

SHE DANCES

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Music: "So She Dances", Josh Groban

CD: "Awake", Josh Groban, Capitol #72435-94577-2-7

Music has been edited. Contact choreographers

Rhythm/Phase: Viennese Waltz, Phase V+1 (Rudolph Ronde) Released: March, 2008

Footwork: Described for M (W opposite, or as noted)

Timing: Noted on side of meas. Timing reflects actual wgt chgs (W in parentheses)



Sequence: **INTRO A B INT A B C ENDING**

INTRO

1 - 4 WAIT:: BALANCE R; R HAND OPEN BREAK:

1-2. In OP FCG POS LOD w/ no hnds jnd and M's R & W's L ft free wt 2 meas;;

123 3. Sd R twd Wall bringing arms acrs bdy twd COH, XLib of R (bth Xib) sweeping arms acrs bdy twd Wall, rec R;

123 4. Sd and slightly tog L joining R hnds and xtnd free L hnds out to sd, push apt and stp bk R, rec L;

5 - 8 W TURN TO BALLERINA WHEEL:: W TURN OUT AND RONDE: M CANTER (W SPIN) TO CP:

123 5. Commence ½ RF wheel stepping fwd R trng W to VARS POS DLW, cont RF wheel fwd L,R (W fwd L twd M's R sd and swvl 5/8 RF on L while raising R leg in frnt to Attitude Line to VARS DLW, hold this line ovr next 2 bts while M trns her RF,-) to end in VARS POS RLOD;

123 6. Wheel ½ RF stepping fwd L,R,L (W swvl ½ RF on L ft holding Attitude Line) to end in VARS LOD;

1-- 7. Releasing L hnds stp sd Wall R leading W to trn awy from M,- (W stp fwd DLW R trng RF and ronde L ft CW, cont ronde while bringing L arm in frnt of bdy and then extending L arm upward to end fcg COH w/ L ft pointed bk,-) to L-POS w/ M fcg LOD and W fcg COH and R hnds jnd;

1-3 8. Sd COH L leading W to spn LF then releasing hnds, draw R to L, cl R (W fwd COH L, fwd R and sprl LF, sm fwd L slipping LF into CP) to end in CP LOD w/ M's hnds on W's hips and W's arms out to sds; [Note: W's armwork on this meas is to fold arms in frnt of bdy on bt 1, raise arms up in Sunburst motion on bt 2, and xtnd arms out to sds on bt 3]

PART A

1 - 4 REVERSE TURN; WITH INSIDE TURN; REVERSE TURN; AROUND TO DLW:

123 1. Fwd L commence LF trn, sd R cont L fc trn, XLif of R (W cl R to L) to fc RLOD; [Note: M leaves his hnds on W's hips and W leaves her arms out to the sd on this meas]

123 2. Loosen hold on W using hnds only to guide her and stp bk R cont LF trn, sd L cont LF trn, cl R to L (W spn 1½ LF ovr this meas stepping fwd L,R,L while folding L arm acrs chest and sweeping R arm ovr hd then extending them out to sds again) to end CP LOD w/ M's hnds on W's hips and W's arms out to sds; [Note: Easier option is to end meas 8 of INTRO in normal CP and dance meas 1 and 2 of PART A as normal Rev Trn w/o W's insd Trn, ending in normal CP LOD]

123 3. Rpt meas 1 of PART A;

123 4. Bk R cont LF trn to fc Wall, sd L blending to normal CP hold, cl R to L to CP DLW;

5 - 8 FORWARD AND POINT; TURN BACK TO FACE LOD; FORWARD AND POINT; BACKHOVER TO OPEN WRAP:

1-- 5. Fwd L in CP, pt R fwd twd DLW (W pt bk),-;

123 6. Bk R trng 1/8 LF to fc LOD, sd L, cl R to CP LOD;

1-- 7. Fwd twd LOD L in CP, pt R fwd twd LOD (W pt bk),-;

123 8. Bk R bringing jnd ld hnds btwn ptrs to ld W's LF trn, rk sd COH L w/ slight rise, rec R (W fwd L on R sd of M, fwd R trng ½ LF undr jnd ld hnds and rising in hvr action, rec L) to end in WRAP POS LOD w/ bodies turned in twd each other and just ld hnds jnd w/ M's R hnd bhd W and W's L hnd folded IF of her bdy;

9 - 12 PASSING HOVER; PASS AND POINT; PASSING HOVER; PASS AND POINT:

123 9. Raise jnd ld hnds taking them ovr W's hd and pass bhd W while XLif of R, fwd & sd R w/ hover action and slight LF trn, rec L (W pass IF of M while XRif of L, fwd & sd L w/ hover action and slight RF trn, rec R) to end in LOP POS LOD w/ bodies turned in twd each other w/ ld hnds jnd high;

