

Highlands

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Music: "Highlands" by Claudio Novelli

CD: Prandi Sound: Daydreaming 6 / or single download available at <http://www.casa-musica.de/asp2/home.asp?sprache=>

Release Date: October 2011

Rhythm: Waltz

Phase: V

Original Length of Music: 2:23

Music Modification: None

Sequence: Intro AB Int A End

Footwork: Opposite for Woman unless otherwise noted

Big Thanks to Steve and Judy Storm for their input on our dance!

INTRO (4 Measures)

- 1-4 **FCING DLW & PTR W/ LEAD HNDS JOINED & STANDING SLIGHTLY APT W/ LEAD FT FREE ~**
WAIT; WAIT; STEP TOG & TCH SHAPING; OPEN FINISH;
- 1-2 **(Wait; Wait;)** Man fcing DLW, Lady fcing Man, both have lead feet free, standing slightly apt from each other to allow room to step together, lead hnds joined ~ Wait 2 measures;;
- 3 **(Step Tog & Tch Shaping)** Step fwd twd ptr to CP on L with slight RF upper body rotation and tch R;
(Lady step fwd twd ptr to CP on R ft with slight RF upper body rotation and tch L);
- 4 **(Open Finish)** Bk R trning LF, sd & fwd L, fwd R outside ptr to CPMP fcing DLC (Fwd L trning LF, sd & bk R, bk L to CBMP);

PART A (16 Measures)

- 1-4 **1 LT TRN; HVR CORTE; BK WHISK; SYNC WHISK;**
- 1 **(1 Lt Trn)** Fwd L commence 1/4 LF trn, continue turn sd R diag across line of progression turning 1/8 L, clo L fc DLC;
- 2 **(Hvr Corte)** Bk R starting LF trn, sd & fwd L with hovering action continuing body trn, rec R with right sd leading to Bjo;
- 3 **(Bk Whisk)** Bk L, bk & sd R, XLIB of R finishing in SCP;
- 4 **(Syncopated Whisk)** Thru R in CBMP with left hip turned twd ptr clo L to R in CP (fcing wall), sd R with slight right sd stretch, with right sd stretch and slight RF body turn XLIB of R to tight SCP (sync rhythm may be 1&,2,3 or 1,2&,3);
- 5-8 **THRU & SEMI CHASSE; WEAVE SCP;; SLO WHIPLASH;**
- 5 **(Thru & Semi Chasse)** Thru R, sd & fwd L/clo R, sd & fwd L SCP LOD;
- 6-7 **(Weave SCP)** Fwd R diagonal LOD and COH, fwd L commence LF trn, continue turing sd & slightly bk R to to fc diagonal RLOD and COH;
Bk L LOD leading lady to step outside to CBMP, bk R continue LF turn, sd & fwd L diagonal LOD and Wall to SCP;
(Fwd L diagonal LOD & COH commence LF turn, continue to turn sd & slightly bk R to fc diagonal RLOD & wall, continue to turn sd & fwd L LOD; Fwd R LOD outside partner to CBMP, fwd L LOD continue to turn, fwd R diagonal LOD to SCP;
- 8 **(Slo Whiplash)** Thru R, turning body RF pt L & hold ending in loose CP; (Thru L, swivel on L to fc ptr & pt R & hold ending in loose CP;)
- 9-12 **BK HVR SCP; WING SCAR; CLO TELEMAR; OPEN NAT'L;**
- 9 **(Bk Hvr SCP)** Bk L, Bk R with rise, rec L; (Lady fwd R, fwd L with rise trning R fc brushing free ft to supporting ft to SCP, fwd R;)
- 10 **(Wing Scar)** Fwd R, draw L twd R, tch L to R rotating upper body LF with left side stretch; (Fwd L beginning to XIF of Man commence turning slightly LF, fwd R around the man continuing to turn slightly LF, fwd L around man complete slightly LF turn to end in tight Scar Position with head looking left over Man's right shoulder;)
- 11 **(Telemark SCP)** Fwd L outside Lady commencing LF trn, fwd & sd R continuing LF trn, fwd & sd L to end in tight Bjo DLW;
(Bk R commencing to trn LF bringing L beside R with no weight, trn L fc on R heel (heel trn) and chg weight to L, bk & sd R to end in tight Bjo;)
- 12 **(Open Nat'l)** Commence RF upper body turn fwd R outside Lady heel to toe, sd L across LOD, continue slight RF upper body turn to lead Lady to step outside bk R w/ right side leading to Bjo; (Commence RF upper body turn bk L, sd R across LOD, fwd L outside Man with left side leading to Bjo;)
- 13-16 **IMP SCP (LOD); IN & OUT RUNS;; SLO SD LK;**
- 13 **(Imp SCP)** Bk L start RF trn, clo R to L with heel trn 3/8, fwd L to SCP;
(Lady fwd R between Man's feet, fwd L heel to toe pivoting 1/2 RF, fwd R to SCP;)
- 14-15 **(In & Out Runs)** Fwd R commence RF trn, sd & bk L DLW to CP, bk R to CMBP; (Fwd L between man's ft, fwd R, fwd L;)
Bk L commence RF trn, sd & fwd R between lady's feet cont RF trn, fwd L to SCP DLC;
(Fwd R commence RF trn, fwd & sd L, fwd R to SCP DLC;)
- 16 **(Slo Sd Lk)** Thru R, sd & fwd L to CP, XRIB of L turning slightly LF; (Thru L starting LF turn, sd & bk R continuing LF turn to CP, XLIF of R;)

