

COME AWAY WITH ME

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Music/Artist: Come Away With Me/Norah Jones

CD: Blue Note Records – Norah Jones - Come Away With Me, Track 5
(Available at local CD Stores or contact Choreographers)

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PHASE & RHYTHM: ROUNDALAB Phase V + 2 +1 U.P. WALTZ
[Rudolf & Slip, Throwaway Oversway] [Closed Change]

SPEED/TIME: 25 BPM/3:18

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

SEQUENCE: INTRO, A, A, B, A-MOD, C, B, END



INTRO

1-4 [wait] ; RAISE ARMS ; SHAD FENCING LINE TWICE to SKTRS ; :

[1] SHAD WALL both w/ R ft free & ptd to sd w/ arms Xif low wait wind sound & one meas; [2] cont to wait while slowly raising arms up & out to sds; **[same footwork meas 3 thru 8]** [3-4] twd LOD cross lun thru R, rec L, sd R sweepg R arm up & over & bk dn to sd; twd RLOD cross lun thru L, rec R, sd L sweepg L arm up & over & bk dn adjg to SKTRS;

5-8 THRU & CHASSE ; 1 R TRN to FC RLOD ; SPIN TURN ; BOX FIN [DLC] ;

[5] thru R trng to fc WALL, sd L/cl R, sd L; [6] commencg RF trn fwd R, cont RF trn sd L, cl R to fc RLOD; [7] commencg RF trn bk on L toe pvtg 1/2 RF, fwd R leavg L leg xtndd bk & sd, rec sd & bk L to DLW; [8] bk R trng 1/4 LF, sd L, cl R to DLC;

9 PICK UP/M TRANS [CP DLC] ;

[9] small fwd L, cl R, pt L sd & slightly bk (commencg LF trn fwd L, cont LF trn to fc M sd R, cl L [option: W may pickup in one stp]) to CP DLC;

PART A

1-4 2 L TRNS ; ; CL CHG ; HAIRPIN [DRC] ;

[begin opp footwork] [1-2] fwd L trng 1/4 LF, cont trn sd R, cl L; bk R trng 1/4 LF, cont trn sd L, cl R to CP DLW; [3] fwd L w/ slight LF trn, sd & fwd R, cl L to CP DLW; [4] fwd R commencg RF trn, fwd L cont RF trn, cont RF trn w/ strong L sd stretch stppg outsd ptr in CBMP fwd R to BJO DRC;

5-8 OUTSD SPIN w/ PVT ENDG ; RUDOLPH & SLP [CP COH] ; DBL REV SPIN [DLW] ;

CONTRA CK, REC to PROM SWAY ;

[5] commenc RF bdy trn toeing in w/ R sd ld bk L small stp trng 3/8 RF, cont 3/8 RF trn fwd R, sd & bk L to CP pvtg 1/4 RF on L (**commenc RF bdy trn fwd R, trng 5/8 RF cl L to R on toes of both ft, cont 1/4 RF trn fwd R to CP pvtg 3/8 on R**) DLC; [6] fwd R btwn W's ft stoppg pvt action by flexg R knee while keepg L ft bk, rec bk L commencg LF trn, bk R cont 1/4 LF trn keepg L leg extndd (**bk L trng to SCP ronde R leg CW, comp ronde by xing R bhd undr bdy commencg LF pvt on R, slip L fwd near M's R ft contg LF trn**) to CP COH; [7] commencg LF trn fwd L, trng 3/8 LF sd R, spin 3/8 LF on R while bring L ft undr bdy beside R w/ no wgt (**commencg LF trn bk R, Cl L to R [heel trn] trng 1/2 LF/sd & bk R contg LF trn, XLif of R**) CP DLW; [8] commencg LF uppr bdy trn flexg knees w/ strong R sd ld fwd L in CBMP (**W lookg well L**), rec R, sd & fwd L w/ relaxed L knee stretchg L sd upward lookg over jd ld hnds to SCP LOD;

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PART A Continued

9-10 SLO CHG OF SWAY & QK MANUV ; HEST CHG [DLC]:

[9] w/ slight LF bdy rotation while trng to RSCP slowly chg from L sd to R sd stretch, -, -/fwd R trng 1/4 RF keepg L ft xtndd bk to CP RLOD; [10] commencg RF uppr bdy trn bk L, contg RF trn sd R, drw L to R [no wgt] CP DLC;

PART B

1-4 REV FALWY & SLP ; THRUY QVRSWY/LDY DEVELOPE ; MANUV, PVT 2 [CP DLW] :

