

# MY WAY

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Music "My Way" Download Casa Musica

Rhythm : Waltz ph VI

Speed : Slow to Suit

Date : December 2016 Ver.1.1

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - C - B - Cmod - Ending



## Meas

### INTRO

#### 1~ 2 CP/DW lead foot free for both Wait 2 Meas;;

1- 2 Closed position fc DW lead foot free for both wait 2 meas;;

## Meas

### PART A

#### 1~ 8 Hover Telemark; OP Nat; OP Impetus; Q OP Rev; Hover Corte; Royal Spin; Manuv; Hesitation Chg(CP/DC);

- 1 (Hover Telemark) Fwd L, fwd R lead W RF trn, sd & fwd L to SCP/DW;  
2 (OP Nat) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R contra Bjo;  
3 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/DC fwd L(W fwd R heel to toe pivot 1/2 RF, sd & fwd L cont RF trn around man brush R to L, fwd R);  
12&3 4 (Q OP Rev) Fwd R commence LF trn, fwd L cont LF trn/sd R & bk cont LF trn, right sd stretch bk L twd DC in contra Bjo;  
5 (Hover Corte) Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;  
6 (Royal Spin) Bk L right sd lead commence body trn to right 3/8 RF trn, fwd R outsd partner heel to toe cont RF trn, left sd lead sd & fwd L 5/8 RF trn between 2 and 3(W fwd R heel to toe outsd partner, cont RF trn as left foot curls in small ronde CW raising knee to bring left foot to right knee toes point down 5/8 RF trn on ball of R between 1 and 2, 3/8 RF trn on ball of R between 2 and 3 tch L to R);  
7 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R CP/RL0D;  
8 (Hesitation Chg) Bk L commence RF trn, sd R cont RF trn fc DC, draw L to R;

#### 9~16 OP Rev Trn; Outsd Ck; Bk Tipple Chasse Pivot; Spin Trn Overtrn; R Trning Lk(SCP/DC); Chair & Slip; Double Rev Spin; Chg Of Direction(CP/DC);

- 9 (Op Rev Trn) Fwd L commence LF trn, cont LF trn sd R, bk L contra Bjo fc RL0D;  
10 (Outsd Ck) Bk R commence LF trn, sd L cont RF trn, ck fwd R fc RDW;  
12&3 11 (Tipple Chasse Pivot) Bk L Commence RF trn, cont RF trn sd R slight left sd stretch/cl L, sd & slightly fwd R cont RF trn fc RDW;  
12 (Spin Trn Overtrn) Cont RF trn bk L pivot 1/2 RF, fwd R between W's feet heel to toe cont RF trn fc RDW, sd & bk L(W fwd R between M's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);  
1&23 13 (R Trning Lk) Bk R right sd lead commence RF trn/ XLIF of R to fc COH, slight left sd lead cont trn sd & fwd R between W's feet, cont RF trn fwd L to SCP/DC (W fwd L commence RF trn/XRIB of L, fwd & sd L cont trn, fwd R to SCP);  
14 (Chair & Slip) Thru R relax right knee, rec L commence LF trn, slip R bk cont LF trn on ball of R(W thru L relax left knee, rec R, swivel LF on R fwd L)end CP/DC;  
12- (12&3) 15 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW (W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);  
16 (Chg of Direction) Fwd L, fwd R right shoulder lead and LF trn, draw L to R and brush CP/DC;

## Meas

### PART B

#### 1~ 8 OP Telemark; Curved Feather; Bk Passing Chg; Bk to Tumble Trn; Bk to Slow OP Hinge;; Sync Pivot to Whisk(SCP/LOD); Wing to Scar;

- 1 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);  
2 (Curved Feather) Fwd R commence RF trn, left sd stretch cont RF trn sd & fwd L, cont RF trn fwd R fc RDW;  
3 (Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo;

- 1&23 4 (Bk to Tumble Trn) Bk R commence LF trn/cont LF trn sd & fwd L left side stretch, fwd R outsd partner rise maintaining left side stretch rotate upper body LF bringing W in front of M, fwd L lowering changing to right side stretch creating LF pivoting action (W fwd L commence LF trn/sd & bk R, bk L under body with left sway, bk R lowering and changing from left to right sway with LF pivoting action;
- 12- 5- 6 (Bk to Slow OP Hinge) Bk R commence LF trn, cont LF trn sd L release joined lead hands, (123) hold left sd stretch leading W XLIB of R (W fwd commence LF trn L, cont LF trn sd R release joined lead hands right hand on M's left shoulder, XLIB of R):
- relaxing L knee and veering R knee to sway R extend left arms(W relaxing L knee head to L),-,-;
- 12&3 7 (Sync Pivot to Whisk) Lead W rec commence body trn RF fwd R twd RLOD, cont RF pivot (&12&3) sd & bk L/cont pivot fc Wall sd R blend SCP, XLIB of R lead W swivel RF(W rec R commence RF trn/cont RF pivot sd & bk L, cont pivot fwd R/cont pivot fc COH sd L blend SCP, swivel RF on L XRIB of L) SCP/LOD;
- 1-- 8 (Wing) Fwd R, draw L to R trning body trn LF, tch L to R(W across front of M fwd L commence LF trn, cont LF trn fwd R, cont LF trn fwd L) SCAR/DC;