- 1-- 10. Keeping ld hnds jnd and taking them ovr W's hd pass bhd W while XRif of L, trn bdy slightly RF and pt L bk while sweeping free R arm in frnt of bdy and upward then out to sd (W pass LF of M while XLif of R, trn bdy slightly LF and pt R bk while sweeping free L arm as described for M) to end bth fcg LOD w/ bodies turned in twd each other and ld hnds jnd;
11-12. Rpt meas 9-10 of PART A;;
- 13 - 16 PASSING HOVER TO FACE; BJO WHEEL; W INSIDE TURN TO CP LOD; SIDE HESITATION;**
- 123 13. Rpt meas 9 of PART A trng a bit more to end LOP FCGPOS DLC;
123 14. Fwd to BJO (with W leaving L arm out to sd) wheel 5/8 RF R,L,R to BJO RLOD;
123 15. Raise jnd ld hnds for W's Insd Trn and cont wheel ½ RF L,R,L (W fwd trng ½ LF undr jnd ld hnds R,L,R) to CP LOD;
1-- 16. Sd Wall R, draw L to R,-; [*Note: Music hesitates here the first time thru. Slow down to match music*]

PART B

- 1 - 4 REVERSE TURN WITH CROSS BODY;; M CANTER (W INSIDE TURN TO FC); ROCK APART AND W SWITCH TO SHADOW;**
- 123 1. Rpt meas 1 of PART A in CP;
123 2. Bk R cont LF trn to fc Wall, sd L to fc DLW, cl R (W fwd LOD L, fwd R, fwd L) to end in wide SCP w/ W slightly ahead of M;
1-3 (123) 3. Sd & fwd L raising jnd ld hnds to ld W's trn,-,cl R to L (W fwd LOD R,L,R making ½ LF trn undr jnd ld hds) to end in LOP FCG POS LOD w/ L free for bth;
123 4. Rk apt L, rec R, fwd LOD L (W rk apt L, rec R releasing jnd hnds and trng ½ LF on R to fc LOD, sm fwd L) to SHDW POS LOD w/ M's R hnd on W's R hip and all other hnds out to sds;
- 5 - 8 CANTER TWIST VINE 6;; (W ROLL R); BACK TO CLOSED FINISH;**
- 1-3 5-6. Bth fwd R trng ¼ RF to fc Wall w/ M bhd W,-, trng RF stp sd LOD to LEFT SHDW POS RLOD w/ M's L hnd on W's L hip and all other hnds out to sds; Bth stp bk R,-,trng LF stp sd & fwd LOD L to SHDW POS LOD w/ M's R hnd on W's R hip and all other hnds out to sds;
1-3 (123) 7. Rel R hnd from W's hip and XRif of L,-,sd LOD L trng RF (W raise bth hnds above her hd and trn ¼ RF R,L,R) joining ld hnds at end of meas to end in SCAR DRW w/ just ld hnds jnd;
123 8. XRib of L, sd & fwd L LOD, cl R (W fwd L outsd ptr, sd & bk R LOD, cl L) to CP DLW;
- 9 - 12 HOVER TELEMARK; THRU CANTER TO HALF OPEN; OPEN IN AND OUT RUNS;;**
- 123 9. Fwd L, fwd & slightly sd R between W's feet rising and trng RF, sd & fwd L to SCP DLW;
1-3 10. Thru R, draw L, fwd L releasing ld hnds to HALF OP;
123 11. Fwd R,L,R moving acrs frnt of W and trng RF (W fwd L,R,L) to LEFT HALF OP LOD;
123 12. Fwd L,R,L (W fwd R,L,R moving acrs frnt of M and trng RF) to HALF OP LOD;
- 13 - 16 CANTER PIVOTS;; RUDOLPH RONDE AND LARIAT (BOTH FACE RLOD);;**
- 1-3 13. Fwd R trng RF to CP RLOD (W fwd L w/ no trn),- ,bk L pvt ½ RF to CP LOD;
1-3 14. Fwd R and pvt ½ RF to CP RLOD,-,bk L pvt ½ RF to CP LOD;
1-- (1-3) 15. Fwd R softening in R knee and trng bdy RF to ld W's ronde,-,- (W fwd & sd L amd M's R sd, ronde R ft CW, stp bk R RLOD) to momentary SCP LOD;
--- (1--) 16. Keeping weight on R ft swvl ½ LF to fc RLOD while taking jnd ld hnds ovr M's hd (W trn LF to fc RLOD and stp fwd RLOD L) to LOP RLOD,-,-;

