

Valerie

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Choreographers: Frank & Sandy Hartzel

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Music: "Valerie"

Music Source: CasaMusica.com single download

Footwork: Opposite, directions to man, except where noted

Sequence: Intro A B C D A [MOD] End

Rhythm: Waltz Difficulty - Average Speed – 45 rpm

RAL Phase: V

Meas.

INTRODUCTION (1-8)

1-8 3 OPEN CROSS HOVERS ; ; STEP TOG to CP/DLC ; DIP BACK w/ LEG CRAW ; RECOVER & TCH CP ; DLC ;

[WAIT] Wait 2 Measures; LOP FCG DLW lead hands joined & lead foot free;

3-5 [SHADOW CROSS HOVERS 3X] W move in front of M next 3 measures down LOD - XLIF lead hand over W's head, -, sd R slight LF trng extend trail arms out, rec L; XRIF bring lead hands back over W's head, -, sd L slight RF trn extend trail arms up, rec R; XLIF lead hand over W's head, -, sd R slight LF trng extend trail arms out, rec L;

6 [STEP TOG TO CP] Fwd L slightly trng RF with R sd stretch, tch R to CP, -;

7 [DIP BACK w/LEG CRAW] Sd L to DLC, draw R to L, cl R; Bk L (keep R leg extended), hold (W lift L leg along M's outer thigh with toe pointed to floor);

8 [RECOVER & TCH] Fwd L slightly trng RF with R sd stretch, tch R to CP, -;

PART A (1-12)

1-12 DIAMOND TURN HALF & CHK ; ; IMPETUS to SCP ; NATURAL HOVER CROSS – SYNC ENDG ; ; OPEN REVERSE TURN & OPEN FINISH ; ; WHISK ; WING; ; TURN LT & RT CHASSE to BJO ; BK, BK/LK,BK ; BK TIPPLE CHASSE CP/DLC;

1-2 [DIAMOND TURN HALF & CHK] Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the Man in BJO to fc DRC; Trng LF bk R, sd L, fwd R out side ptr in BJO to fc DRW;

3 [IMPETUS TO SCP] Bk L LOD comm RF trn, cl R to L heel trn, sd & fwd L (W fwd R between M's ft comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;

4-5 [NATURAL HOVER CROSS w/ SYNC ENDING] Fwd R DLW commence RF trn, sd L with lft sd stretch [1/4 RF trn bet stps 1 & 2], cont RF trn sd R [1/2 RF trn bet stps 2 & 3 body trns less fcng DLC]; With rt sd stretch fwd L outsd ptr in SCAR on toes/rec R with slight lft sd lead, sd & fwd L, with lft sd stretch fwd R outsd ptr in BJO on toes (Bk L commence RF trn, R foot closes to L heel trn with a rt sd stretch trng RF 3/8 bet stps 1 & 2, cont RF trn sd L [3/8 RF trn bet stps 2 & 3] to CP; With left sd stretch bk R in SCAR on toe/rec L with slight rt sd lead, sd & bk R, with rt sd stretch bk L in BJO;);

6-7 [OPEN REVERSE TURN & OPEN FINISH] In CP fwd L trng LF 1/4, cont LF trn sd R, bk L to BJO/DLC (In CP bk R trng lft 1/4, cont LF trn sd L, fwd R to BJO/DRC;);

8 [WHISK] Fwd L, sd & fwd R, XLIB to SCP LOD (W bk R, sd & bk L, XRIB trng head to R in SCP);

9 [WING] Fwd R, draw L twd R, tch L to R trng upper part of body LF with left sd stretch (W fwd L beginning to cross in front of M comm trng slightly LF, fwd R around M cont to trn slightly LF, fwd L around M comp slight LF trn) to SCAR DLC;

10 [TURN LT & RT CHASSE TO BJO] Bk R comm LF upper body trn, sd L cont trn/cl R, sd & fwd L comp trn (W fwd L comm LF upper body trn, sd R cont LF trn /cl L, sd & bk R comp trn) to BJO DLW;

11 [BK, BK LK, BK] Bk L, bk R/lk LIF, bk R (W fwd R, fwd L/lk RIB, fwd L);

