

N A T A S H A

Composers: Takao & Setsuko Ito

4-2-43 Honcho Odawarashi Kanagawaken 250-0012 Japan

Record : Telemark 937A "NATASHA "

Speed: 43 ~ 44 rpm

Rhythm : Waltz(ph +1)

Date : December 1999

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - A - B - Ending



Meas

INTRO

1 ~ 4 (LOP-FC/DW) Wait ; ; Tog Tch ; Box Finish(CP/DC) ;

- 1- 2 LOP Fc DW M's L W's R foot free wait 2 meas;;
- 3 Stp together L blend to CP slightly body turn right,tch R to L,-;
- 4 (Box Finish) Bk R commence LF turn,cont LF turn sd L fc DC,cl R to L;

Meas

PART A

**1 ~ 8 (CP/DC) 2 Rev Turn ; ; (CP/DW)Hover Telemark ; OP Nat ; OP Impetus(SCP/DC) ;
Weave 6 to Bjo ; ; Manuv ;**

- 1- 2 (2 Rev Turn) Fwd L commence LF turn,cont LF turn sd R,cl L; bk R cont LF turn,sd L,cl R CP DW;
- 3 (Hover Telemark) Fwd L,sd & Fwd R,SCP/DW fwd L;
- 4 (OP Nat) Fwd R commence RF turn,cont RF turn sd L fc RDC,bk R contra Bjo;
- 5 (OP Impetus) Bk L commence RF turn,cl R cont RF turn(heel turn),SCP/DC fwd L(W fwd R between man's feet heel to toe pivot 1/2 RF,sd & fwd L cont RF turn around man brush R to L,fwd R);
- 6- 7 (Weave 6) Fwd R,fwd L commence LF turn to CP,cont LF turn sd & bk R fc RDC; Bk L DC contra Bjo,bk R cont LF turn CP,cont LF turn sd & fwd L contra Bjo/DW;(W fwd L,LF turn sd R to CP,cont turn sd & fwd L;fwd R contra Bjo, fwd L to DC LF turn to CP,sd & bk R contra Bjo;)
- 8 (Manuv) Fwd R(W bk L)commence RF turn,cont RF turn sd L,cl R CP/RL0D;

**9 ~ 16 Spin Turn ; Bk Chasse ; Q OP Rev ; Rising Lk ; Dbl Rev Spin ; OP Telemark ; Hinge:
Hover Brush SCP ;**

- 9 (Spin Turn) Bk L pivot 1/2 RF,fwd R between woman's feet heel to toe cont RF turn fc DW,sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF,bk L cont RF turn brush R to L,sd & fwd R);
- 12&3 10 (Bk Chasse) Bk R,sd L/cl R,sd & fwd L contra Bjo/DC;
- 12&3 11 (Q OP Rev)Fwd R,fwd L commence LF turn/cont turn sd & bk R,bk L to DC contra Bjo;
- 12 (Rising Lk) Bk R commence LF turn,cont turn sd & fwd L,cont body turn XRIB CP/DC(W fwd L commence LF turn,cont turn sd & bk R,cont body turn XLIF);
- 123 (12&3) 13 (Dbl Rev Spin) Fwd L commence LF turn,cont turn sd R,spin LF on ball of R bring left foot under body beside R no weight fc DC(W bk R commence LF turn,cl L to R heel turn cont LF turn heel to toe/sd & slightly bk R cont LF turn,cont body turn XLIF);
- 14 (OP Telemark) Fwd L commence LF turn,sd R cont turn,sd & slightly fwd L to end SCP/DW(W bk R commence LF turn bring L beside R with no weight,cont LF turn on R heel and change weight to L,sd & fwd R);
- 15 (Thru to Hinge) Thru R, sd L left sd stretch swivel LF 1/8 lead woman to XLIB,relax left knee to sway right(W thru L,sd R right sd stretch swivel LF/XLIB keep left sd toward partner,relax L knee);
- 16 (Hover Brush SCP) Hold lead woman recover,sd R brush L to R,sd & fwd L SCP DW(W rec R commence RF turn,sd L fc partner brush R to L,sd & fwd R);

