

FIRST FLOWER

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Release Date: 3/1/2012
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Music: The First Flower, Artist: Stefano Nanni,
Download available at www.Casa-Musica.de
also on CD Balls of Fire, Rimini Open Vol 10
Time/Speed: 2:46@45 (download) 28 BPM
Modifications: increase speed 1.5% or 45.5 rpm or for comfort
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm/Phase: Waltz III [no plus] Degree of Difficulty: AVG
Sequence: INTRO A B AMOD BMOD A9-15 ENDING

INTRODUCTION

- 1-4 FCG PTR & WALL NO HNDSD JOINED WAIT 2 MS;; SWAY L; SWAY R;**
[1-2] [Wait] fcg ptr & Wall no hnds jnd both lead ft free Wait 2 ms;;
[3] [Sway L] Sd L stretching L side swinging both hnds toward LOD, -, - (Sd R stretching
R side swinging both hnds toward LOD, -, -);
[4] [Sway R] Sd R stretching R side swinging both hnds toward RLOD, -, touch L palm to
W's R palm (Sd L stretching L side swinging both hnds toward RLOD, -, touch R palm to
M's L palm);
- 5-8 ROLL 3; MANEUVER; SPIN TURN; BOX FINISH;**
[5] [Roll 3] Sd & fwd L to LOD comm LF trn, sd R cont trn, cont trn sd L toward LOD (Sd
& fwd R toward LOD comm RF trn, sd L cont trn, cont trn sd R to LOD);
[6] [Maneuver] Fwd R trng RF in front of W, sd L comp ½ RF trn to CP RLOD, cl R (Fwd
L, sd R to CP, cl L);
[7] [Spin Turn] Comm RF trn bk L pvtg ½, fwd R cont trn DLW, bk L (Comm RF trn fwd R
pvtg ½, bk L cont trn brush R to L, fwd R);
[8] [Box Finish] Bk R comm LF trn, cont trn sd L CP DLC, cl R (Fwd L comm LF trn, cont
trn sd R, cl L);

PART A

- 1-4 2 LEFT TURNS;; WHISK; THRU FACE CLOSE;**
[1-2] [2 Left Turns] Fwd L comm LF trn, cont trn sd R, cl L; Cont LF trn bk R, sd L cont
trn fc Wall, cl R (Bk R comm LF trn, sd L cont trn, cl R; Cont LF trn fwd L, sd R cont trn, cl
L);
[3] [Whisk] Fwd L, fwd & sd R comm rise, XLIB SCP (Bk R, bk & sd L comm rise, XRIB
SCP);
[4] [Thru Face Close] Thru R, sd L slight RF trn to CP Wall, cl R (Thru L, sd R slight LF
trn, cl L);
- 5-8 TWISTY VINE 3; MANEUVER; SPIN TURN; BACK ½ BOX SCAR;**
[5] [Twisty Vine 3] Sd L w slight RF trn, XRIB, sd L slight LF trn BJO DLW (Sd R w slight
RF trn, XLIF, sd R slight LF trn BJO);
[6] [Maneuver] Fwd R comm RF trn in front of W, sd L comp ½ RF trn to CP RLOD, cl R
(Bk L comm RF trn, sd R to CP, cl L);
[7] [Spin Turn] Repeat ms 7 Intro;
[8] [Back ½ Box SCAR] Bk R, sm sd L moving W to SCAR, cl R DLW (Fwd L, strong sd
R to SCAR, cl L);

9-12 X HOVER BJO; X HOVER SCAR; X CHECK RECOVER FORWARD BJO; FORWARD FORWARD/LOCK FORWARD;

[9] [X Hover BJO] Fwd L comm ¼ LF trn, sd & slightly fwd R w rise comp ¼ LF trn BJO DLW, sd & fwd L (Bk R comm ¼ LF trn, sd & slightly bk L w rise comp ¼ LF trn, sd & bk R);

[10] [X Hover SCAR] Fwd R comm ¼ RF trn, sd & slightly fwd L w rise comp ¼ RF trn SCAR DLW, sd & fwd R (Bk L comm ¼ RF trn, sd & slightly bk R w rise comp ¼ RF trn, sd & bk L);

[11] [X Check Recover Forward BJO] Fwd L chkg, rec R, sd & fwd L BJO (Bk R chkg, rec L, sd & bk R);

[12] [Forward Forward/Lock Forward] Fwd R, fwd L/XRIB, fwd L (Bk L, bk R/XLIF, bk R);

13-16 MANEUVER; IMPETUS SCP; SYNCOPATED VINE; PICKUP SIDE CLOSE;

[13] [Maneuver] Repeat ms 6 Part A;

[14] [Impetus SCP] Comm RF trn bk L, cl R heel turn cont RF trn, sd & fwd L SCP (Comm RF trn fwd R pvtg, sd & fwd L cont RF trn brush R to L, sd & fwd R);

1&23 [15] [Syncopated Vine] Thru R/sd L fcg ptr, XRIB, sd L (Thru L/sd R fcg ptr, XLIB, sd R);

[16] [Pickup Side Close] Thru R comm LF trn leading W to fold in front to CP LOD, sd L, cl R (Thru L trng ½ LF to CP, sd R, cl L);