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PART B (24 Measures)

- 1-4** **VIENNESE TURNS;; DBL REV LOD; DBL REV DLW;**
- 1-2** **(Viennese Trns)** Fwd L commencing LF turn, sd R continuing LF turn, XLIF of R; Bk R continuing LF trn, sd L continuing LF turn, clo R to L DLC; (Bk R commencing LF turn, sd L continuing LF turn, clo R to L; Fwd L continuing LF turn, sd R continuing LF turn, XLIF of R;)
- 3** **(Dbl Rev LOD)** Fwd L commencing LF turn, sd R 3/8 LF turn between steps 1 & 2, spin 1/2 LF between steps 2 & 3 on ball of R fc LOD bringing left foot under body beside R with no weight [flexed knees]; (Bk R commence to turn LF, L foot closes to R heel turn turning 1/2 LF between steps 1 & 2/sd & slightly bk R continue LF turn, XLIF of R;)
- 4** **(Dbl Rev DLW)** Fwd L commencing LF turn, sd R 3/8 LF turn between steps 1 & 2, spin 1/2 LF between steps 2 & 3 on ball of R fc DLW bringing left foot under body beside R with no weight [flexed knees]; (Bk R commence to turn LF, L foot closes to R heel turn turning 1/2 LF between steps 1 & 2/sd & slightly bk R continue LF turn, XLIF of R;)
- 5-8** **HVR TELEMAR; NAT'L HVR X ~ SYNC THE ENDING;; DRAG HESITATION;**
- 5** **(Hvr Telemark)** Fwd L, diagonal sd & fwd R rising slightly with body turning 1/4 RF, fwd L on toe to SCP;
- 6-7** **(Nat'l Hvr X)** Fwd R DLW commence RF turn, sd L with left sd stretch 1/4 RF turn between steps 1 & 2, continue RF turn sd R 1/2 RF turn between steps 2 & 3 with right sd stretch; Fwd L outside Lady in CPMP on toe, rec R with slight left side lead/sd & fwd Lt, with left sd stretch fwd R outside Lady in CBMP on toe; (Thru L commence RF turn, fwd R with a right side stretch turning RF 3/8 between steps 1 & 2, continue RF turn sd L 3/8 RF turn between steps 2 & 3 to CP; With left sd stretch bk R in CBMP on toe, rec L with slight right sd lead/sd & bk R, with right sd stretch bk L in CBMP;)
- 8** **(Drag Hesitation)** Fwd L beginning LF turn, sd R continuing LF turn, drw L toward R ending in Bjo;
- 9-12** **STEP BK & BK/LK BK; OUTSIDE CHG BJO; CURVED FEATHER CKING; BK PASSING CHG;**
- 9** **(Step Bk & Bk Lk Bk)** In bjo pos bk L, bk R/lock L in front of R, bk R; (Lady fwd R, fwd L/lock R in bk of L, fwd L;)
- 10** **(Outside Chg Bjo)** Bk L, bk R trning LF, sd & fwd L with left sd lead to Bjo;
- 11** **(Curved Feather)** Fwd R in CBMP commence RF turn, with left sd stretch continue RF turn sd & fwd L, continue upper body turn to right with left sd stretch fwd R outside Lady in CBMP DRW; (Fwd L in CBMP commence to turn RF, staying well in Man's right arm with right sd stretch continue RF turn sd & bk R, continue upper body turn to right with right sd stretch bk L in CBMP;)
- 12** **(Bk Passing Chg)** Bk L, bk R, bk L;
- 13-16** **STEP BK & CHASSE BJO; MANU; SPIN TURN; 1/2 BOX BK SCAR;**
- 13** **(Step Bk & Chasse Bjo)** Bk R turning LF, sd L continuing turn fc wall/clo R, fwd L Bjo DLW;
- 14** **(Manu)** Fwd R outside Lady commencing RF upper body turn, continue RF turn to fc ptr sd L, clo R; (Bk L commence RF upper body turn, continue RF turn to fc ptr sd R, clo L;)
- 15** **(Spin Trn)** Bk L pivoting 1/2 RF, fwd R between Lady's ft heel to toe cont trn, rec sd & bk L to CP DLW; (Lady fwd R between Man's feet heel to toe pivoting 1/2 RF, bk L cont trn, sd & fwd R;)
- 16** **(1/2 Box Bk to PU Sdcr)** Bk R, sd L, clo R blending to Sdcr;
- 17-20** **X HVR BJO; X HVR SCAR; X HVR SCP; OPEN NAT'L;**
- 17** **(X Hvr Bjo)** Cross L in front of R, sd R with a slight rise commence L trn, rec L complete trn to Bjo;
- 18** **(X Hvr Sdcr)** Cross R in front of L, sd L with a slight rise commence R trn, rec R complete trn to Sdcr;
- 19** **(X Hvr SCP)** Cross L in front of R, sd R with a slight rise commence L trn, rec L complete trn to SCP;
- 20** **(Open Nat'l)** Commence RF upper body turn fwd R outside Lady heel to toe, sd L across LOD, continue slight RF upper body turn to lead Lady to step outside bk R w/ right side leading to Bjo; (Thru L, fwd R across LOD, fwd L outside Man with left side leading to Bjo;)
- 21-24** **BK TRNING WHISK; SYNC VN 4; NAT'L WEAVE ~ SYNC THE ENDING;;**
- 21** **(Bk Trning Whisk)** Bk L commence RF turn with slight right sd stretch, sd R continue RF upper body turn with right sd stretch, XLIB of R to tight SCP; (Fwd R commence RF turn with slight left sd stretch, staying well in man's right arm sd L continue RF upper body turn with left sd stretch, XRIB of L in tight SCP;)
- 19** **(Syncopate Vn 4)** Fwd R to fc, sd L/XRIB, sd & fwd L;
- 20** **(Nat'l Weave)** Fwd R commence RF turn, sd L with left sd stretch a little under 1/4 RF turn between steps 1 & 2, with right sd lead bk R DLC preparing to lead Lady outside Man slight RF turn between steps 2 & 3; With right sd stretch bk L in CBMP, bk R commence LF turn passing thru CP/with left sd stretch sd & fwd L preparing to step outside Lady turning 1/4 LF between steps 5 & 6 body turns less, with left sd stretch fwd R in CBMP outside Lady DLW; (Thru L, Fwd R with right sd stretch, with left sd lead fwd L preparing to step to CBMP outside Man; With left sd sd stretch fwd R in CBMP outside Man, fwd L commence LF turn passing thru CP/with right sd stretch sd R turning LF 1/8 between steps 5 & 6, with right sd stretch bk L turning LF 1/8 between steps 6 & 7 body turns less;)