INTERLUDE

- 1 - 4 INSIDE ROLL TO BFLY; SIDE, DRAW;; APART, POINT,-; W SPIN TO CP;**
- 123 1. Roll LF (W RF) to RLOD L,R,L to BFLY Wall;
1-- 2. Sd RLOD R, draw L to R,-;
1-- 3. Stp apt twd COH L (W twd Wall), pt R twd ptr,-;
1-- (123) 4. Stp in place on R trng bdy LF to fc LOD while leading W to spn LF, cl L to R, step in place R (W rpt meas 8 of INTRO);

PART C

- 1 - 4 INSIDE ROLL TO BFLY; BALANCER AND L TO CP;; CANTER WHISK;**
- 123 1. Rpt meas 1 of INTERLUDE;
123 2. Sd RLOD R, XLib of R (bth Xib), rec R;
123 3. Sd LOD L, XRib of L (bth Xib), rec L blending to CP Wall;

1-3 4. Sd RLOD R, draw L, XLib of R (bth Xib) to WHISK POS;

5 - 8 W CANTER TURN LF TO EXPLOSION:: (TO REVERSE) W ROLL IN TO WRAP AND UNWRAP::

- 1-2 5. Thru R bringing jnd ld hnds dwn to ld W's LF trn,-,cl L to R (W thru L commencing LF trn,-,sd LOD R cont LF trn) to LOP Wall;
- 1-- 6. Stp apt twd RLOD R (W twd LOD) and sweep free arm in frnt of bdy and out to sd,-,-;
- 1-3 (123) 7. Rec L leaving R ft in place,-,rec R trng slightly RF to fc DRW (W roll 1¼ RF twd RLOD R,L,R) to MOD WRAP POS RLOD w/ W on L sd of M and ld hnds jnd at W's L hip and other hnds not jnd;
- 1-3 (123) 8. Fwd RLOD L,-,fwd R (W roll 1 LF trn twd RLOD L,R,L) to LOP RLOD;

9 - 12 W ROLL IN TO OPEN SAMEFOOT LUNGE LINE; AND EXTEND; CANTER INSIDE UNDERARM TURN TO SHADOW;

- 1-3 (12-) 9. Fwd RLOD L,-,cl R (W roll ½ RF twd RLOD R,L to fc DLC, collect R ft to L w/o weight chg) to end LOP FCG POS DRW;
- (1--) 10. Lower on R leg (W stp bk R) into Sit Line while extending free L ft bk (W xtnd L ft fwd) w/ ld hnds jnd low and slowly sweep free hnd in frnt of bdy then upward ovr rest of meas,-,-;
- 1-3 (1--) 11-12. [Note: No bt for this meas] Rec L bringing W fwd,-,cl R trng slightly LF to fc Wall (W fwd L,-,fwd R trng LF undr jnd ld hnds); Bth fwd L to SHDW DLW,-,-;

ENDING

1 - 4 SHADOW RIGHT TURNS (3X)::: M HEEL PULL (W CANTER) TO OP COH;

- 123 (123) 1-2. [Note: Identical footwork thru meas 3] Picking up the bt again stp fwd R commence RF trn, sd & fwd L cont RF trn, cl R to L to fc RLOD; Cont RF trn stepping bk L, sd R cont RF trn, fwd L still in SHDW LOD;
- 123 3. Rpt meas 1 of ENDING;
- 1-3 4. Bk L, draw R to L, place weight on R trng RF to fc COH (W bk L, draw R past L, sd R LOD) to OP COH;

5 - 8 CANTER VINE 4::: STEP RONDE; CROSS CHECK, RECOVER, RONDE;

- 1-3 (1-3) 5-6. [Note: Identical footwork thru meas 8] XLif of R,-,sd LOD R; XLib of R,-,sd LOD R;
- 1-- 7. XLif of R, ronde R CCW,-,-;
- 12- 8. XRif of L w/ toe ck, rec L, ronde R CW;

9 - 12 HOOK TURN TO FACE; BALANCE L; OPEN BREAK; WRAP AND WHEEL;

- 1-- 9. Hook R IB of L, unwind 1¼ RF to fc LOD,- (W hk R IB of L, unwind ¾ RF to fc RLOD,-) to LOP FCG POS LOD;
- 123 10. Sd COH L, XRib of L (bth Xib), rec L to LOP FCG POS LOD;
- 123 11. Sd Wall R, rk apt L, rec R;
- 123 12. Fwd L,R,L circling RF arnd W taking jnd ld hnds ovr W's hd (W fwd R, fwd L, cl R) blending to WRP RLOD;

13 - 14 W ROLL OUT TO OPEN; STEP APART (W CURTSY);

- 123 13. In WRP wheel fwd R,L to fc LOD, stp in place R (W bk L wheeling RF to fc almost LOD, rel ld hnds and roll RF out twd Wall R,L) to OP LOD;
- 1-- 14. Stp apt L leaving R ft pointed twd W,-,- (W stp apt R then slowly curtsy as music fades,-,-);