**9~16 Trn L & R Chasse to Bjo; Outsd Chg to Bjo; Nat Hover Cross; Sync Ending; Telemark to Throwaway Oversaw;; Link to SCP; Slow Sd Lk(CP/DC);**

- 12&3 9 (Trn L & R Chasse Bjo) Fwd L commence LF trn, cont LF trn sd R/cl L, sd & bk R to Bjo/RDC;
- 10 (Outsd Chg to Bjo) Bk L, bk R trning LF, sd & fwd L(W fwd R, fwd L commence LF trn, Cont LF trn sd & bk R) to Bjo/DW;
- 11 (Nat Hover Cross) Fwd R commence RF trn, sd L cont RF trn, cont trn sd R fc DC(W bk L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd L);
- 12&3 12 (Sync Ending) XLIF of R outsd partner, rec R/sd & fwd L, fwd R outsd partner Bjo/DC;
- 123 13-14 (Telemark to Throwaway Oversaw) Fwd L commence LF trn, sd R cont LF trn, sd & slightly --- bk L swivel LF on L; Relax knee and body trn left fc DW keeping right sd and point R bk, -, -(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R swivel LF on R to bring L leg under body; Extend bk L leg twd DW, -, -);
- 23 15 (Link to SCP) Rise on L, cl R to L, fwd L to SCP/LOD;
- 16 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;

**Meas**

**PART C**

**1~ 8 Double Rev Spin; Split Ronde(CP/RDC); Contra Ck & Switch; Rudolph Ronde & Slip; Telespin to Bjo;; Nat Trn Prep; Same Foot Lunge;**

- 12- 1 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L (12&3) foot under body beside R no weight fc DW (W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);
- 23 2 (Split Ronde) Lower on Rronde left leg CCW commence LF trn, cont LF trn XLIB of R, (123&) cont trn slip bk R(W sd R lower on R ronde left leg CCW commence LF trn, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/RDC;
- 3 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, rec R commence strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees CP/DW;
- 4 (Rudolph Ronde & Slip) music slow down Fwd R flex knee body trn RF lead W ronde, rec L rise commence LF trn, slip bk R cont LF trn on ball of R(W sd & bk L R foot ronde CW, bk R rise on R commence LF trn, cont trn on R fwd L front of man)end to CP/DC;
- 123 5- 6 (Telespin to Bjo) Fwd L commence LF trn, fwd & sd R cont LF trn, sd & bk L with partial weight(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);
- 123 Spin L taking weight to L/cont spin, sd R cont LF trn, sd & fwd L(W fwd L/fwd R cont (&123) LF trn toe spin on R, cl L, sd & bk R) Bjo/DW;
- 12- 7 (Nat Trn Pre) Fwd R commence RF trn, sd L cont RF trn, cont trn tch R to L fc COH (W bk L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd L);
- 1-- 8 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, extend(W bk R well under body trning body to L and looking well to L, extend),-;

**9~12 Telespin Ending(SCP/LOD); Thru Prom Sway; Chg Oversway; Fallaway Ronde & Slip(CP/DC);**

- 123 9 (Telespin Ending) Lead W Pickup fc RLOD/ fwd L commence LF trn, sd R cont LF trn, (&123) sd & fwd L(W fwd L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/LOD;  
 12- 10 (Thru Prom Sway) Thru R, sd & fwd L stretch left sd look over joined lead hand,-;  
 --- 11 (Chg Oversway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W(W look L);  
 12 (Fallaway Ronde & Slip) Rec R ronde L CCW(W CW), XLIB and rise commence LF trn, slip R bk cont LF trn on ball of R end to CP/DC;

**Meas PART Cmod**

**1~ 8 Double Rev Spin; Split Ronde(CP/RDC); Contra Ck & Switch; Rudolph Ronde & Slip; Telespin to Bjo;; Nat Trn Prep; Same Foot Lunge;**

1- 8 Repeat meas 1-8 of Part C:::;;;

**9~13 Telespin Ending(SCP/LOD); Thru Sync Vine; Thru Prom Sway; Chg Oversway; Fallaway Ronde & Slip(CP/DC);**

- 9 Repeat meas 9 of Part C;  
 12&3 10 (Sync Vine) Thru R, sd L/XRIB of L, sd L;  
 11-13 Repeat meas 10-12 of Part C::;

**Meas ENDING**

**1~10 Telespin to Bjo;; Nat Trn Prep; Same Foot Lunge; & Extend Arms; Telespin Ending(SCP/LOD); Slow Sd Lk(CP/DC); OP Telemark; W Roll Out(M Spiral & Fwd); X Ck & Hold Extend Arms;**

- 1- 3 Repeat meas 5-7 of Part C::;  
 1-- 4 5 (Same Foot Lunge & Extend) Sd & slightly fwd R with right sd stretch looking R, extend (W bk R well under body trning body to L and looking well to L, extend), release joined lead hands; Extend arms;  
 --- 6 (Telespin Ending) Lead W Pickup fc RLOD/ fwd L commence LF trn, sd R cont LF trn, (&123) sd & fwd L(W fwd L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/LOD;  
 7 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;  
 8 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);  
 -23 9 (W Roll Out M Spiral & Fwd) Lead W roll LF, fwd R spiral LF on R, fwd L(W fwd L commence (123) roll LF, sd & fwd R cont LF roll spiral action, fwd L twd DW) mod tandem M behind W Slightly left sd;  
 1-- 10 (X Ck & Hold) Same foot work ck XRIF of L, extend arms left arm high,-;