

SAM, SAM

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Download: iTunes, Amazon

Waltz PH IV Easy

Footwork Opp unless noted

Ph 4 Figures Weave 6, Oversway

Time as Downloaded: 2:31

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Sam by Ross Mitchell His Band & His Singers

CD: 25 Top Waltzes Tr 15 Speed as on CD

Timing for weight changes only

Promenade Sway

Seq: INTRO, A, B, A, B 1-10, ENDING

INTRO

1-4 WAIT :-; APART PT WITH ARM SWEEP ; TOGETHER TOUCH TO BFLY ;

- 1-2 {Wt} Fc ptr & WALL w/both hnds jnd low & ld ft free;-;
1-- 3-4 {Apt Pt w/Arm Sweep} Stp apt L sweeping ld arms up & out as
1-- trn body LF, cont arm sweep pt trl ft twd ptr,-; {Tog Tch to
BFLY} Fwd R twd ptr sweeping ld arms down & up to BFLY
WALL, tch L to R,-;

PART A

1-4 WALTZ AWAY ; & TOGETHER ; TWIRL VINE 3 ; PICK-UP DLW ;

- 123 1-2 {Waltz Awy} Trng LF fwd L, cont LF trn sd & fwd R to slgt bk
123 to bk pos, cl L to R; {& Tog} Trng RF fwd R, cont RF trn sd &
fwd L to BFLY, cl R to L fc WALL;
123 3-4 {Twrl Vin 3} With ptrs fcg ld hnds jnd sd L, XRib of L, sd & fwd
123 L (W trng RF fwd R LOD trng ½ RF undr jnd hnds, bk L trng ¼
RF, cont RF trn sd & fwd R fcg LOD); {Pu DLW} Thru R, sd L
to fc DLW, cl R to L CP;

5-8 HOVER ; WING ; TURN LEFT & RIGHT CHASSE ; BACK , BACK/LOCK , BACK ;

- 123 5-6 {Hvr} Fwd L, fwd & slghtly sd R rising to ball of ft, sd & slghtly
1-- fwd L to SCP DLC; {Wing} Fwd R, draw L twd R while trng
(W123) body LF, cont trng upper body LF with L sd stretch tch L to R (W
fwd L start to Xif of M comm trng slghtly LF, fwd R arnd M cont
LF trn, fwd L arnd M comp LF trn to end SCAR w/R sd stretch);
12&3 7-8 {Trn L & R Chasse} Fwd L trn LF, sd R/cl L, sd & bk R trng LF
12&3 to BJO fc DRC; {Bk Bk/Lk Bk} Bk L, bk R/lk Lif of R, bk R in
BJO fc DRC;

9-12 IMPETUS TO SCP ; FORWARD HOVER TO BJO ; BACK HOVER TO SCP ; WEAWE ;

- 123 9-10 {Imp to SCP} Comm RF upper body trn bk L, cl R [heel turn]
123 cont RF trn, comp trn sd & fwd L SCP DLC (W comm RF upper
bdy trn fwd R in BJO, fwd & sd L arnd the M brush R to L, sd &
fwd R in SCP); {Fwd Hvr to BJO} Fwd R in SCP DLC, fwd L

- trn bdy LF with strong L sd stretch, bk R in BJO (W fwd L, fwd R trn LF to BJO brush L to R, rec L);
- 123 11-12 {**Bk Hvr to SCP**} Bk L, bk R trn body RF with strong R sd
123 stretch, rec fwd L to SCP DLC (W fwd R, fwd L trn RF to SCP
brush R to L, fwd R); {**Wev**} Thru R, fwd L comm LF trn, cont
trn LF sd & bk R BJO RLOD (W thru L, strong LF trn sd & slght
bk R, cont trn LF sd & fwd L);
- 13-16 TO BANJO ; MANEUVER ; SPIN TURN ; BOX FINISH ;**
- 123 13-14 {**To BJO**} Bk L in BJO, comm LF trn bk R to CP, trng LF sd &
123 fwd L in BJO DLW (W fwd R in BJO, fwd L, trng LF sd & bk R
to BJO); {**Manuv**} Fwd R in BJO stretch L sd, fwd & sd L to fc
RLOD, cl R to L fc RLOD;
- 123 15-16 {**Spn Trn**} Comm RF upper body trn bk L toe pvtg ½ RF to fc
123 LOD, fwd R btwn W's ft heel to toe cont RF trn keeping L leg
extended bk & sd fc DLW, sd & bk L (W comm RF upper body
trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont RF trn
brush R to L, sd & fwd R CP);
{**Box Fin**} Bk R comm LF trn, sd L, cl R DLC;
- 17-18 2 LEFT TURNS TO FC WALL :-;**
- 123 17-18 {**2 L Trns to Fc WALL**} Fwd L comm LF turn, cont trn sd R
123 DLC, cont LF trn cl L fc RLOD; bk R comm LF trn, cont trn sd L
twd LOD fin LF trn, cl R to L CP WALL;