PART B**1-4 TURN L & R CHASSE; IMPETUS SCP; SCP CHASSE; THRU HOVER BJO;**

[1] [Turn L & R Chasse] Fwd L comm LF trn, sd R cont trn/cl L, sd R comp trn to BJO DRC (Bk R comm LF trn, sd L cont trn/cl R, sd L comp trn BJO);

[2] [Impetus SCP] from BJO Repeat ms 14 Part A;

[3] [SCP Chasse] remaining in SCP throughout Thru R, fwd L/cl R, fwd L (Thru L, fwd R/cl L, fwd R);

[4] [Thru Hover BJO] Thru R, fwd L w rise trng slightly LF to trn W to BJO, rec bk R (Thru L, fwd R w rise trng LF appx ½ to BJO, fwd L);

5-8 BACK HOVER SCP; SCP CHASSE; THRU SIDE BEHIND; ROLL 3 BFLY;

[5] [Back Hover SCP] Bk L, sd & bk R w rise trng upper body RF to lead W's trn to SCP, rec fwd L (Fwd R, fwd L w rise trng RF to SCP, fwd R);

[6] [SCP Chasse] Repeat ms 3 Part B;

[7] [Thru Side Behind] Thru R, sd L trng to fc ptr releasing CP w ld hnds touching, XRIB (Thru L, sd R trng to fc ptr, XLIB);

[8] [Roll 3] Release jnd ld hnds sd L comm LF trn to LOD, sd R cont LF trn, comp trn sd L BFLY Wall (Sd & fwd R comm RF trn to LOD, sd L cont RF trn, comp trn sd R BFLY);

9-12 THRU CHASSE BFLY BJO; CHECK FORWARD HOLD; BACK CHASSE BFLY SCAR; CHECK FORWARD HOLD;

[9] [Thru Chasse BFLY BJO] in BFLY Thru R, sd L/cl R, slight LF trn sd & fwd L BFLY BJO DLW (Thru L, sd R/cl L, slight LF trn sd & bk R BFLY BJO);

[10] [Check Forward Hold] Chk fwd R w body rise, -, - (Chk bk L w body rise, -[Option for W to cross RIF of L no weight toe touching & pointed to floor], -);

[11] [Back Chasse BFLY SCAR] Rec L slight RF trn to fc ptr, sd R/cl L, slight RF trn sd & fwd R BFLY SCAR DRW (Rec R slight RF trn to fc ptr, sd L/cl R, slight RF trn sd & bk L BFLY SCAR);

[12] [Check Forward Hold] Chk fwd L w body rise, -, - (Chk bk R w body rise, -[Option for W to cross LIF of R no weight toe touching & pointed to floor], -);

- 13-16 BACK CHASSE BJO; MANEUVER; SPIN TURN; BOX FINISH;**
 [13] [Back Chasse BJO] Rec bk R slight LF trn to CP Wall, sd L/cl R, slight LF trn sd & fwd L BJO DLW (Rec fwd L slight LF trn to CP, sd R/cl L, slight LF trn sd & bk R BJO);
 [14] [Maneuver] Repeat ms 6 Part A;
 [15] [Spin Turn] Repeat ms 7 Intro;
 [16] [Box Finish] Repeat ms 8 Intro;

- 17-18 SWAY L; SWAY R;**
 [17] [Sway L] in CP DLC Sd L stretching L side, -, - (Sd R stretching R side, -, -);
 [18] [Sway R] Sd R stretching R side, -, - (Sd L stretching L side, -, -);

PART A MOD

- 1-14 2 LEFT TURNS;; WHISK; THRU FACE CLOSE;**
TWISTY VINE 3; MANEUVER; SPIN TURN; BACK ½ BOX SCAR;
X HOVER BJO; X HOVER SCAR; X CHECK RECOVER FORWARD BJO;
FORWARD FORWARD/LOCK FORWARD;
MANEUVER; IMPETUS SCP;
 [1-14] Repeat ms 1-14 Part A;,,,,,,,,,,,,,

- 15-16 THRU FACE CLOSE ; TWIRL VINE 3 BFLY;**
 [13] [Thru Face Close] Repeat ms 4 Part A;
 [14] [Twirl Vine 3 BFLY] Sd L raising jnd ld hnds to ld W to trn under, XRIB, sd L BFLY Wall (Sd R comm RF trn under jnd ld hnds, cont trn sd L, cont trn sd R BFLY);

PART B MOD

- 9-15 THRU CHASSE BFLY BJO; CHECK FORWARD HOLD; BACK CHASSE BFLY**
SCAR; CHECK FORWARD HOLD;
BACK CHASSE BJO; MANEUVER; SPIN TURN;
 [9-15] Repeat ms 9-15 Part B;,,,,;

- 16 BACK ½ BOX SCAR;**
 [16] [Back ½ Box SCAR] Repeat ms 8 Part A;

ENDING

- 1-2 SLOW SCP CHASSE; SLOW CHAIR & EXTEND;**
 [1] [Slow SCP Chasse] Slowing with music Repeat ms 3 Part B;
 [2] [Slow Chair & Extend] Slow fwd R lowering into R knee looking LOD, slight body rise -, - (Slow fwd L lowering into L knee looking LOD, slight body rise -, -);
 [NOTE: Music slows - Ending measures are approximate.]