Meas

PART B

**1 ~ 8 In & Out Runs ; ; Thru Chasse(Bjo) ; Manuv ; Spin Over Turn ; Bk Turning Lk(Bjo) ;
Manuv ; Hesitation Chg(CP/DC) ;**

- 1- 2 (In & Out Runs) Fwd R commence RF turn,cont turn sd L,bk R contra Bjo fc RLOD(W fwd L,fwd R between M's foot,fwd L contra Bjo);
Bk L commence RF turn,cont turn fwd R between W's foot,fwd L SCP/LOD (W fwd R commence RF turn, cont turn sd L, cont turn SCP/LOD fwd R);
- 12&3 3 (Thru Chasse) Thru R fc partner,sd L/cl R,sd & fwd L contra Bjo/DW;
4 (Manuv) Fwd R(W bk L)commence RF turn,cont RF turn sd L,cl R CP/RLOD;
5 (Spin Over Turn) Bk L pivot 1/2 RF,fwd R between woman's feet heel to toe cont RF turn fc RDW,sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF,bk L cont turn brush R to L fc DC,sd & fwd R);
- 1&23 6 (Bk Turning Lk) Bk R right sd lead and right sd stretch/XLIF of R,bk R commence LF turn,sd & slightly fwd L Bjo/DW;
7 (Manuv) Repeat meas 4 part B;
8 (Hesitation Chg) Bk L(W fwd R)commence RF turn,cont turn sd R fc DC,draw L to R;

**9 ~ 16 Telemark Bjo(DW) ; Curved Feather(Bjo/RDW) ; Outsd Spin ; Qk Lk Slow Lk;
Bk to Throwaway Oversway ; ; Slow Rise ; R Lunge Rec Slip(CP/DC);**

- 9 (Telemark Bjo) Fwd L commence LF turn,sd R cont turn,fwd & sd L to end Bjo/DW(W bk R commence LF turn bring L beside R with no weight,cont LF turn on R heel and change weight to L,bk & sd R);
- 10 (Curved Feather) Fwd R commence turn right,left sd stretch cont right turn sd & fwd L,cont body turn to right with left sd stretch fwd R outsd partner fc RDW;
- 11 (Outsd Spin) Prepare to lead woman outsd partner commence body turn to right with right sd lead bk L small stp 3/8 RF turn,fwd R heel to toe cont 3/8 RF turn,cont 1/4 RF turn sd & bk L to end CP/RDW(W commence body turn to right with left sd lead fwd R outsd partner heel to toe,cl L to R on toe 5/8 RF turn between 1 and 2,cont 3/8 RF turn fwd R between man's feet);
- 1&23 12 (Q Lk S Lk) With right sd lead and right sd stretch bk R/lk L in front,bk R lk L in front;
- 13-14 (Throwaway Oversway) Bk R commence LF turn,sd R slightly fwd L relax knee and body turn left fc DW keeping right sd and point R bk(W fwd L,fwd R turning LF to bring L leg bk under body and extend bk twd DW),-;
- 15 (Slow Rise) Rise on L,-,-;
- 16 (R Lunge Rec Slip) Flex L knee lunge sd and slightly fwd R keeping left sd leaving L extended,rec L rising and swaying L with slight body turn to R, small stp bk R slip pivot to fc DC;

Meas

ENDING

1 ~ 2 OP Telemark ; OP Hinge;

- 1 (OP Telemark) Fwd L commence LF turn,sd R cont turn,sd & slightly fwd L to end SCP/DW(W bk R commence LF turn bring L beside R with no weight,cont LF turn on R heel and change weight to L,sd & fwd R);
- 2 (OP Hinge) Left sd stretch swivel LF on L fc wall lead woman to XLIB, extend left arm bk relax left knee to sway right extend R foot(W right sd stretch swivel LF on R/XLIB keep left sd toward partner,right hand on M's left shoulder relax L knee);