PART B

- 1-4 2 CANTERS :-; TWISTY BALANCE L & R :-;**
- 1-3 1-2 {**2 Canters**} Sd L, draw R twd L, cl R to L; sd L, draw R twd L,
1-3 cl R to L;
- 123 3-4 {**Twsty Bal L & R**} Sd L, XRib of L, rec L (W sd R, XLif of R,
123 rec R); Sd R, XLib of R, rec R (W sd L, XRif of L, rec L);
- 5-8 TWISTY VINE ; TWINKLE TO SIDECAR ; TWINKLE TO BANJO ;
FORWARD FACE CLOSE BFLY ;**
- 123 5-6 {**Twsty Vin**} Sd L, XRib of L, sd L (W sd R, XLif of R, sd R);
123 {**Twkl to SCAR**} XRif of L (W XLib of R), sd L trng RF, cl R to
L SCAR RLOD;
- 123 7-8 {**Twkl to BJO**} XLif of R (W XRib of L), sd R trng LF, cl L to R
123 BJO LOD;
{**Fwd Fc Cl BFLY**} Fwd R, trng RF sd L, cl R fc ptr BFLY
WALL;
- 9-12 ROLL 3 ; THROUGH CHASSE TO SCP ; THROUGH FACE CLOSE CP
; SWAY LEFT ;**
- 123 9-10 {**Roll 3**} Relg ld hnds trn LF fwd L LOD trng ½ LF, bk R trng LF
12&3 to fc wall, sd & fwd L blend to SCP LOD; {**Thru Chasse to
SCP**} Thru R, keeping hds in SCP body trng to ptr, sd L/cl R, sd
& fwd L to SCP LOD;
- 123 11-12 {**Thru Fc Cl CP**} Thru R, fc ptr & wall sd L, cl R CP WALL;

1-- {Sway L} Bend R knee sd L with knee bend start sway to look
 RLOD with trl ft drawing slgtly twd ld ft straighten L knee keep
 L sd stretch;

**13-16 & RIGHT ; QUICK PROMENADE SWAY TO OVERSWAY ; HOVER
 BRUSH TO SCP ; THROUGH FACE CLOSE TO BFLY ;**

1-- 13-14 {& R} Bendg L knee sd R with knee bend start sway to look LOD
 1-- with ld ft drawing slgtly twd trl ft straighten R knee keep R sd
 stretch; {Qk Prom Sway to Oversway} Fwd & sd L w/R sd
 stretch look LOD keep L knee slgtly bent, chg to oversway w/ L
 sd stretch look RLOD with no wgt chg,-;

1-3 15-16 {Hvr Brush to SCP} Stay low in L knee rec R, straighten R knee
 123 as brush L to R to SCP, fwd L in SCP LOD;
 {Thru Fc Cl to BFLY} Thru R, fc ptr & WALL sd L, cl R
 BFLY;

REPEAT A REPEAT B 1-10

ENDING

1-2 **THROUGH TO SLOW PROMENADE SWAY ; TO SLOW OVERSWAY ;**
 12- 1-2 {Thru to Slow Prom Sway} Thru R, fwd & sd L into prom sway
 --- with R sd stretch looking LOD,-; {To Slow Oversway} Chg sway
 slowly to L sd stretch looking RLOD no wgt chg;

QUICK CUES

INTRO: 4 MEAS

1-4 WAIT ;-; APT PT WITH ARM SWEEP ; TOG TCH TO BFLY ;

PART A: 18 MEAS

1-4 WALTZ AWAY ; & TOG ; TWRL VIN 3 ; PU DLW ;

5-8 HVR ; WING ; TRN L & R CHASSE ; BK, BK/LK, BK ;

9-12 IMP SCP ; FWD HVR TO BJO ; BK HVR TO SCP ; WEAVE ;

13-16 TO BJO ; MANUV ; SPIN TRN ; BOX FIN ;

17-18 2 L TRNS TO FC WALL ;-;

PART B: 16 MEAS

1-4 2 CANTERS ;-; TWSTY BAL L & R ;-;

5-8 TWSTY VIN ; TWKL TO SCAR ; TWKL TO BJO ; FWD FC CL BFLY ;

9-12 ROLL 3 ; THRU SEMI CHASSE ; THRU FC CL CP ; SWAY L ;

13-16 & R ; QK PROM SWAY TO OVERSWAY ; HVR BRUSH TO SCP ; THRU FC CL BFLY ;

PART A: 18 MEAS

1-4 WALTZ AWAY ; & TOG ; TWRL VIN 3 ; PU DLW ;

5-8 HVR ; WING ; TRN L & R CHASSE ; BK, BK/LK, BK ;

9-12 IMP SCP ; FWD HVR TO BJO ; BK HVR TO SCP ; WEAVE ;

13-16 TO BJO ; MANUV ; SPIN TRN ; BOX FIN ;

17-18 2 L TRNS TO FC WALL ;-;

PART B MOD: 10 MEAS

1-4 2 CANTERS ;-; TWSTY BAL L & R ;-;

5-8 TWSTY VIN ; TWKL TO SCAR ; TWKL TO BJO ; FWD FC CL BFLY ;

9-10 ROLL 3 ; THRU SEMI CHASSE ;

ENDING: 2 MEAS

1-2 THRU TO SLOW PROM SWAY ; SLOW OVERSWAY ;