12 [BK TIPPLE CHASSE] Bk L comm RF trn (W fwd R outsd ptr), w/slight R sway cont RF trn sd R toe pointing DLC/cl L to R then lose sway ;

PART B (1-18)

1-9 OPEN REVERSE TURN & CLOSED FINISH ; ; CONTRA CHECK, RECOVER, SLIP ; SIDE DRAW TCH ; DOUBLE REVERSE TURN; 1 LT TURN to HOVER CORTE ; ; BACK HOVER TO SCP ; THRU TO PROMENADE LOCKS ; HALF NATURAL ; SPIN TURN &

**BOX to SCAR ; ; CROSS HOVER to SCP ; WHIPLASH ; BACK & CHASSE to SCAR ;
CHECK FWD LADY DEVELOP ; BACK & CHASSE to SCP ;**

- 1-2 [OPEN REVERSE & CLOSED FINISH] In CP fwd L trng LF 1/4, cont LF trn sd R, bk L to BJO/DLC (In CP bk R trng lft 1/4, cont LF trn sd L, fwd R to CP/DLW);
- 4 [CONTRA CHECK, RECOVER, SLIP] Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading and continue bringing R sd thru to extend over meas looking twd but over W (head well to L) rec L rot to pkup;
- 5 [SIDE DRAW TCH] sd R, tch L;
- 6 [DOUBLE REVERSE TURN] Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn, cont LF trn sd & slightly bk R/XLIF of R) to CP DLC;
- 7 [1 LEFT TURN] Trng 3/8 lft fc fwd L, sd R, clo L;
- 8 [HOVER CORTE] Bjo) Trng 1/2 lft fc bk R, sd & fwd L with slight rise, R to BJO diag LOD/WALL;
- 9 [BACK HOVER TO SCP] Bk L, bk & sd R rising blending to CP DLW, sd & fwd L to SCP DLC;
- 10 [THRU TO PROMENADE LOCKS] Fwd R, fwd L/XRIB (WXLIB), fwd L;
- 11 [HALF NATURAL] Thru R turning RF, fwd & sd L in front of W cont RF trn, bk R CP (W thru L, fwd R, fwd L);
- 12 [SPIN TURN] Lower & comm RF trng bk L toeing in to spin on L, fwd R LOD rise to toe cont RF trn 1/8, bk L (W fwd R with RF trn, bk L rise & brush R to L cont slight trn, fwd R);
- 13 [BOX TO SCAR] Bk R, slight LF trn sd L, cl R trng hips LF to SCAR DW;
- 14 [CROSS HOVER TO SCP] XLIF DW, fwd R to CP DW trng body RF, fwd L SCP DC(W XRIB, sd & bk L body trn R, fwd R DC);
- 15 [WHIPLASH] Thru R, flexing R knee ronde L CW slightly swiveling LF on R, pt L sd & fwd end BJO LOD (W Thru L, flexing L knee ronde R CCW swiveling LF to fc M end BJO RLOD, -) ;
- 16 [BACK & CHASSE TO SCAR] Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CONTRA SDCR DRW;
- 17 [LADY DEVELOPE] Fwd L outsd W checking, -, - (W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd) ;
- 18 [BACK & CHASSE TO SCP] Bk R cont LF trn, sd L/cl R to L, sd & fwd L trng to SCP LOD ;

PART C (1-7)

1-7 OP NATURAL ; OUTSIDE SPIN TO LT TURNING LOCK ; ; HALF NATURAL ; BK & CHASSE to SCAR ; CROSS HOVER to SCP ; SLOW SIDE LOCK ;

- 1 [OPEN NATURAL] Fwd R, fwd & sd L trn RF, cont sd & bk R to contra bjo backing DW w/rt shoulder lead (W heel trn) ;
- 2-3 [OUTSIDE SPIN TO A LT TURNING LOCK] Strong trn RF bk L toe in (Lady fwd R in bjo trn RF), fwd R DLW heel to toe spin RF (cl L & toe spin RF), fwd & sd L pvt RF to fac CDH in CP, bk R w/ RT sd ld & Rt sd stretch /XLIFR bk & slightly sd RT trng LT fc sd & fwd LT to SCP lod [fwd LT w/ LT sd lead & LT sd stretcg / XRIBL fwd & slightly sd LT trng rf sd & fwd RT;
- 4 [HALF NATURAL] Thru R turning RF, fwd & sd L in front of W cont RF trn, bk R CP (W thru L, fwd R, fwd L);
- 5 [BACK & CHASSE TO SCAR] Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CONTRA SDCR DRW;
- 6 [CROSS HOVER TO SCP] XLIF DW, fwd R to CP DW trng body RF, fwd L SCP DC(W XRIB, sd & bk L body trn R, fwd R DC);
- 7 [SLOW SIDE LOCK] Thru R, sd & fwd L to CP, XRIB of L trng slightly LF CP DLC (W Thru L starting LF trn, sd & bk R cont LF trn to CP, XLif of R CP DRW) ;

