

## DANCING AND DREAMING

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**Music** CD “Dancing & Dreaming”, by Tony Evans. TEMA CDE1011. Trk 2  
S.T.A.R. CD Available Palomino

**Footwork** Opposite, Directions for Man (Lady as noted)

**Rhythm** Foxtrot Phase IV+2 (Check & Weave, Tipple Chasse)

**Sequence** Intro, A, B, C, A, C, A\*, B, END.

### INTRO

1 – 4 WAIT CP/RL0D;; SPIN TRN; BOX FIN DLC;  
(1-2) CP/RL0D wait 2 ms;; (3-4) Bk L Pvt ½ RF,-. Fwd R Rising, (W Bk L/brush R),  
Rec Bk & Sd L; (DLW) (3-4) Bk R trng to DLC, Sd & Fwd L, Cl R;

### PART A

1 – 9 DIA TRN DLC;;; REV WAVE ½; CHK & WEAWE;; HVR T/MARK; SLOW SD LK;  
(1-4) Fwd L comm. LF Trn on the diagonal, cont LF Trn-Sd R, Bk L ptrn o/s man CBMP;  
cont LF trn Bk R, Sd L, Fwd R o/s ptrn; cont LF trn Fwd L on diag, Sd R, Bk L ptrn o/s man  
in CBMP; cont LF Trn Bk R, Sd L, Fwd R DLC; (5) Fwd L, comm. LF body trn , Sd R line of  
progression, Bk L DLW; (W Bk R comm. LF body trn, Cl L to R heel trn, Fwd R); (6-7) Slip R Ft  
bk under body w/slight contra check action, Fwd L comm. LF trn, Sd R w/slight R side stretch; Bk  
L in Bjo; Bk R to momentary CP, cont LF Trn, Fwd L w/lf sd stretch, Fwd R in Bjo; (8) Fwd L,  
diag Sd & Fwd R rising slightly (hovering), fwd L small step SCP/DLW; (9) Thru R, Sd & Fwd  
L to CP, XRBL; (W Thru L comm. LF trn, Sd & Bk R cont LF Trn to CP, XLIF ;) DLC.

10 - 14 T/MARK SCP; NAT TRN ½; TIPPLE CHASSE; 3 STEP; FWD RUN 2 DLW;  
(10) Fwd L comm. LF Trn, Sd R cont LF Trn, Sd & Slightly Fwd L tight SCP/DLW; (W Bk R  
comm. L Trn bring L beside R no weight, Trn LF on R heel (heel trn) & chg weight to L, Sd &  
slightly fwd R tight SCP/DLW); (11) Comm RF upper body trn Fwd R heel to toe, Sd L across  
LOD, Bk R; (W comm. RF upper body trn Bk L,cl R(heel trn) cont trn, Fwd L; (12) Comm RF  
upper body trn Bk L trng RF, Sd R w/slight Lf Sd stretch trng ¼ RF between steps 1&2/Cl L,  
Sd & slightly fwd R(1/8 RF trn between steps 3 & 4) CP/LOD; (13) Fwd L, heel lead, Fwd R,  
heel lead, Fwd L rising to toe; (14) Fwd R, Fwd L, Fwd R; DLW

15 – 16 WHISK; THRU FAN & TOUCH;  
(15) Fwd L CP, Fwd & Sd R comm. rise to ball of foot, XLIB cont to full rise on ball of foot  
tight SCP; (16) Thru R, relaxing knee, keeping L toe in contact with floor arc foot around to touch  
beside R foot CP/DLW;  
(A 2<sup>nd</sup> time thru MS 16 P/UP & RUN 2 DLC; Fwd R, (W fwd L trng LF to CP) Fwd L, Fwd R;

### PART B

1 – 4 HVR; NAT HVR F/AWAY; BK, BK/LK BK; SLIP PIV BJO;  
(1) Fwd L to CP, Fwd & Sd R rising to ball of foot, Rec L to tight SCP/DLW; (2) Fwd R w/slight  
RF body trn, Fwd L on toe trng RF w/slow rise, Rec R, RSCP/DRW; (3) Bk L, Bk R/XLIF, Bk R;  
(Bk R, Bk L/XRIF,Bk L); (4) Bk L, Bk R comm. LF trn, (keeping L leg extended), cont trn  
Fwd L DLW; (W Swiv LF on R, Sd & Bk L, Bk R DLW;)

