

SUSPEND ME IN TIME

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Music: "Suspended in Time" – CD "Xanadu Original Soundtrack" Track #4 – Available iTunes **Speed:** Slow 5% or to suit

Rhythm & Phase: Bolero IV+2 (Riff Turn, Cuddle) +3 (Romantic Sways, Side Crab Walks, Side Serpiente)

Footwork: Opposite unless indicated

Timing: SQQ unless indicated

Sequence: Intro A B C Interlude A (Mod) B (Mod) D End

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INTRO

1-4 BUTTERFLY COH LEAD FEET FREE WAIT 2;; TIME STEP x 2 CP;;

1-2 Butterfly COH wait 2 measures;;

3-4 Side L,-, XRIB extending arms, recover L; Side R,-, XLIB extending arms, recover R ending in CP COH;

5-8 TURNING BASIC;; FENCE LINE; SPOT TURN CP WALL;

5-6 Side L,-, recover R,-; Side L, recover R, Side L to slight body turn RF rise (lady look right),-; turn LF w/slip pivot action back R, continue LF side & forward L to COH, Side & forward R,-; forward L w/contra check action, recover R CP WALL;

7 Blend to bfly side L,-, thru R, recover L;

8 Side R,-, XLIF commencing RF turn, continue RF turn recover R to CP WALL;

PART A

1-4 BASIC;; UNDERARM TURN; HAND TO HAND to OP LOD;

1-2 Side L,-, back R, recover L; Side R,-, forward L, recover R;

3 Side L,-, XRIB leading lady to turn under joined lead hands, recover L (Side R,-, XLIF commencing RF turn, continue RF turn recover R to face partner);

4 Side R,-, turning LF ¼ back L, recover R to OP LOD;

5-8 BOLERO WALKS TO BFLY;; HAND TO HAND; SPOT TURN LOW BFLY;

5-6 In OP LOD forward L,-, R, L; forward R,-, L, R to bfly Wall;

7 Side L,-, turning RF ¼ back R, recover L to face;

8 Side R,-, XLIF commencing RF turn, continue RF turn recover R to face partner in low bfly;

9-12 ROMANTIC SWAYS;;;

9-12 Side L,-, recover R, recover L; Side R turning RF ½ away from partner,-, side L, recover R; Side L turning LF ½ to face partner,-, side R, recover L; Side R turning RF ½ away from partner,-, side L, recover R;

13-16 SWIVEL TO A FENCE LINE; FENCE LINE; HIP ROCKS; SPOT TURN;

13-14 Side L turning LF ½ to face partner in bfly,-, thru R, recover L; Side R,-, thru L, recover R;

15 Side L,-, recover R, recover L;

16 Repeat measure 8 of Part A to bfly;

PART B

1-4 SIDE CRAB WALKS;; UNDERARM TURN; OPEN BREAK;

1-2 Side L,-, XRIF, side L; XRIF,-, side L, XRIF;

3 Repeat measure 3 of Part A;

4 Side R,-, XLIB extending trail hand, recover R;

5-7 PREP AIDA; AIDA LINE & HIP ROCKS; SLOW SWITCH & REC TO HANDSHAKE;

5 Side L,-, thru R, side L;

6 Turning RF to back to back "V" shape back R,-, recover L, recover R;

7 Back L to face partner,-, recover R joining R hands,-;

PART C

1-2 CROSS BODY; SHADOW NEW YORKER;

1 Side and back L turning LF,-, back R leading lady to pass by, recover L to face partner and COH (Side and forward R,-, forward L, forward R turning LF to face partner);

2 Side R,-, thru L taking joined R hands thru, recover R;

PART C (Cont)

3-4 CROSS HAND UNDERARM TURN; SHADOW BREAK;

- 3 Side L,-, thru R leading lady to turn under joined R hands, recover L (Side R,-, thru L commencing RF turn under joined R hands, continue RF turn recover R to face partner);
- 4 Side R,-, turning LF ¼ back L, recover R to face;

5-8 X BODY BFLY; PREP AIDA; AIDA LINE & HIP ROCKS; SWITCH CROSS;

- 5 Repeat measure 1 of Part C ending in bfly Wall;
- 6 Side R,-, thru L, side R;
- 7 Turning LF to back to back "V" shape back L,-, recover R, recover L;
- 8 Back R to bfly,-, recover L, XRIF;

9-12 RIFF TURN; FENCE LINE; OPEN BREAK; SHOULDER TO SHOULDER;

- 9 Side L raise lead hands leading lady to turn full turn, close R, side L raise lead hands leading lady to turn full turn, close R (Side R, full turn close L, side R, full turn close L);
- 10 Side L,-, thru R, recover L;
- 11 Repeat measure 4 of Part B
- 12 Side L,-, XRIF to BJO (XLIB to BJO), recover L;