PART D (1-13)

1-13 VIENNESE TURN ; ; ; LEFT TURN TO FC LOD ; TELEMAR to SCP ; NATURAL HOVER CROSS SYNC ENDG ; ; TURN LT CHASSE to BJO ; OUTSIDE SPIN TO RT TURNING LOCK ; ; HALF NATURAL ; OP IMPETUS ; SLOW SIDE LOCK ;

- 1-3 [VIENNESE TURN] Fwd L commencing LF trn, sd R cont LF trn, XLif of R CP RLOD (W Bk R commencing LF trn, sd L cont LF trn, cl R to L CP LOD) ; 2 Bk R cont LF trn, sd L trng LF, cl R to L CP LOD (W Fwd L cont LF trn, sd R trng LF, XLif of R CP RLOD) ; Fwd L commencing LF trn, sd R cont LF trn, XLif of R CP RLOD (W Bk R commencing LF trn, sd L cont LF trn, cl R to L CP LOD) ;
- 4 [LEFT TURN TO LOD] Bk R, cont LF trn sd L, cl R DW(W fwd L, trng LF sd & fwd R, cl L);
- 5 [TELEMAR TO SCP] Fwd L rise to toe trn LF, sd R cont LF trn, sd & fwd L DW (W bk R, draw L heel past R turning LF close L to R, fwd R SCP DW);
- 6-7 [NATURAL HOVER CROSS w/ SYNC ENDING] Fwd R DLW commence RF trn, sd L with lft sd stretch [1/4 RF trn bet stps 1 & 2], cont RF trn sd R [1/2 RF trn bet stps 2 & 3 body trns less fcng DLC]; With rt sd stretch fwd L outsd ptr in SCAR on toes/rec R with slight lft sd lead, sd & fwd L, with lft sd stretch fwd R outsd ptr in BJO on toes (Bk L commence RF trn, R foot closes to L heel trn with a rt sd stretch trng RF 3/8 bet stps 1 & 2, cont RF trn sd L [3/8 RF trn bet stps 2 & 3] to CP; With left sd stretch bk R in SCAR on toe/rec L with slight rt sd lead, sd & bk R, with rt sd stretch bk L in BJO);
- 8 [TURN LT & CHASSE] Bk R comm LF upper body trn, sd L cont trn/cl R, sd & fwd L comp trn (W fwd L comm LF upper body trn, sd R cont LF trn /cl L, sd & bk R comp trn) to BJO DLW;
- 9-10 [OUTSIDE SPIN TO A RT TURNING LOCK] Strong trn RF bk L toe in (Lady fwd R in bjo trn RF), fwd R DLW heel to toe spin RF (cl L & toe spin RF), fwd & sd L pvt RF to fac CDH in CP; Bk R LOD with R shoulder leading/XLIF of R cont RF trn to fc almost CDH, still trng RF sd & slightly fwd R between W's feet rise to CP trng RF, sd & fwd L to SCP DLC;
- 11 [HALF NATURAL] Thru R turning RF, fwd & sd L in front of W cont RF trn, bk R CP (W thru L, fwd R, fwd L);
- 12 [OPEN IMPETUS] Bk L LOD comm RF trn, cl R to L heel trn, sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;
- 13 [SLOW SIDE LOCK] Thru R, sd & fwd L to CP, XRIB of L trng slightly LF CP DLC (W Thru L starting LF trn, sd & bk R cont LF trn to CP, XLif of R CP DRW) ;

PART A MOD (1-13)