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INTERLUDE (4 Measures)

- 1-4** **WHISK; THRU TO LT WHISK ~ LADY FLICK; LADY UNWIND IN 6 DLC;;**
- 1** **(Whisk)** In CPW fwd L, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to fully rise on ball of ft ending in tight SCP;
 (Lady flick R ft in front of L leg)
- 2** **(Lt Whisk)** Thru R to momentary SCP, sd & fwd L to CP, XRIB of L to Rev SCP turning upper body to left;
- 3-4** **(Lady Unwind in 6 DLC)** Unwind RF on ball of R ft and heel of L ft--; continue to unwind, taking full weight on the R ft--;
 (Lady run around the Man clockwise with small steps fwd R, L, R; L, R to fc Man in CP, clo L;)

REPEAT PART A (16 Measures)

END

- 1-3**
- 1-3** **TURN LT & STEP SIDE WITH HVR ACTION TO CONTRA CK & EXTEND;;**
- (Turn Lt & Step Sd with Hvr Action to Contra Ck & Extend)** Fwd L turning LF fc COH, step sd & fwd R continuing LF turn to fc RLOD, commence LF upper body turn flexing knees with strong right sd lead ck fwd L in CBMP;;; (Bk R turning LF fc Wall, step sd & bk continuing LF turn to fc LOD, commence LF upper body turn flexing knees with strong left sd lead bk R in CBMP looking well to the left;;;)