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Presented by the Choreographers

7007

LARA'S WALTZ

Choreographer: Doc & Peg Tirrell
Record: Roper 139
Footwork: Opposite
RAL Phase: II
Sequence: Intro-A,B,-A,B,-C-End

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Rhythm: Waltz
Speed: 43 rpm



INTRO

1-8 LOP FC| WAIT: WAIT: APT PT: TOG TCH: CANTER: CANTER: VINE: PU|LOD|
In OP fcg wait 2 meas;; Apt L,pt R,-; Fwd R,tch L,-; Sd L,-,cl R; Sd L,-,cl R;
Sd L,XRib(W XLib),sd L; XRif(W XLif trng LF) CP LOD,sd L,cl R;

A

1-8 [CP LOD] FWD: FWD[drift apt]: THRU TWK[twice]; 2 LF TRN; TWL VINE: PU|SCAR|
Fwd L,R,L; Fwd R,L,R[driftg apt]; XLif(W XRif) twd wall,sd R,cl L;
XRif(W XLif),sd L,cl R[CP LOD]; Fwd L trng LF,sd R,cl L; Bk R,sd L,cl R[fc wall];
Sd L,XRib,sd L(W twl RF undr jd hds R,L,R); XRif(W XLif trng LF),sd L,cl R[SCAR DLW];

9-16 PROG TWK[3x]; MANUV; 1 RF TRN; FWD; L TRN BOX 1/2[CP RLOD];
XLif(W XRib),sd R,cl L[B]O DLC; XRif(W XLib),sd L,cl R[SCAR DLW];
XLif(W XRib),sd R,cl L[B]O DLC; Fwd R trng RF(W fwd),sd L,cl R[CP RLOD];
Bk L trng RF,sd R,cl L[CP LOD]; Fwd R,L,R; Fwd L trng 1/4 LF,sd R,cl L;
Bk R trng 1/4 LF,sd L, cl R;

17-24 FWD: FWD[drift apt]: THRU TWK[twice]; 2 LF TRN; TWL VINE: PU|SCAR|
[CP RLOD]Fwd L,R,L; Fwd R,L,R[driftg apt]; XLif(W XRif) twd COH,sd R,cl L;
XRif(W XLif) twd wall,sd L,cl R[CP RLOD]; Fwd L trng LF,sd R,cl L; Bk R,sd L,cl R[fc COH];
Sd L,XRib,sd L(W twl RF undr jd hds R,L,R); XRif(W XLif trng LF),sd L,cl R[SCAR DRC];

25-32 PROG TWK[3x]; MANUV; 1 RF TRN; FWD; L TRN BOX 1/4; SD DRAW;
XLif(W XRib),sd R,cl L[B]O DRW; XRif(W XLib),sd L,cl R[SCAR DRC];
XLif(W XRib),sd R,cl L[B]O DRW; Fwd R trng RF(W fwd),sd L,cl R[CP LOD];
Bk L trng RF,sd R,cl L[CP RLOD]; Fwd R,L,R; Fwd L trng 1/4 LF,sd R,cl L; Sd R,draw L,-;

B

1-8 APT PT: SPN MANUV; 2 RF TRNS; WZ AW; TRN IN; BK WZ; BK DRAW;
[Fcg Wall M's R & W's L hd jd] Apt L,pt R,-; Fwd R trng RF,sd L,cl R(W trn 1/4 LF)[CP RLOD];
Bk L trng RF,sd R,cl L; Fwd R trng RF,sd L,cl R[to OP FC wall]; Fwd LOD L,R,L;
Fwd R trng RF(W LF), bk L,bk R[LOP RLOD]; Bk L,R,L; Bk R,draw L,-;

9-16 THRU TWK[twice]; LACE UP; VINE: PU|CP LOD|
Fwd L trng fc ptr,sd R,cl L; XRif(W XLif),sd L,cl R; Fwd DLW L,R,L(W DLC undr jd lead hds)
[LOP LOD]; Fwd R,L,R; Fwd L,R,L DLC(W DLW undr jd trl hds)to fc ptr;
Sd L,XRib(W XLib),sd L; XRif(W XLif trng LF),sd L,cl R[CP LOD];

Repeat A meas 1-32

Repeat B meas 1-15 meas 16 THRU,FC,CL:
XRif to fc,sd L,cl R;

C

- 1-8 WZ AW & TOG:: BOX:: VINE: THRU FLARE: BHD,SD,XIF: SD DRAW:
[OP LOD]Fwd L,R,L; R,L,R[CP Wall]; Fwd L,sd R,cl L; Bk R,sd L,cl R; Sd L,XRib(W XLib),sd L;
XRif,fwd L circling counter clockwise on floor,-(W fwd R circling clockwise);
XLib(W XRib),sd R,XLif(W XRif); Sd R,draw L,tch L;
- 9-16 DIP: MANUV; 2 RF TRN:: BAL L&R:: SOLO TRN::
[CP Wall]Bk L,-; Fwd R trng RF ¼,sd L,cl R; Bk L trng RF,sd R,cl L;
Fwd R trng RF,sd L,cl R[CP Wall]; Sd L,XRib(W XLib),rec L; Sd R, XLib(W XRib),
rec R[OP LOD]; Fwd L trng LF(W RF),sd R,cl L; Bk R trng LF(W RF),sd L,cl R;
- 17-24 WZ AW & TOG:: BOX:: VINE: THRU FLARE: BHD,SD,XIF: SD DRAW:
Repeat meas 1-8 of part C ;;;;;
- 25-32 DIP: MANUV; 2 RF TRN:: BAL L&R:: SOLO TRN::
Repeat meas 9-16 of part C ;;;;;

END

- 1-7 BOX:: VINE: THRU,FC,CL: CANTER[twice]; STEP SD & HOLD:
[CP Wall]Fwd L,sd R,cl L; Bk R,sd L,cl R; Sd L,XRib(W XLib),sd L; XRif(W XLif),sd L,cl R;
Sd L,draw R,cl R; Sd L, draw R,cl R; Sd L,relax L knee,hold;

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