; 3 STEP TO CL LOD;

7-8 XLIF,-, SD R WITH SLIGHT RISE TRNG LF, REC L TO BJO LOD; FWD L
 BLENDING TO CP LOD,-, FWD R, FWD L CP DLC;

PART C

1-4

REVERSE TRN ½; HOVER CORTE; BK HOVER SCP; WEAVE 3 BJO;

1-2 FWD L COMM LF TRN,-, SD R CON TRN, BK L TO CP RLOD; BK R COMM
 LF TRN,-, FWD & SD L RISING TO BJO CONT TRN, REC R TO BJO DLW;
 3-4 BK L,-, BK R RISING, REC FWD L (W FWD R,-, FWD L TRNG RF, FWD R)
 SCP LOD; THRU R,-, FWD L TRNG LF, SD & BK R TO BJO FCG RLOD;

5-8

BK BK LK BK; IMPETUS SCP; THRU CHASSE SCP; PICKUP SD CL;

5-6 BK L,-, BK R/LK LIF, BK R BJO DRC; BK L TRNG RF,-, CL R TO L
 (HEEL TRN) CONT TRN, FWD L TO SCP LOD;
 7-8 THRU R FC PTR,-, SD L/CL R FWD L TO SCP; SMALL FWD R,-, TRNG LF
 TO CP DLC, SD L, CL R (W FWD L PKUP,-, SD R, CL L);

9-11

TELEMARK SCP; M ROLL ACROSS ½ OP; W ROLL ACROSS ½ OP;

9 FWD L COMM LF TRN,-, CON TRN FWD & SD R ARND W, (W HEEL TRN)
 FWD L SCP DLW;
 10-11 FWD R TO DLW, SD L CROSS IN FRONT OF W TRNG RF, CL R TO ½ OP
 LOD (W FWD L,-, FWD R, FWD L); FWD L,-, FWD R, LEADING W ACROSS IN
 FRONT OF M (W FWD R,-, SD L ACROSS M TRNG RF, CL R) TO ½ OP LOD;

12-16

THRU CHASSE BJO; FWD FWD LK FWD; MANUV; SPIN TRN; BOX FINISH;

12-13 THRU R,-, TRNG RF SD L/ CL R TO L, SD L TRNG TO BJO LOD; FWD R,-,
 FWD L / LK RIB, FWD L;
 14-15 FWD R TRNG RF TO FC RLOD,-, SD L, CL R; BK L PIVOTING ½ RF,-, FWD
 R RISING, BK L DLW;
 16 BK R TRNG LF,-, SD L CL R TO CP DLC;

ENDING

1

THRU SIDE LUNGE & SLOWLY TWIST;

1 THRU R TRNG FC PTR SD L LUNGE LOD & SLOWLY TWIST UPPER BODY
 TO FC RLOD & EXTEND;