

# Valerie

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Music: Album=Ballroom Nights 7, available at Casa Musica

Phase: II Waltz Date: June 1st, 2018

Seq: Intro A B C A B(1-8) End

Speed: 108% (48-49 rpm) or to suit

## Intro

1-8 [CP LOD] WAIT 2;; BAL L/R;; 2 L TRNS;; SD DRW TCH;  
SD DRW TCH;

1-2 wait 2 meas;;

3-4 [bals] sd L, XRIBL rising on toe, rec L; sd R, XLIBR rising on  
toe, rec R;

5-6 [l trns] fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R;

7-8 [sd draw] sd L, draw R to L, -; sd R, draw L to R, -;

## Part A

1-8 WZ AWY; WRAP LDY; FWD WZ; MNVR; 2 R TRNS;; TWRL VIN 3  
THRU FC CLS;

1-1 [wz awy] trng LF awy from ptr sd L, sd R, cl L;

2-2 [wrp] in plc R, L, R (W trng LF fwd L, cont trn R, in plc L  
to WRP pos);

3-3 [fwd] fwd L, fwd R, cl L;

4-4 [mnvr] fwd R trng RF in frnt of W, sd L, cl R to CP RLOD;

5-6 [r trns] bk L trng RF, sd R, cl L; fwd R trng RF, sd L, cl R;

7-7 [twrl] sd L, XRIBL, sd L (W fwd R trng RF, cont trn fwd L, cl R);

8-8 XRIFL (W XLIFR), fwd L to fc ptr, cl R;

9-16 LACE UP\*\*;;;; FWD WZ; PKUP; PROG BOX;;;

9-12 [lc up] ld W under jnd ld hnds chging plcs beh W fwd L,R,L;  
fwd R,L,R; ld W under jnd trl hnds chging plcs beh W fwd L,R,L;  
fwd R,L,R;

13-13 [fwd wz] fwd L, fwd R, cl L;

14-14 [pkup] thru R ldg W to CP LOD, sm fwd L, cls R;

15-16 [prog bx] fwd L, sd R, cl L; fwd R, sd L, cl R;

(\*\* see option at end of cue sheet)

## Part B

1-9 L TRNG BOX [TO SCAR];;;; PROG TWKL 3X;;;  
FWD FC CLS; [SEMI] FWD WZ;

1-4 [l trng bx] fwd L trn LF 1/4, sd R, cl L; bk R trn LF 1/4, sd L,  
cl R; fwd L trn LF 1/4, sd R, cl L; bk R trn LF 1/4, sd L, cl R;

5-7 [prog twkls] SCAR prog fwd L, trng LF stp R, fin trn stp L to BJO;  
prog fwd R, trng RF stp L, fin trn stp R to SCAR;  
prog fwd L, trng LF stp R, fin trn stp L to BJO;

8-8 [fwd to fc] BJO fwd R (W bk L), trng to fc WALL sd L, cl R;  
9-9 [fwd wz] SEMI fwd L, fwd R, cl L;

10-14 THRU TWNKL; BAL FWD/BK;; THRU TWNKL; THRU FC CLS;  
CANTER 2X;;

10-10 [thru twinkl] XRIFL (W XLIFR), trng RF sd L, cl R;  
11-12 [bals] fwd L, cl R, cl L; bk R, cl L, cl R;  
13-13 [thru twinkl] XLIFR (W XRIFL), trng LF sd R, cl L;  
14-14 [thru fc cls] XRIFL (W XLIFR), fwd L to fc ptr, cl R;  
15-16 [canters] sd L, draw R to L, cl R; repeat last meas;

## Part C

1-8 SD DRW TCH; RVS TWRL 3; THRU TWKL; TRN IN; BKUP WZ;  
BK FC CLS; SOLO TRN 6;;

1-1 [sd drw tch] sd L, draw R to L, -;  
2-2 [rvs twrl] sd R, XLIFR, sd L (W fwd L trng LF undr ld hnds,  
cont trn fwd R, cl L);  
3-3 [thru twinkl] XLIFR (W XRIFL), trng LF 1/2 sip R, cl L;  
4-4 [trn in] trng RF (W LF) 1/2 fwd R, L, R to L-OPN;  
5-5 [bk up] bk L, bk R, bk L;  
6-6 [bk fc cls] bk R trng LF (W RF), sd L, cls R to fc;  
7-8 no hnds trng LF fwd L (W RF), cont trn sd R, cl L; bk R trng LF, cont  
trn sd L, cl R;

## End

1-7 1/2 BOX FWD; THRU FC CL; 1/2 BOX FWD; THRU FC CL;  
SWAY L; SWAY R; DIP BK [HOLD];

1-1 [1/2 bx] fwd L, sd R, cl L;  
2-2 [thru fc cls] XRIFL (W XLIFR), fwd L to fc ptr, cl R;  
3-4 repeat meas 1-2;;  
5-6 [sways] sd L w/ lft sd stretch,-,-; sd R w/ rt sd stretch,-,-;  
7-7 [dip] bk L leaving R leg extended;

\*\* OPTION for the Lace Up: On the 3<sup>rd</sup> meas, maintain the lead-hand hold, while joining the trail hnds, keeping all 4 hands high. While the hands are high, bring them together. At that point the man switches hands rt-to-rt and lft-to-lft, then lower all hands down to a VARSOUVIENNE position. Maintain the VARSUV position through the next figure (Fwd Wz).