TRAV CONTRA CK [SCP LOD] :

[1] fwd L commencg 1/4 LF trn, bk R w/ R sd ld in falwy pos/trng 1/8 LF bk L in CBMP well undr bdy, trng 1/4 LF slippg R past L toeg in w/ small stp bk R keepg L ft xtndd fwd while flexg R knee (*bk R, bk L w/ L sd ld in falwy pos/bk R in CBMP well undr bdy trn 5/8 LF on L, cont LF trn slippg L past R fwd L in CBMP flexing L knee*) CP WALL; [2] w/ L sd stretch sd & fwd L relaxing L knee & ptg R to sd & bk, -, (*sd & fwd R trng LF while relaxg R knee slidg L bk undr bdy past R to pt bk while lookg well L, bring L ft up to R knee, xtnd L ft fwd*) -; [3] fwd R btwn W's ft trng 1/4 RF (*trng RF to fc ptr rec fwd L contg RF trn on L*) to CP RLOD, bk L pvtg 1/2 RF, fwd & sd R cont RF pvt in CBMP to CP DLW; [4] w/ R sd stretch & uppr bdy trnd to L fwd L, cl R & rise to toes, trng to SCP fwd L;

5-8 THRU & CHASSE to BJO ; MANUV ; SPIN TRN ; BOX FIN [DLC] :

[5] [lowerg] thru R trng to fc prtr, sd L/cl R, sd L to BJO; [6] commencg RF trn fwd R, cont RF trn sd L, cl R to CP RLOD; [7] commencg RF trn bk on L toe pvtg 1/2 RF, fwd R btw W's ft leavg L leg xtndd bk & sd, rec sd & bk L (*fwd R btwn M's ft pvtg 1/2 RF on R, bk L cont trn brush R to L, sd & fwd R*) to CP DLW; [8] bk R trng 1/4 LF, sd L, cl R to CP DLC;

PART A-MOD

1-4 2 L TRNS ; ; CL CHG ; HAIRPIN :

[1-4] repeat Part A meas 1-4 ; ; ;

5-8 OUTSD SPIN w/ PVT ENDG ; RUDOLPH & SLP [CP COH] ; OP TELE [LOD] :

SLO SD LK [CP DLC] :

[5-6] repeat Part A meas 2 & 6 ; ; [7] fwd L commencg LF trn, fwd & sd R ard W trng LF, sd & sltly fwd L (*bk R commencg LF heel trn on R, cont LF trn on R & chg wgt to L, fwd & sd R*) to SCP LOD; [8] thru R, sd & fwd L to CP, XRib trng LF (*thru L commencg LF trn, sd & bk R cont trn, XLif*) to CP DLC;

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PART C

1-4 2 L TRNS & LDY'S REV UNDRARM TURN to LOP-FCG ; ; [LOD] :

FWD [HOLD]/LDY DEVLOPE :

[1-3] fwd L trng 1/4 LF, cont trn sd R, cl L; bk R contg LF trn, sd L cont trng ldg W [x bdy] (*fwd & sd R*) to SCP, cl R ldg W to trn undr jnd ld hds (*fwd L pvtg 1/2 LF*) LOP DLW; fwd L (*bk R pvtg 1/2 LF*), fwd R (*fwd L pvtg 1/2 LF*), trng 1/8 LF fwd L (*bk R trng 1/8 LF*) to LOP-FCG LOD; [4] fwd R leavg L ptd twd RLOD, -, - (*bk L, while lookg well L & xtndg L arm up & out bring R ft up to L knee, xtnd R ft fwd*);

5-8 REC BFLY [HOLD]/LDY SLO STP & FAN THRU 3X ; ; ; SLO SD LK [CP DLC] :

[5-7] rec L trng 1/4 RF to BFLY, -, - (*fwd R, w/ toe tchg floor sweep L in arc CW, & thru [no wgt]*); w/ no wgt chg ld W to chg dir -, -, - (*fwd L, w/ toe tchg floor sweep R in arc CCW, & thru [no wgt]*); w/ no wgt chg ld W to chg dir -, -, - (*fwd R, w/ toe tchg floor sweep L in arc CW, & thru [no wgt]*); [8] repeat Part A-MOD meas 8 ;

9-12 CL TELE ; MANUV to BJO ; BK BK/LK BK ; HEST CHG [CP DLC] :

