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Record: Telemark 308

Sequence: INTRO A A B A A B TAG

Slow Record to 43

MEASURES

INTRODUCTION

- 1 - 2 Wait 2 meas OPEN FC DLW M's L & W's R hnds jnd
 3 - 4 M diag fwd L twd ptr CP/DLW; Bk R DRC trn LF, sd L, cl R CP/DCL;

PART A

- 1 - 8 OPEN TELE; SCP CHASSE; THRU, SLO RONDE, RISE; XIF, R CHASSE; CONTRA CK, REC, SCP; THRU CHASSE
 BJO; MANUVER; HESITATION CHG;
 1 (Op Tele) Fwd L comm LF trn, cont trn sd R, sd & fwd L DLW/SCP (W bk R trn LF, cl L heel trn on R, sd & fwd R SCP);
 (Scp Chasse) Thru R, chasse L/R, L remain SCP;
 2 (Slo Ronde) Thru R DLW relax knee, fan L CW (W CCW), cont fan rise M's R W's L slight SCP;
 3-4 allow L XIFR (WXIF), fc ptr sd R, cl L, sd R;
 5-6 Fwd L wall contra ck, rec R, sd & fwd L Scp/Lod (W bk R contra ck) Thru R, chasse L/R, L to Bjo;
 7-8 Manuv R, L, R Cp/RLod; (Hes Chg) Bk L trn RF, small sd R, tch L CP/DLC (W fwd R pvt RF, sd L, dr R tch);

PART B

- 1 - 4 CL TELEMARK BJO; MANUV; RUNNING SPIN TRN; OUTSD CHG TO BJO DLW;
 1-2 (Cl Tele) Fwd L trn LF, cont trn sd R, sd & fwd L Bjo/Dlw (W bk R trn LF, heel trn R, cl L, bk R DLW); Manuv R, L, R to CP/RLOD;
 3 (Runng Spn) Bk L pvt RF $\frac{1}{2}$, fwd R heel pvt RF/sd & bk L CP/DRW, bk R DLC rt shldr lead
 4 (Outsd Chg) (Contra/Bjo) Bk L, R DLC blend CP, sd & fwd L DLW Contra/Bjo;
 5 - 8 FWD CK, OUTSD SWIVEL TO SCP; HOVER FALLAWAY; BK, SLIP, BJO; MANUVER;
 5 Ck fwd Bjo flex knee ck, rec bk L relax knee, leave R extended hold (W ck bk L, rec R outsd ptr, relax knee & swivel on R trn RF SCP/DLW; NOTE 3 cts - 2 chgs wt
 6-8 (hover Fall/Slip Bjo) SCP fwd R trn RF, sd & fwd L DLW hover, trn RF bk R DLC/SCP; Bk L DLC/SCP (Slip pvt) bk R (W trn CP) trn LF sd & fwd L Bjo/DLW (W bk R DLC/SCP, trn LF on R fc M leave L extended fwd stp L & pvt LF, sd & bk R DLW); Manuv R, L, R CP/RLOD;
 9 - 12 SPIN & TWIST TO SCP;; WEAVE (BJO);
 9-10 (Spn & Twist) Bk L pvt $\frac{1}{2}$ RF, fwd R pvt RF, sd L DLW; qk XRIBL twist trn RF both ft (1&) cont trn trans wt to R rise CP/DLW, sd & fwd L DLC/SCP (W fwd R pvt RF, sd & bk L DLW, trn RF, cl R CP/DLC; Run fwd arnd M L/R, sd & fwd L DLW trn RF to CP, brush R, sd & fwd R DLC/SCP);
 11-12 (Prom Weave) SCP/DLC Weave 6 Contra Bjo DLW R, L, R; L, R, L;
 13 - 16 MANUVER; OP IMPETUS SCP; SLO SD LOCK CP; DBL REV SPIN (fc wall);
 13-14 Manuv, sd, cl CP/RLOD; (Op Imp) Bk L trn RF, heel trn L, cl R, sd & fwd L DLC/SCP (W fwd R heel pvt RF, sd & bk L, cont trn bush R, sd & fwd R SCP/DLC);
 15 (Slo Lock) Thru R, sd & fwd L rise, slo XRIBL trn LF CP/DLC (W thru L, sd & bk R in front of M, XLIFR slowly);
 16 (Dbl Rvs Spin) Fwd L trn LF, sd R DLC on toe spin LF fc wall, tch L (W bk R trn LF, trn R heel, cl L/sd & fwd R DLC wide stp, trn LF on R fc COH XLIFR) remain CP thruout W's head lf; (MAN: L, R, spin tch) (Woman 4 chgs wt 1, 2, & 3)
 17 - 20 HOVER TELE; OPEN NATRL TRN; BK, R CHASSE SCAR; X HOVER TO SCP;
 17 (Hover Tele) Fwd L, sd & fwd R HOVER, trn RF R, sd & fwd L SCP/DLW
 18 (Op Ntrl Trn) Fwd R comm RF trn, cont trn sd & bk L DWL, bk R Contra/Bjo R shldr ld (W fwd L, R betw M's ft, fwd L Contra Bjo);
 19-20 (R Chasse) Bk L Contra/Bjo/DLW trn RF, (Chasse) Sd R LOD/cl L, sd & bk R fc DLC/CP; (X Hover SCP) Trn M's R W's L Contra Scar, fwd L DLW, small stp R sd & fwd (W wide sd & bk L CP) hover, sd & fwd L SCP/DLC;
 21 - 24 QUICK WEAVE 4; BK, SD, THROWAWAY OVERSWAY;; RONDE & SLIP CP DLC;
 21 (Qk Weave 4) Thru R, fwd L trn LF/sd R, bk L LOD Contra/Bjo (W thru L trn LF sd & bk R/sd & fwd L LOD, fwd R Contra/Bjo);
 22-23 (Throwaway O'Sway) Bk R LOD comm LF trn, sd & fwd L LOD (both look LOD), trn W LF on her R fc RLOD as he trns LF on L fc LOD; Relax M's L & W's R knees W extend L bk LOD tip of toe M extend R bk RLOD wt over M's L & W's R upper bdy well up W's head lf M look at W sway to M's R & W's L (3 cts); NOTE: the 6 cts for Throwaway O'sway should be one action (Ronde/Slip) Cl R, trn bdy RF fc wall (W fc M & sd L) This will be on an "&" ct to prepare for RONDE) M ronde L ft fwd & out CCW as W ronde R fwd & out CW narrow SCP/LOD (ct & 1), XLIBR, trn W CP slip R bk & pvt LF CP/DLC (W XRIBL, trn LF on R fc M, leave L leg extended fwd stp L & Pvt LF);

TAG

- 1 - 5 OPEN TELE; SCP CHASSE; THRU, SLO RONDE, RISE; XLIFR, R CHASSE; CONTRA CHECK;
 Repeat Action Meas 1-5 PART A ending in Contra Check; ; ; ; ;