13-14 BREAK BACK w/LADY'S HEAD LOOP; UNDERARM TURN TO STACK HANDS;

- 13 Side R turning ¼ LF,-, back L looping trail hands over lady's head placing on lady's R shoulder, recover L;
- 14 Forward L,-, forward R leading lady to turn under raised lead hands, back L (Forward R,-, forward L, turning RF under joined lead hands recover R to face partner) end facing in stacked hands L over R;

15 TIME STEP TO BUTTERFLY;

- 15 Repeat measure 4 of Intro ending in bfly;

INTERLUDE

1-4 OPENING OUT x 4 CP;;;;

- 1-2 In bfly close L turning upper body LF,-, lower on L extending R, rise on L (Side R turning LF,-, XLIB, recover R) to face partner and Wall; Close R turning upper body RF,-, lower on R extending L, rise on R (Side L turning RF,-, XRIB, recover L) to face partner and Wall;
- 3-4 Repeat measure 1-2;;

PART A (Mod)

1-4 BASIC;; UNDERARM TURN; HAND TO HAND to OP LOD;

- 1-4 Repeat measures 1-4 of Part A;;;;

5-8 BOLERO WLKS TO BFLY;; HAND TO HAND; SPOT TURN L IN 4 SKATERS WALL;

- 5-7 Repeat measure 5-7 of Part A;;;;
- 8 Side R,-, XLIF commencing RF turn, continue RF turn recover R (Side L, XRIF commencing RF turn, continue RF turn to face Wall recover L, close R) ending in skater's position facing Wall;

9-12 ROMANTIC SWAYS IN SHADOW;;;;

- 9-11 Both Side L,-, recover R, recover L; Side R turning RF ½ taking joined L hands over lady's head to face COH,-, side L, recover R; Side L turning LF w/hands over lady's head to face Wall,-, side R, recover L;
- 12 Repeat measures 10;

13-14 SWIVEL TO A SHADOW FENCE LINE; SHADOW FENCE LINE;

- 13 Both Side L turning LF ½ to skater's position facing Wall,-, XRIF, recover L;
- 14 Both Side R,-, XLIF, recover R;

15-16 SHADOW HIP ROCKS; SPOT TURN L IN 4 TO FACE;

- 15 Both Side L,-, recover R, recover L;
- 16 Side R,-, XLIF commencing RF turn, continue RF turn recover R (Side R, XLIF commencing RF turn, continue RF turn to face partner recover R, close L) ending in bfly Wall;

REPEAT PART B ENDING IN BFLY WALL

PART D

1-4 SIDE SERPIENTE;; THRU SWIVEL TO FENCE LINE; NEW YORKER TO CP;

- 1-2 Side L,-, thru R, side L; XRIB flaring L CCW,-, XLIB, side R;
- 3 Thru L in bfly Wall w/extended R,-, thru R, recover L;
- 4 Side R,-, thru L taking lead hands thru, recover R to CP Wall;

5-8 HALF BASIC; HIP LIFT; CROSS BODY; FORWARD BREAK;

- 5 Repeat measure 1 of Part A;
- 6 Side R,-, touch L to R pushing on ball of foot to raise L hip, release;
- 7 Blending to loose CP side and back L turning LF,-, back R leading lady to pass by, recover L to face partner and COH (Side and forward R,-, forward L, forward R turning LF to face partner);
- 8 Side R,-, forward L, recover R;

9-11 RIFF TURN; LEFT SIDE PASS BFLY; HIP ROCK 2 SLOWS;

- 9 Repeat measure 9 of Part C;
- 10 Close L to R leading lady to turn RF,-, turning LF back R, continue LF turn forward L (forward R twd M's L side turning RF as if to wrap in M's L arm momentarily,-, side & forward L turning LF, forward R twd WALL turning ½ LF) to end bfly WALL;
- 11 Side R,-, recover L,-;

12-13 BREAK BACK w/LADY'S HEAD LOOP; UNDERARM TURN TO STACK HANDS;

- 12-13 Repeat measures 13-14 of Part C;;

14-15 TIME STEP to CP; HIP LIFT;

- 14 Repeat measure 4 of Intro to CP;
- 15 Side L,-, touch R to L pushing on ball of foot to raise R hip, release;

ENDING

1-4 CUDDLE x 3 TO CP;;; SLOW SIDE CORTE;

- 1-2 Close R,-, side L leading lady to open out, recover R (Side L,-, turning RF ½ side R, recover L to face partner) to cuddle position; Close L,-, side R leading lady to open out, recover L (Side R,-, turning LF ½ side L, recover R to face partner) to cuddle position;
- 3 Repeat measure 1 ending in CP Wall;
- 4 Side L,-, stretch L side looking to RLOD,-;