

FINAL PNTSDF 2024 Intermediate Waltz

Lift Me Up

By: Erin Byars, 144 Lirios Avenue, Sacramento, CA 95828 916-752-9054
 Record: "Lift Me Up" by Tanzorchester Klaus Hallen
 CD/Chartbreaker Vol. 23
 Legally downloadable from Casa Musica

cuer4dance@yahoo.com
 Original length: 2:42
 Speed 45 RPM

Footwork: Opposite throughout except as noted (*woman in parentheses and italic*)
 Phase: Waltz ROUNDALAB Phase III+2 (Diamond Turn, In and Out Runs) Difficulty: Moderate

Released December 1, 2023
 Corrected February 8, 2024

Sequence: **Intro A B A B 1-15 End**

INTRO

(CP WALL) **WAIT 2 MEASURES; ; WHISK; begin IN AND OUT RUNS;**

- 1-2 CP WALL wait; wait;
 3-4 Fwd L, fwd & sd R, XLib SCP LOD; fwd & trn R, sd & bk L, bk R (*fwd L, R, L*) BJO LOD ;
finish IN AND OUT RUNS; MANUEVER; (CP RLOD) SPIN TURN; BOX FINISH; (CP DLC)
 5 Bk & trn L, sd fwd & trn R, fwd L (*fwd & trn R, fwd & sd trn L, fwd R*) SCP LOD ;
 6 Fwd R comm RF upper body trn, sd L cont RF trn to CP RLOD, cl R
 (*bk L comm RF upper body trn, sd R cont RF trn to CP, cl L*);
 7-8 Bk pvt L, fwd rise R, sd & bk L (*fwd pvt R, bk rise brush L, sd & fwd R*) ; bk trn 1/4 R, sd L, cl R CP DLC;

PART A

(CP DLC) **DIAMOND TURN; ; ; TO CP LOD;**

- 1-2 Fwd L trng LF, cont trn sd R, bk L ptr outside in BJO; bk R trng LF, sd L, fwd R outside ptr in BJO;
 3-4 Fwd L trng LF, cont trn sd R, bk L ptr outside in BJO; bk R trng LF, sd L, fwd R blndng to CP LOD;
FORWARD WALTZ; MANUEVER; IMPETUS TO SCP LOD; PICKUP DLC;
 5 Fwd L, fwd & slightly sd R, cl L;
 6 Fwd R comm RF upper body trn, sd L cont RF trn to CP RLOD, cl R
 (*bk L comm RF upper body trn, sd R cont RF trn to CP, cl L*);
 7 Bk L comm RF upper body trn, cl R to L [heel trn] cont RF trn, fwd L comp trn (*comm RF upper body trn fwd R btwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, comp trn fwd R*) to SCP DLC;
 8 Fwd R, sd & fwd L slight LF upper bdy trn ldnw W to CP, cl R to DLC (*fwd L comm LF trn, fwd & sd R in frnt of M trng LF to CP, cl L*);
TURN LEFT & RT CHASSE; BK, BK/LOCK, BK; (BJO DRW) BACK HOVER TO SCP; FWD, FWD/LK, FWD;
 9 Fwd L comm LF upper bdy trn, sd R cont turn/cl L, sd R complete trn to BJO DRC;
 10 Bk L, bk R/lk L in frnt of R (*lk R in bk of L*), bk R;
 11 Bk L, sd & bk R with slight rise, rec L (*fwd R, fwd L with rise trng 1/2 LF brush R to L, rec R*) to SCP DRW;
 12 Fwd R, fwd L/lk Rib of L, fwd L;
THRU, CHASSE BJO; MANUEVER; (CP LOD) DIP BACK; RECOVER 3 TO SCAR DLW;
 13 Thru R comm RF trn to fc ptr, sd L/cl R, fwd & sd L (*thru L comm LF trn to fc ptr, sd R/cl L, bk & sd R*) to BJO DLW;
 14 Fwd R comm RF upper body trn, sd L cont RF trn to CP RLOD, cl R (*bk L comm RF upper body trn, sd R cont RF trn to CP, cl L*);
 15-16 Dip bk L, -, - ; rec R, sm fwd L, sm fwd R to SCAR DLW;

