

ADELINE III

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MUSIC: "Ballade Pour Adeline" by Richard Clayderman 2:40 The World's Most
Popular Pianist Plays French Favorites, Vol 4 download Amazon \$0.99
Can also be danced to Sp Press record KNS 002
FOOTWORK: Opposite unless indicated.
RHYTHM: SLOW TWO STEP RAL PHASE III + 2 [switches, L trn w/inside roll]
SPEED: 43 RPM (adjust for comfort)
SEQUENCE: INTRO A B A B A(MOD) A (1-9) END Released 9/10

INTRO

1-8 WAIT;; DIP BK W/CARESS; REC TCH;

1-2 CP WALL lead foot free wait;

3 Bk L bending L knee slightly & extending R leg fwd,-, hold,-(W fwd R
bending R kne slightly & extending L leg bk,-, caress M's face with L
hnd,-);

Rec fwd R to upright position,-,hold;

PART A

1-4 FULL BASIC;; OPEN BASICS;;

1 Sd L,-, XRIB of L, rec l;

2 Sd R,-, XLIB of R, rec R;

3 Sd L opening out to L half op fcg RLOD,-, XRIB of L, rec L;

4 Sd R opening out to R half op fcg LOD,-, XLIB of R, rec R;

5-8 SWITCHES;; U/A TRN; BASIC ENDG TO P/U;

5 XIF of W sd L to L half op,-, fwd R, fwd L (W fwd R,-, fwd L, fwd R);

6 Fwd R,-, fwd L, fwd R (W XIF of M sd L to half op,-, fwd R, fwd L);

7 REPEAT MEAS 7 INTRO;

8 Sd R,-, XLIB of R, rec R trng 1/4 LF to pick W up to CP LOD;

9-12 L TRN INSD ROLL; BASIC ENDG P/U; L TRN INSD ROLL; BASIC ENDG;

9 Fwd L trng 1/4 LF ,-, sd R leading W to trn LF under jnd lead hnds,
XLIF of R end fcg COH (W bk R,-, sd L trng LF under jnd lead hnds,-,
cont LF trn to fc ptr sd R);

10 Sd R,-, XLIB of R, rec R trng 1/4 LF to PU W to CP RLOD ;

11 REPEAT MEAS 9 PART A end fcg WALL;

12 Sd R,-, XLIB of R, rec R;

13-16 FULL BASIC;; LUNGE BASICS TO P/U LOW BFLY;;

13 Sd L,-, XRIB of L, rec R;

14 Sd R,-, XLIB of R, rec L;

15 Sd L bending L knee with lunging action,-, rec R, XLIF of R;

16 Sd R bending R knee with lunging action,-, rec L, XRIF of L trng 1/4 LF
to fc LOD picking W up (W sd L bending L knee with lunging action,-,
rec R, XLIF of R trng 1/4 RF to P/U in front of M) jn both hnds in low
BFLY;

PART B

- 1-4 TRAVELING CHASSES;;;;
1 Low BFLY LOD lead ft free fwd L to R shldr lead,-, sd & fwd R DLW, cl L (W bk & sd R to L shldr lead,-, bk & sd L DLW, cl R);
2 Sd & fwd R to L shldr lead,-, sd & fwd L DLC, cl R (W bk & sd L to R shldr lead,-, bk & sd R,cl L);
3-4 REPEAT MEAS 1 & 2 PART B;;
- 5-8 U/A TRN STACK HNDS L OVER R; OP BRK; CHNG SDS; OP BASIC;
5 Sd L,-, XRIB of L leading W to trn Rf undr jnd lead hnds, rec L to fc ptr WALL stack hnds L over R (W fwd R,-, XLIF of R comm RF trn undr jnd lead hnds, sd & fwd R to stacked hnds L over R) end fcg ptr WALL trail ft free;
6 With stacked hnds L over R sd R,-, apt L, rec fwd R to W's R sd;
7 Fwd L twd WALL to chng sds leading W trn undr stacked hnds,-, sd R, XLIF of R to fc COH (W fwd R twd COH trng LF undr stacked hnds to chng sds,-, sd L, XRIF of L to fc WALL);
8 Releasing hand hold REPEAT MEAS 4 PART A;
- 9-11 U/A TRN TO BJO; QUICK WHEEL 9 FC WALL;;
9 REPEAT MEAS 7 PART A to end in BJO COH;
10-11 In BJO wheel CW fwd R,L,R, L; cont CW wheel fwd R,L,R, L/R to end fcg ptr WALL with lead ft free;
REPEAT PART A
REPEAT PART B
PART A MOD
- 1-16 FULL BASIC;; OP BASICS;; SWITCHES;; U/A TRN; BASIC ENDG TO P/U; L TRN INSIDE ROLL; BASIC ENDG TO P/U; L TRN INSIDE ROLL; BASIC ENDG; FULL BASIC;; LUNGE BASICS;;
1-15 REPEAT PART A 1-15;;;;;;;
16 Sd R bending R knee with lunging action,-, rec L, XRIF of L to end fcg ptr WALL;
REPEAT PART A (1-9)
END
- 1-2 BASIC ENDG; DIP BK & CARESS;
1 REPEAT MEAS 2 OF PART A;
2 REPEAT MEAS 3 OF INTRO;