5 – 8 FWD, FWD/LK FWD; MNV; SPIN TRN; BOX FIN;  
(5) Fwd R, Fwd L/XRIB, Fwd L; (6) Comm RF Trn fwd R, cont RF Trn to fc ptrn Sd L,  
complete trn Cl R; (7 & 8) as ms 3 & 4 of intro

### PART C

- 1 – 8 REV WAVE;; BK FTHR; BK 3 STEP; IMP SCP; PROM WEAVE;; CHG OF DIR;  
(1-2) Fwd L start LF body trn DLC, Sd R line of progression, Bk L diag; Bk R line of progression, Bk L, Bk R curving LF to end DRW; (3) Bk L, Bk R w/Rt shoulder lead, Bk L to CBMP;  
(4) Bk R, Bk L, Bk R CP/RL0D; (W Fwd L, Fwd R, fwd L; heel lead steps 1&2 rising to toe on step 3). (5) Comm RF upper body trn Bk L, cl R to L (heel trn), cont Rt Fc Trn fwd L in tight SCP/LOD; (W comm. RF upper body trn Fwd R between mans feet heel to toe pivoting ½ RF, Sd & Fwd L cont trn arnd man brush R to L, complete trn fwd R;) (6-7) Fwd R, Fwd L comm. LF trn, Sd & slightly bk R bjo DLC; Bk L, CBMP, Bk R comm. LF trn, & lead W to CP, sd & slightly fwd L DLW, Fwd R o/s ptrn CBMP DLW; (W Fwd L, Sd & slightly Bk R comm. LF Trn to Bjo fcg RL0D/WALL, cont trng on R foot until fcg LOD, Fwd L DLC; fwd R to CBMP, Fwd L DLC, comm. LF Trn, cont LF Trn Sd & slightly Bk R COH, Bk L CBMP backing DLW;) (8) Fwd L DLW, Fwd R DLW right shoulder lead, Trng LF starting to draw L to R, finish drawing L to R; DLC

REPEAT A  
REPEAT C

### PART A \*

- 10 – 17 T/MARK SCP; NAT TRN ½; TIPPLE CHASSE; 3 STEP; FWD RUN 2 DLW; WHISK; THRU FAN & TOUCH; DIP BK & REC;  
(10-15) as ms 10-16 part A; (17) Bk L relaxing knee, slight LF body trn, Rec R CP/DLW;

REPEAT B

### END

- 1 – 8 T/MARK SCP; IN & OUT RUNS;; WING; 3 X HVR TO SCP;; THRU TO OVERSWAY;  
(1) as ms 10 part A (2-3) fwd R comm. RF Trn, Sd & Bk DLW on L to CP; bk R Bjo; CBMP Bk L Trng RF, Sd & Fwd R between W's feet continuing RF Trn, Fwd L to SCP; (W Fwd L, Fwd R between man's feet, Fwd L o/s man Bjo pos; using CBM Fwd R comm. RF Trn, Fwd & Sd L cont RF Trn, Fwd R to SCP (4) Fwd R, draw L to R & Tch L to R trng upper body LF w/Lf Sd Stretch DLC; (W Fwd L comm. to cross in front of man trn slightly LF, Fwd R around man cont slight LF trn, Fwd L around man complete slight LF trn to end tight Scar pos;) (5-7) XLIF, Sd R w/slight rise comm. LF Trn; Rec L DLC; XRIF, Sd L w/slight rise comm. RF Trn, Rec R DLW; XLIF, Sd R w/slight rise comm. LF trn, Rec L to SCP; (X hovers should be a progressive movement down LOD) (8) Thru R, Sd L relaxing L knee leaving R leg extended and stretching left side of body. W look well to L;(as knee is flexed there is a slight LF trn similar to a side dip or side corte)

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