Part B on back

PART B

(SCAR DLW) **CROSS HOVER 3X; ; TO SCP; FWD 2/W 2 & CLOSE TO VARS DLC [BOTH R FOOT LEAD];**

- 1 XLif of R comm LF trn, sd R cont LF trn, cont trn rec L BJO DLC;
- 2 XRif of L comm RF trn, sd L cont RF trn, cont trn rec R SCAR DLW;
- 3 XLif of R comm LF trn, sd R cont LF trn, cont trn rec L SCP DLC;
- 4 Fwd R, fwd L to VARS DLC, - (*fwd L, fwd R, cl L to VARS DLC*);

SHADOW CROSS HOVER 3X; ; FWD 2 TO CP WALL/W FWD 2 & CLOSE ; (CP WALL)

- 5 XRif of L comm RF trn, sd L cont RF trn, cont trn rec R VARS DLW;
- 6 XLif of R comm LF trn, sd R cont LF trn, cont trn rec L VARS DLC;
- 7 XRif of L comm RF trn, sd L cont RF trn, cont trn rec R VARS DLW;
- 8 Fwd L, fwd R trng RF to CP WALL, - (*fwd L, fwd R trng LF to CP WALL, cl L*);

(CP WALL) HOVER; THRU CHASSE SCP; IN & OUT RUNS; ;

- 9-10 Fwd L, sd R rising, rec L to SCP; thru R to CP WALL, sd L/cl R, sd L to SCP LOD;
- 11-12 Repeat Intro measure 4-5; ;

(SCP LOD) THRU, CHASSE SCP; FORWARD, FORWARD/LOCK, FORWARD; PICKUP CP DLC; SWAY LEFT & CLOSE;

- 13-14 Thru R to CP WALL, sd L/cl R, sd L to SCP LOD; fwd R, fwd L/lk Rib of L, fwd L;
- 15 Thru R, fwd & sd L trng LF, cl R (*thru L comm LF trn, fwd & sd R trng to CP, cl L*); to CP DLC
- 16 Sd L with L sd stretch, draw R to L, cl R;

END

(CP LOD) DIP;

- 1 Dip back L, -, - ;

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Phase 3+2 Waltz
Choreographer: Erin Byars
Music: Tanzorchester Klaus Hallen "Lift Me Up"
CD: Chartbreaker Vol. 23
Speed as recorded
Released: December 1, 2023
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Intro A B A B 1-15 End

- Intro** CP WALL Wait 2 measures; ; whisk; in & out runs; ; maneuver;
Spin turn; box finish; CP DLC
- Part A** Diamond turn; ; ; to CP LOD; forward waltz; maneuver;
Impetus to SCP; pickup DLC;
Turn left & right chasse to BJO DRW; back, back/lock, back;
Back hover to SCP; forward, forward/lock, forward; thru, chasse BJO DRW;
Manuever to CP LOD; dip back; recover 3 to SCAR DLW;
- Part B** Cross hover 3X; ; to SCP;
M fwd 2/W fwd 2 and close to VARS DLC [both R foot lead];
Shadow cross hover 3X; ; ;
M forward 2/W fwd 2 and close to CP WALL;
Hover; thru chasse SCP; in & out runs; ; thru, chasse to SCP; fwd, fwd/lk, fwd;
Pickup to CP DLC; sway left, close;
- Part A** Diamond turn; ; ; to CP LOD; forward waltz; maneuver;
Impetus to SCP; pickup DLC;
Turn left & right chasse to BJO DRW; back, back/lock, back;
Back hover to SCP; forward, forward/lock, forward; thru, chasse BJO DRW;
Manuever to CP LOD; dip back; recover 3 to SCAR DLW;
- Part B** Cross hover 3X; ; to SCP;
M fwd 2/W fwd 2 and close to VARS DLC [both R foot lead];
Shadow cross hover 3X; ; ;
M forward 2/W fwd 2 and close to CP WALL;
Hover; thru chasse SCP; in & out runs; ; thru, chasse to SCP; fwd, fwd/lk, fwd;
Pickup to CP DLC; sway left, close;
- End** Dip back;