

# **BALLADE POUR ADELIN**



**CHOREOGRAPHERS:** Frank & Carol Valenta, P.O. Box 1076, Fletcher, NC 28732 (828) 654-9708  
E-mail: valentafe@mchsi.com

**CD** Coming Home by Steve Hall, Track #4, "Ballade Pour Adeline"  
Legal .mp3 download available from: www.walmart.com/music

**RELEASE DATE:** March 2009

**PHASE/RHYTHM:** Un-phased QQS NIGHT CLUB TWO STEP  
Considered equivalent to RAL Phase V+2 (Hair Sweep, Hammerlock to Shoulder Spins)

**DIFFICULTY:** Average

**SPEED/TEMPO/TIME:** As recorded/ 31 MPM in 4/4 time / 2:44

**FOOTWORK:** Opposite unless indicated, directions given for man, woman's directions in ( ).

**SEQUENCE:** INTRO, A, B, C, B, A, END

## **INTRODUCTION**

### **1-4 wait; ; SIDE CORTE RECOVER; ;**

(1-2) CP DLW wait 2 meas ; (3-4) Xlib R, rec R, lun sd L flexing supptg knee and trng to rev semi-closed position R leg extndd w/ toe pntg to flr,-; risg on wgt L, rec R SCP DLC, -,-;

## **PART A**

### **1-4 4 PROG FLIP-FLOPS; ; (LOP DLC);**

(1-2) Trng to HLF OP diag acr line of prog sd & slightly bk L trng toe out & begg sd sway, XRif of L, side L compg sd sway (***fwd R trng 1/2 LF acr in frnt of M***) Idg W to trn to L HLF OP, -; diag acr line of prog sd & slightly bk R trng toe out & begg sd sway, XLif of R, side L complg sd sway (***fwd L trng 1/2 RF acr in frnt of M***) Idg W to trn to HLF OP, -; (3-4) repeat Part A meas 1 & 2 to LOP DLC ; ;

### **5-8 REV UNDRARM CATCH TRN to RGT LUN; ; OVRSWAYS L&R; BK RUN (BJO);**

(5-6) Xlib of R, rec R Idg W to trn undr jnd ld hnds, sd L trng 1/4 RF catchg W in R arm (***Xrib of L, rec L commencg 3/4 LF trn, sd R cont trng undr jnd ld hnds to CP***), -; Xrib of L cont trng, sd L cont trn, complg 3/4 RF trn lun sd & slightly fwd onto R keepg L sd into ptrn & as wgt is taken on R flex R w/ slight LF bdy looking well R (***sd L trng RF, XRif of L cont trng, complg 3/4 RF trn lun sd & slightly bk L keepg R sd into ptrn & as wgt is taken on L flex L knee w/ slight LF bdy trn looking well L***), -; (7) sd L relaxg L knee leavg R leg extndd stretching L sd of bdy, -, sd R relaxg R knee leavg L leg extndd stretchg R sd of bdy, -; (8) R shldr ld bk L, bk R, bk L Idg W to end outsd ptrn (***trng RF to op out Xrib of L, sd L trng 1/2 LF, fwd R***), -;

## Ballade Pour Adeline - Pg 2

### 9-12 CHK BK & REC; M'S FWD ROLL w/ HND CHG; HLF BASIC; UNDRARM TURN;

(9) Bk R undr bdy w/ a slight contra chk action, -, rec fwd L, -; (10) fwd R commence RF trn, sd L trng 1/2 RF chgg hnds beh bk, cont trng sd & fwd R (*bk L, bk R, bk L*) to R-R hndshk, -; (11) XLib of R, rec R, sd L, -; (12) XRib of L, rec L, sd R (*undr jnd R-R hnds commencg to trn RF XL ovr R to line of prog trn 1/2 RF, rec fwd R, cont trn to fc prtner, sd R*) jng L-L hnds below jnd R-R hnds, -;

### 13-16 into HD LOOP w/ W'S FREE SPN; (DBL HNDHLD DRW); LEFT TRN;

#### SD X ENDG (HNDSHKE DLC) {2<sup>ND</sup> time SCP DLC};

(13-14) Idg W to trn RF undr jnd R-R hnds Xlib of R trng 1/4 LF (*1/4 RF*) loopg jnd R-R hnds ovr W's hd & L-L hnds ovr M's hd, rec R, fwd L (*sd R commencg RF trn*) releasg hnd holds place R hnd on W's shldr to ld a RF free spin, -; XRib of L, rec L, fwd R (*fwd L spng 3/4 RF, sd R cont spng 3/4 RF, sd L*) to double hand hold, -; (15) XLib of R, rec R trng 1/2 LF, XLif of R (*XRib of L, rec L trng 1/2 LF, sd & slightly aprt Rt*), -; (16) sd & slightly bk R trng toe out begg sd sway, XLib of R releasing dbl hnd hold, sd R complg sd sway HNDSHKE DLC {2<sup>nd</sup> time SCP DLR}, -;

