

PUT YOUR DREAMS AWAY



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Music/Artist: Put Your Dreams Away/101 Strings

CD: Lets Dance, The Best of Ballroom, RHINO R2-72873 Track 12
(Available from Choreographers)

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PHASE & RHYTHM: ROUNDALAB Phase V +2 Waltz

SPEED/TIME: 90 BPM/2:35

FOOTWORK: Opposite unless indicated. Directions given for man, woman's directions in [].

SEQUENCE: INTRO, A, B, A, END

INTRODUCTION

1-4 ; (WAIT) ; SOLO ROLL 3 (SCP/LOD); WHIPLASH(CP/DLW) ; WHISK :

(-1) in op position man fcg partner & wall both with arms up at chest level and slightly in front of body wait pkup notes and one measure ; (2-3) sd L commencing individual lft fc tn [**rgt fc tn**] on ball of foot, cont 1/2 tn to fc COH, sd R cont tn, finish second 1/2 tn sd L endg SCP/LOD; thru R, tng body rgt fc [**swivel on L**] to fc partner point L to sd, hold endg in CP/DLW; (4) fwd L with slight upper body rgt fc tn to CP/DLW, fwd and sd R [**bk and sd lft tng body more**] commencing rise to ball of foot, cross L in bk of R contg full rise to ball of foot ending in tight SCP/DLC;

5-8 WING ; CLD TELE ; MANUV ; OVRSPN TN(DRW) :

(5) fwd R, drw L twd R, tch L to R tng upper part of body lft fc with lft sd stretch [fwd L beginning to cross in frt of man tng slightly lft fc, fwd R ard man contg to tn slightly lft fc, fwd L ard man contg to tn slightly lft fc endg in a tight SCAR/DLC; (6) fwd L outsd lady, fwd and sd R ard lady close to lady's feet tng lft fc, fwd and sd L [**bk R commencing 3/8 lft fc heel tn on rgt heel bringing L beside R with no wgt, cont lft fc tn on rgt heel and chg wgt to L, swvl lft fc 1/4 on L bk and sd R**] to end in tight BJO/DLW; (7) fwd R tng rgt fc, fwd L cont rgt fc tn in frt of lady, cl R to L endg CP/RLD; (8) commence rgt fc upper body tn bk L pvt 3/4 rgt fc, fwd R between lady's feet heel to toe cont tn commencing rise to ball of foot with L leg extended sd & bk [**bk L on toe contg tn brush R to L**], rec sd & bk L endg CP/DLW;

9-11 BOX FIN(DLW) ; PROM SWAY with SWAY CHG ; SD,DRW,TCH(DLW) :

(9) bk R tng lft fc 1/4, sd L, cl R to L endg CP/DLW; (10) sd and fwd L tng to SCP/DLC stretch lft sd upward to look over joined lead hands, relax L knee begin to chg head to look twd wall, cont to chg head to look twd wall chg to rgt sd stretch; (11) sd R, drw L to R without taking wgt, tch L endg CP/DLW;

PART A

1-4 CLD CHG ; OVERTNED MANUV ; BK TNG WHISK(SCP/DLC) ; FWD,CHASSE(BJO) :

(1) with slight CBM fwd L, rgt sd leading sd & fwd R slight lft fc tn, cl L; (2) repeat Measure 8 of Intro endg CP/DRC; (3) bl L tng rgt fc 1/2, sd R [**sd L across front of man**], cross L bhd R [**cont tn on ball of L and cross R bhd L**] endg SCP/DLC; (4) fwd R tng to fc partner, sd L/cl R, sd L [**sd R tng lft fc**] endg BJO/DLC;

5-8 CLD WING ; CLD TELE ; MANUV ; HEST CHG(DLC) :

(5) fwd R, drw L to R with lft fc body tn, tch L [**bk L, sd R acr man, fwd L**] endg SCAR/DLC; (6) repeat measure 6 of Intro; (7) repeat measure 7 of Intro; (8) commence rgt fc upper body tn bk L, sd R contg tn, drw L to R endg CP/DLC;

9-12 1 LFT TN ; REV CORTE ; BK & RGT CHASSE(CP/WALL) :

CONTRA CHK,REC,SD(SCP/DLW) :

(9) fwd L tng 1/4 lft fc, step sd R diagonally acr line of progression tng 1/8 lft fc, cl L; (10) bk R tng lft fc, cont tn on R with lft sd stretch, continuing tn tch L to R with lft sd stretch [**fwd L, fwd R tng lft fc, cl L to R**] endg BJO/DLW; (11) commence rgt fc tn bk L tng to fc partner, sd R/cl L, sd R endg CP/WALL; (12) commence upper body tn to lft flexing knees with strong rgt sd lead chk fwd L in CBMP [**looking well to left**], tng upper body rgt fc rec bk R, sd L endg SCP/DLW;

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Part A (continued)

13-16 MANUV ; OVRSPN TN(DRW) ; QK LK,SLO LK ; REV IMP(CP/COH) ;

