UNA FURTIVA LACRIMA

CHOREO: Manuela & Karlheinz Süß, Denninger Str. 170, D-81927 München, Germany
Tel. +49-89-91077936 e-mail: **muk_suess@web.de** **Version 1.1**
MUSIC: CD, Dancelife "Masters of modern 6" , Track #4 or
Dancelife, "Ballroom Originals 2", Track # 5
RHYTHM: Waltz Phase V + 2 (ronde & slip, same foot lunge)
FOOTWORK: opposite, except, where noted TIMING: 1,2,3 except, where noted

SEQUENCE: Intro - A - A - B - C - Interlude - A - A - B - C - C - End

Intro:

1- 4 WAIT;; SWAY L; SWAY R;

1 - 2 CP DLC lead ft free wait 2 meas;;
3 - 4 1-- {SWAY L} Sd L, sway to L,-**;** {SWAY R} Sd R, sway to R,-**;**

Part A:

1- 4 DRG HES; OUTSD SPN; R TRNG LK; IN & OUT RUNS;

1 12- {DRG HES} Fwd L comm LF trn, sd R cont LF trn, draw L to R end CBMP fc RLOD**;**
2 {OUTSD SPN} Bk L comm RF trn sml stp, fwd R cont RF trn [3/8 trn], sd & bk L [1/4 trn]
(W fwd R comm RF trn outsd ptr, cl L to R [5/8 trn on toes of both feet], fwd R [1/8 trn] between M`s feet) to CP RLOD**;**
3 1&23 {R TRNG LK} Bk R backing LOD comm RF trn/XLIF to fc COH, cont RF trn sd & fwd R between W`s feet, fwd L
(W fwd L comm RF trn/XRIB, fwd & sd L cont RF trn, fwd R) to SCP LOD**;**
4 {IN & OUT RUNS} Fwd R comm RF trn, sd & bk L cont RF trn, bk R
(W fwd L, fwd R, fwd L)**;**

5 - 8 FIN IN & OUT RUNS; MANUV SD CL; SPIN TRN; BOX FIN;

5 {FIN IN & OUT RUNS} bk L, comm RF trn sm sd R, compl RF trn fwd L
(W fwd R outsd ptr comm RF trn, sd & fwd L cont RF trn arnd ptr, sd & fwd R) to SCP LOD**;**
6 {MANUV SD CL} Fwd R comm RF trn, sd L cont RF trn, cl R to L to end CP/RLOD**;**
7 {SPIN TRN} Bk L pivot 3/8, fwd R between ptrs feet leaving L extended bk, sd & bk L
(W fwd R between ptrs feet pivot 3/8, cont RF trn bk & sd L/brush R to L, sd & fwd R between ptrs feet) to CP DLW**;**
8 {BOX FIN} Bk R, sd L trn to fc DC, cl R to L end CP/DLC**;**

Part B:

1- 4 1 L TRN; BK & CHASSE BJO; MANUV SD CL; OP IMPETUS to SCP;

1 {1 L TRN} Fwd L comm LF trn, sd R, cl L to fc RLOD**;**
2 12&3 {BK & CHASSE BJO} Bk R comm LF trn, sd L twd DLW/cl R to L, sd & fwd L twd DLW to BJO**;**
3 {MANUV SD CL} Fwd R outsd ptr comm RF trn, fwd & arnd ptr L trng to fc RLOD, cl R to L to CP**;**
4 {OP IMPETUS TO SCP} Bk L comm RF trn, cl R for heel trn cont RF trn, sd & fwd L
(W fwd R comm RF trn, sd & fwd L arnd ptr/brush R to L, sd & fwd R) to SCP DLC**;**

5 - 8 QK OP REV; BK TO PROM SWAY; CHG SWAY; FALLAWAY RONDE & SLIP;