## PART B

### 1-4 ROLL INTO ARM; (SHAD DRW); RUN ARD TO RONDE; (DLC);

(1-2) XLib of R, rec commencg RF trn Idg W to trn undr jnd R-R hnds, sd & bk trng 1/2 RF (*Xrib of L, rec fwd L, fwd R trng (spiral) 5/8 LF*), -; cont trn RF Xrib of L, sd L, Xrif L (*fwd L trng 1/4 LF, Xif of M sd R, bk L into M's R arm*) lowerg jnd R-R arms down to shadw sktrs DRW, -; (3-4) releasg R-R hnds & liftg jnd L-L hnds abv M's hd ld W to Xbeh M's bk fwd L, sd R, bk L (*Xrib of L, sd L Xib of M, fwd R preparg to spn RF*), -; Idg W to spn RF acr in frnt of M sd R, Xlif of R, sd R (*fwd L trng 1/2 RF, cont trn sd R trn 1/2 RF, sd L*), to DLC, ronde L beh R (*ronde R beh L*);

### 5-8 BK RUN & SWIVEL (SCP DLC); CROSS BODY EXIT (COH);

#### REV UNDRARM TRN (CROSSED DBL HNDHLD); UNDRARM TRN;

(5) Idg w/ R shldr bk L, bk R, bk L Idg W outsd prtner & swvl RF, (*trng RF to op out Xrib of L, sd L trng 1/2 LF, fwd R, swvlg RF on R*) SCP DLC -; (6) XRib of L Idg W to trn LF acr in frnt of M, rec L trng 1/4 LF (*fwd L commencg LF trn acr in frnt of M, sd R trng 1/2 LF*) to CP COH, sd R (*sd L*), -; (7) XLib of R, rec R, sd L (*undr jnd R-R hnds commencg to trn LF XR ovr L twd rev line of prog turn 1/2 LF, rec fwd L cont trn to fc prtner, sd L*) jng L-L hnds under jnd R-R hnds, -; (8) XRib of L, rec L, sd R (*undr jnd R-R hnds commencg to trn RF XL ovr R twd line of prog trng 1/2 RF, rec fwd R cont trn to fc prtner, sd R*), -;

### 9-11 RGT TRN/LDY UNWIND; SD X ENDG (CP DLW); OVERSWAYS L&R (SCP DLC);

(9) XLib of R, rec R trng 1/2 RF, sd & slightly aprt L (*undr jnd R-R hnds commencg to trn LF XR ovr L twd rev line of prog turn 1/4 LF, rec fwd L trng 1/4 LF, cont trn to fc prtner, sd L*), -; (10) sd & slightly bk R trng toe out begg sd sway, XLib of R releasg crossed dbl hnd hold, sd R complg sd sway in CP DLW, -; (11) repeat Part A meas 7 trng W to SCP DLC;

## Ballade Pour Adeline - Pg 3

### PART C

#### 1-8 HAIR SWEEP; ::::: (LOP DLC) :

(1-8) Sd & slightly bk L trn toe out begg sd sway, XRif of L, releasg jnd ld hnds lun sd L catchg W in M's L arm, -; Idg W to free spn fwd insd of M's arms rec R bk, bk L, bk R trng 1/4 LF (**raisg both arms abv hd rec fwd L commencg free spn insd M's arms trn 1/2 LF, fwd R trn 1/2 LF, fwd R**) to HLF OP, -; sd & slightly bk L trng toe out & begg sd sway, XRif of L, lun sd L catchg W in M's L arm, -; Idg W into an extndd bk lean supportg W w/ both arms ard her bk rec R lowrg into R while sweepg W out & ard to the R, completg sweep rec L risg (**w/ both arms holdg M lean well bk rec L lowerg into L leg allowg M to sweep W's uppr bdy out & ard to the R, rec R risg**), -; Idg W to free trn RF insd of M's arms lun sd R lookg well R lowrg into R leg (**raisg arms abv hd sd L trng 1/2 RF, lun sd R lookg well R lower into right leg**) catchg W w/ both arms ard her waist in shad, -; Idg W to free trn LF insd M's arms rise on wgted R leg, lun sd L lookg well L lowerg into L leg (**w/ arms abv hd rec L free trng 1/2 LF, sd R trng 1/2 LF, cont tn back left lowerg (sit) into L leg**) catchg woman w/ M's R arm ard her waist L arm extended out to sd, -; Idg W to free spn RF in frnt of M sd R, -, XLif of R (**raisg both arms abv hd rec fwd R commencg free spn insd M's arms fwd R trng 1/4 RF, sd L trng 1/2 RF, sd R trng 1/2 RF**) taking dbl hndhold fcg, -; sd & slightly bk R trng toe out & begg sd sway, XLif of R, sd R completg sd sway LOP DLC, -;