(13) repeat measure 7 of Intro; (14) repeat measure 8 of Intro; (15) using CBPM with rgt sd lead and rgt sd stretch bk R/lock L in frnt, bk R, lock L in frnt; (16) bk R commence lft tn, drw L to R with lft sd stretch heel tn ½ lft fc transfer wgt to L rising on ball of L toe, cont additional ¼ lft fc tn with lft sd stretch on ball of L foot sd and bk R **[fwd L commence lft tn staying well into man's rgt arm, with rgt sd stretch sd R rising on ball of R toe bring L foot bk to brush up to R foot tng ½ lft fc, contg additional ¼ lft fc tn with rgt sd stretch on ball of R foot sd and fwd L]** endg CP/COH;

PART B

1-4 2 LET TNS ; (DLW) ; WHISK ; THRU,CHASSE(SCP/LOD) ;

(1-2) fwd L tng 1/4 lft fc, step sd R diagonally acr line of progression tng 1/8 lft fc, cl L; bk R trg 1/4 lft fc, sd L twd line of progression tng 1/8 lft fc, cl R; (3) repeat measure 4 of Intro; (4) thru R tng to fc partner, sd L/cl R, sd R endg SCP/LOD;

5-8 THRU,CHASSE(SCP) ; THRU TO HINGE ; LADY REC,HOVR EXIT(SCP/DLC) ;

SLO SD LK(CP/DLC) ;

(5) repeat measure 4 part B; (6) thru R commence 1/8 lft fc tn, sd and slightly fwd L with lft side stretch, continue lft sd stretch swvlg lft fc 1/8 leading lady **[to cross her L foot bhd her R keeping lft sd twd partner head to lft with shoulders almost parallel to partner]**, relaxing L knee **[with no wgt on R relax L knee]** veer R knee to sway rgt look at lady; (7) rising on L lead lady to **[rec R tng to fc]**, fwd and sd R rising to ball of foot brushing L to R, fwd L endg SCP/DLC; (8) thru R, sd and fwd L to CP, cross R in bk of L tng slightly lft fc **[thru L starting lft fc tn, sd and bk R contg tn to CP, cross L in frnt of R]** endg CP/DLC;

9-12 DBL TELE (WALL) ; ; NAT HOVR FALLAWAY ; BK,RGT CHASSE(CP/DLC) ;

(9-10 {1,2,3;1,2&,3;}) fwd L tng body lft fc, sd R contg tn with rgt sd stretch, sd and fwd L **[bk R starting a lft fc body tn, bk L to R for a heel turn and transfer wgt to L, a strong step fwd R]** to complete 7/8 tn endg SCP/DLW; fwd R with a heel lead starting a lft fc tn, fwd on ball of L contg tn/sd and fwd R with rgt sd stretch, cont tn sd and fwd L **[fwd L tng lft fc to CP, bk & sd R starting a lft fc tn/drw L to R on toes spin and transfer wgt to L, fwd R]** to complete additional ¾ tn endg SCP/WALL; (11) fwd R with slight body tn to rgt, fwd L on toe tng ¼ to rgt with slow rise **[fwd R on toe between man's feet tng ¼ rgt fc with slow rise]**, rec bk R endg SCP/DLR; (12) bk L **[bk R]** tng to fc partner, tng rgt fc sd R/cl L, sd R endg CP/DLC;

13-16 CONTRA CHK,REC,BK ; CLD CHG ; 2 LET TNS ; (DLW) ;

(13) commence upper body tn to lft flexing knees with strong rgt sd lead chk fwd L with strong CBMP, rec R with slight rgt fc tn, bk L endg CP/DLC; (14) with slight CBM fwd R, lft sd leading sd & fwd L slight rgt fc tn, cl R; (15-16) repeat measures 1 & 2 of Part B; ;

END

1-4 OP TELE ; THRU,CHASSE(SCP) ; WHIPLASH ; WHISK ;

(1) fwd L commencing lft fc tn, sd R contg tn, sd and slightly fwd L **[bk R commencing lft fc tn bringing L beside R with no wgt, heel tn lft fc on R and chg wgt to L, sd and slightly fwd R]** endg SCP/LOD; (2) repeat measure 4 of Part B; (3 -4) repeat measure 3 & 4 of Intro; ;

5-8 WING ; CLD TELE ; MANUV ; OVRSPN TN(DRW) ;

(5-8) repeat measures 5 to 8 of Intro; ; ; ;

9-13+ BOX FIN(DLW) ; PROM SWAY ; REC,DRW,TCH(DLW) ;

SLOW FWD,-; SLO RGT LUNGE & EXTEND

(9-11) repeat measures 9 to 11 of Intro; ; ; (12) slow fwd L,-; (13+) flex L knee moving sd and slightly fwd onto R keep lft sd in twd partner and as wgt is taken on R flex R knee with slight body tn to lft, extend lunge line man looking at partner **[extend body stretch looking well lft]**;