5 12&3 {QK OP REV} Fwd R, fwd L comm LF trn/sd & bk R cont trn, bk L
(W fwd L comm LF trn to fc ptr, bk R cont LF trn/sd & fwd L cont trn, fwd R outsd ptr) to BJO DRC**;**
6 12- {BK TO PROM SWAY} Bk R to CP comm LF trn, sd & fwd L DW SCP, stretching body slightly upward to look ovr jnd hnds, relax L knee
(W fwd L to CP, sd & fwd R to SCP, stretching body slightly upward to look ovr jnd hnds, relax R knee);

7	---	{CHG SWAY} Without wgt chg very slowly chg body stretch with rotation & look to opp direction**;**
8		{FALLAWAY RONDE SLIP} Quickly trn body twd wall & put wgt on R / ronde L CCW, bk L well under body, slip R bhd L (W replace wgt on L & comm to open head to LOD / ronde R CW, bk R well under body, swivel on R to fc M & place wgt fwd on L into M) to CP DLC**;**

Part C:

1 - 4		**OP TELEMARK; NAT PREP fc COH; SAME FT LUN; HOVER END BJO;**
1		{OP TELEMARK} Fwd L comm LF trn, sd R cont trn, sd & fwd L (W bk R comm LF trn bringing L beside R w/no wgt, cont LF trn on R heel and chg wt to L, sd & fwd R) to SCP DLW**;**
2	12-	{NAT PREP} Thru R DLW comm RF trn, fwd & sd L cont RF trn to fc COH, tch R near L
	(123)	(W thru L comm RF trn, fwd R between M`s feet cont RF trn, swivelling slightly RF on R small sd & bk L to fc RLOD)**;**
3	1--	{SAME FT LUN} Lower on L w/slight L sway/while reaching sd R w/toe pointing DLC, transfer wgt to R soft knee and comm to stretch upward, cont stretch & sway R (W XRib well underneath body head well to L)**;**
4	-23	{HOVER END BJO} Rise leading W to rec, sd L trng slightly LF & trn W to CP, sd & bk R
	(123)	(W thru L RLOD comm LF trn, cont LF trn sd & fwd R cont LF trn to fc DLW/brush L to R, sd & fwd L) to BJO DRC**;**

5 - 8		**OUTSD CHG SCP; THRU CHASSE BJO; MANUV; HES CHG;**
5		{OUTSD CHG} Bk L , bk R blending to CP and comm LF trn, cont LF trn sd & fwd L DLW (W fwd R outsd ptr, fwd L in CP, fwd & sd R) to SCP DLW**;**
6	12&3	{THRU CHASSE BJO} Thru R DLW, sd L/cl R, sd & fwd L (W thru L, sd R comm LF trn/cl L, sd & bk R cont LF trn) to BJO DLW**;**
7		{MANUV} Repeat meas 3 Part B**;**
8	12-	{HES CHG} Bk L trn RF, sd R to fc DLC, draw L to R**;**

Interlude:

1-4		**OP TELEMARK to ½ OP; M ROLL ACROSS; L ROLL ACROSS; PU SD CL;**
1		{OP TELEMARK} Repeat meas 1 Part B; to ½ OP fc DLW
2		{M ROLL ACROSS} Fwd R comm RF trn, sd L cont trn, fwd R (W sm fwd L, R, L) to ½ OP LOD**;**
3		{W ROLL ACROSS} Sm fwd L, R, L (W roll RF acrs in front of M fwd R, sd L, fwd R) to ½ OP LOD**;**
4		{PU SD CL} Fwd R, sd L bring ptr lF, cl R to L to CP DLC**;**

ENDING:

1-2		**OP TELEMARK; THRU TO HINGE;**
1		{OP TELEMARK} Repeat meas 1 Part B**;**
2		{THRU TO HINGE} Thru R, sd & slightly fwd L to fc WALL cont L sd stretch leading W to X bhd keeping L sd to ptr, relaxing L knee & trng R knee to sway R to look at W (W fwd L comm LF trn, sd R swvl LF, XLIB relaxing L knee head to L w/shld parallel to ptr & no wgt on R)**;**