[9] fwd L commencg LF trn, fwd & sd R ard W trng LF, fwd & sd L (*bk R commencg RF heel trn on R, cont LF trn on R & chg wgt to L, cont trng bk & sd R*) to BJO DLW; [10] commencg RF trn fwd R, cont RF trn sd L ldg W to outsd ptr pos, cl R in BJO RLOD; [11] w/ R sd ld bk L, bk R/lk L in frnt, bk R; [12] commencg RF uppr bdy trn bk L, contg RF trn sd R, drw L to R [no wgt] CP DLC;

13-16 2 L TRNS & LDY'S REV UNDRARM TURN to LOP-FCG ; ; [LOD] :

FWD [HOLD]/LDY DEVLOPE :

[13-16] repeat Part C meas 1 to 4 ; ; ; ;

17-20 REC BFLY [HOLD]/LDY SLO STP & FAN THRU 3X ; ; ; SLO SD LK [CP DLC] :

[17-20] repeat part C meas 5 to 8 ; ; ; ;

21-22 OP TELE [DLW] ; WING [DLC] :

[21] repeat Part A-MOD meas 7 to DLW ; [22] fwd R, draw L to R, tch L trng uppr bdy LF (*fwd L Xif of M trng slightly LF, [keepg head well L] fwd R ard M cont trng LF, fwd L ard M cont trng LF*) to SCAR DLC;

END

1-4 2 L TRNS ; ; CL CHG ; HAIRPIN :

[1-4] repeat Part A meas 1-4 ; ; ; ;

5-7 REV TWRL CHASSE to TANDEM ; [DBL HND HOLD] FWD 3/LDY TRANS :

FWD/LDY LUNGE to FIGUREHEAD :

[5] bk L trng to fc ptr ldg W to trn undr jd ld hnds, sd R/cl L, sd R (*fwd R trng LF undr jd ld hds, sd & bk L cont trng LF/cl R, fwd L*) releasg jd hds to TANDEM DLC; [6] (*W lowerg hnds & reachg back twd M w/ both hnds*) fwd L to low dbl hnd hold, fwd R, fwd L (*fwd R, fwd L, tch R*) ; [7] fwd R (*lunge fwd R xtndg to figurehead pos*), - [hold until music ends];

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QUICK CUES

INTRODUCTION IS FROM SHADOW WALL BOTH WITH RIGHT FOOT FREE AND ARMS
CROSSED LOW IN FRONT, WAIT WIND SOUND AND ONE MEASURE, RAISE ARMS,
SHADOW FENCING LINE TWICE TO SKATERS...

INTRO [wait]; RAISE ARMS; SHAD FENCING LINE TWICE to SKTRS; ;
THRU & CHASSE; 1 R TRN to FC RLOD; SPIN TURN; BOX FIN; PKUP/M TRANS;

A 2 L TRNS; ; CL CHG; HAIRPIN [DRC];
OUTSD SPIN w/ PVT ENG; RUDOLF & SLIP [COH]; DBL REV;
CONTRA CHK REC to PROM SWAY; SLO CHG SWAY & QK MANUV; HEST CHG [DLC];

(REPEAT A)

B REV FALLAWAY & SLIP; THRWY OVRSWY & LDY DEVELOPE; MANUV & PVT 2 [LOD];
TRAV CONTRA CHK;
THRU & CHASSE to BJO; MANUV; SPIN TRN; BOX FIN [DLC]; **(2NDtime go to END)**

A(mod) 2 L TRNS; ; CLD CHG; HAIRPIN [DRC];
OUTSD SPIN w/ PVT ENDG; RUDOLF & SLIP; OP TELE; SLO SD LK [DLC] ;

C 2 L TRNS & LDY'S REV UNDRARM TRN to LOP-FCG [LOD]; ; ;
FWD [HOLD], LDY DEVELOPE;
REC BFLY [HOLD] /LDY SLO STP FAN THRU 3X; ; ; SLO SD LK [DLC];
CL TELE; MANUV to BJO; BK, BK/LK, BK; HEST CHG [DLC];
2 L TRNS & LDY'S REV UNDRARM TRN to LOP-FCG [LOD]; ; ;
FWD [HOLD], LDY DEVELOPE-;
REC BFLY [HOLD]/LDY SLO STP FAN THRU 3X; ; ; SLO SD LK [DLC];
OP TELE; WING [DLC];

(REPEAT B)

END 2 L TRNS; ; CLD CHG; HAIRPIN [DRC];
REV TWRL CHASSE to TANDEM; [DBL HD HOLD] FWD 3/LDY TRANS;
FWD/LDY LUNGE to FIGUREHEAD;