#### 9-16 HAMMERLOCK TO SHOULDER SPINS; ::::: (DBL HNDHLD DRW):

##### RIGHT TURN; INSIDE ROLL (HNSHKE DLC):

(9-14) XLib of R, rec R trng 1/4 RF, Idg W trn LF undr jnd ld hnds sd & slightly apt L bring jnd ld hnds down low (**XRib of L, rec L trng 1/4 RF, sd and fwd trng 3/4 LF**), -; trng RF XRib of L, contg trn sd L maintg jn ld hnds beh M's bk, fwd R (**trng RF circlg M fwd L, fwd R, fwd L**) to a sd-by-sd pos, -; contg in sd-by-sd pos wheel fwd L, fwd R, fwd L (**w/ L arm extndd out to sd wheel fwd R, fwd L, fwd R**) while bringg M's R arm up & ovr W's hd & placg R hd on W's L shldr, -; Idg W to free spn RF XRib of L, rec L trng to fc W, sd R (**sd L trng on ball of ft 7/6 RF, sd R trng 1/8 Rf, sd L**) catchg W w/ M's R hnd on W's R uppr arm, -; XLib of R, rec R, cl L ld W to free spn LF (**XRib of L, rec L comencg LF free spn, fwd R cont trn to comp full trn in frnt of M**), -; sd & slightly bk R trng toe out & begg sd sway, XLif of R, sd R completg sd sway (**sd L trng on ball of ft 7/6 RF, sd R trng 1/8 Rf, sd L**) DBL HANDHOLD DRW, -; (15) XLib of R, -, rec R trn 1/2 RF, sd & slightly apt L, -, -; (16) Idg W to trn undr jnd ld hnds sd & slightly bk R trng toe out & beging sd sway, -, XLif of R, sd R compg sd sway, -, - (**sd L trng LF undr jnd ld hnds, -, cont trn sd R, sd Lt to fc ptr, -, -**) HNSHKE DLC, -;

END

#### 1-8 HAIR SWEEP to RIGHT LUNGE; ::::: :

(1-7) Repeat Part C meas 1 to 7 (8) on the single last note of music release trailing hands to catch W in M's R arm while lungg sd R & looking well to R lowerg into a flexed R knee, -, -, -;

## Quick Cues

Introduction is from CP DLW, wait two measures, Side Corte Recover...

**INTRO** (wait); ; SD CORTE RECOVER; (SCP **DLC**);

**A** 4 PROG FLIP-FLOPS; ; ; (LOP **DLC**);  
REV UNDRARM CATCH TRN to RGT LUN; ; OVRSWAYS L&R; BK RUN (BJO);  
CHK BK & REC; M'S FWD ROLL w/HND CHG; HLF BASIC; UNDRARM TRN;  
into HD LOOP w/W'S FREE SPN; (DHH); LFT TRN; SD X ENDG (HNDSHK **DLC**);

**B** ROLL INTO ARM; (SHAD); RUN ARD TO RONDE; ;  
BK RUN & SWIVEL; X BDY EXIT (**COH**);  
REV UNDRARM TRN (XDHH); UNDRARM TRN;  
RGT TRN/LDY UNWIND; SD X ENDG (CP **DLW**); OVERSWAYS L&R (SCP **DLC**);

**C** HAIR SWEEP; ; ; ; ; ; (LOP **DLC**);  
HAMMERLOCK TO SHLDER SPINS; ; ; ; ; (DHH **DRW**);  
RGT TRN; INSIDE ROLL (HNDSHK **DLC**);

**B** ROLL INTO ARM; (SHAD); RUN ARD TO RONDE; ;  
BK RUN & SWIVEL; X BDY EXIT (**COH**);  
REV UNDRARM TRN (XDHH); UNDRARM TRN;  
RGT TRN/LDY UNWIND; SD X ENDG (CP **DLW**); OVERSWAYS L&R (SCP **DLC**);

**A** 4 PROG FLIP-FLOPS; ; ; (LOP **DLC**);  
REV UNDRARM CATCH TRN to RGT LUN; ; OVRSWAYS L&R; BK RUN (BJO);  
CHK BK & REC; M'S FWD ROLL w/HND CHG; HLF BASIC; UNDRARM TRN;  
into HD LOOP w/W'S FREE SPN; (DHH); LFT TRN; SD X ENDG (SCP **DLR**);

**END** HAIR SWEEP to RGT LUNGE; ; ; ; ; ; ; ;