1-13 DIAMOND TURN HALF & CHK ; ; IMPETUS to SCP ; NATURAL HOVER CROSS – SYNC ENDG ; ; OPEN REVERSE TURN & OPEN FINISH ; ; WHISK ; WING; ; TURN LT & RT CHASSE to BJO ; BACK & CHASSE TO SCAR ; CHK FWD LADY DEVELOP ; CLOSED FINISH ;

- 1-2 [DIAMOND TURN HALF & CHK] Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the Man in BJO to fc DRC; Trng LF bk R, sd L, fwd R out side ptr in BJO to fc DRW;
- 3 [IMPETUS TO SCP] Bk L LOD comm RF trn, cl R to L heel trn, sd & fwd L (W fwd R between M's ft comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;
- 4-5 [NATURAL HOVER CROSS w/ SYNC ENDING] Fwd R DLW commence RF trn, sd L with lft sd stretch [1/4 RF trn bet stps 1 & 2], cont RF trn sd R [1/2 RF trn bet stps 2 & 3 body trns less fcng DLC]; With rt sd stretch fwd L outsd ptr in SCAR on toes/rec R with slight lft sd lead, sd & fwd L, with lft sd stretch fwd R outsd ptr in BJO on toes (Bk L commence RF trn, R foot closes to L heel trn with a rt sd stretch trng RF 3/8 bet stps 1 & 2, cont RF trn sd L [3/8 RF trn bet stps 2 & 3] to CP; With left sd stretch bk R in SCAR on toe/rec L with slight rt sd lead, sd & bk R, with rt sd stretch bk L in BJO;);
- 6-7 [OPEN REVERSE TURN & OPEN FINISH] Fwd L comm LF trn, fwd & sd R cont LF trn, cont trng LF bk L (Fwd R outsd ptr) CBJO DRW; Bk R trng LF, sd & fwd L, fwd R outsd ptr to BJO 8 [WHISK] Fwd L, sd & fwd R, XLIB SCP;
- 8 [WHISK] fwd L, fwd & sd R, XLIB to end in SCP;
- 9 [WING] Fwd R, trng body LF lead W across in front draw L to R no weight to SCAR DC (W fwd L trng LF around M, fwd R, fwd L keep head to left);
- 10 [TURN LT & RT CHASSE TO BJO] Fwd L comm LF trn, cont LF trn sd & bk R/cl L to R, sd & bk R to end CBJO DRC;
- 11 [BACK & CHASSE TO SCAR] Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CONTRA SDCR DRW;
- 12 [CHECK FWD LADY DEVELOPE] Fwd L outsd W checking, -, - (W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd) ;
- 13 [CLOSED FINISH] - Bk R DRC comm LF trn, cont LF trn sd & fwd L, fwd R outside ptr to CP DLC;

ENDING (1-10)

1-10 OP REV TURN TO HOVER CORTE ; ; BACK CHASSE to SCAR ; CROSS SWIVEL TO LADY DEVELOP ; CLOSED FINISH ; WALTZ FWD to SCP ; NATURAL HOVER FALLAWAY ; SLIP TO A RT LUNGE & EXTEND ; ;

- 1-2 [OPEN REVERSE TURN] fwd L, fwd & sd R, tch L to R (W fwd L, trng LF sd R, cl L) to end CP/DLC;
- 3 [HOVER CORTE] Trng 1/2 lft fc bk R, sd & fwd L with slight rise, R to BJO diag LOD/WALL;
- 4 [BACK & CHASSE TO SCAR] Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CONTRA SDCR DRW;
- 5 [CROSS SWIVEL TO LADY DEVELOPE] Fwd L outsd ptr/swvlg on L foot LF DLW, pt R sd & bk RLOD, hold shaping twd W to BJO DLW (W Bk R/swvlg LF on R foot to fc DRC, bring L foot [w/ toe pointed down] up R leg to insd of R knee, extend L foot fwd) ;
- 6 [CLOSED FINISH] Bk R DRC comm LF trn, cont LF trn sd & fwd L, fwd R outside ptr to CP DLC;
- 7 [FWD WALTZ TO SCP] Fwd L, fwd & sd R, cl L SCP;
- 8 [NATURAL HOVER FALLAWAY] Thru R, sd L trng slightly RF to CP/XRIB of L, sd L to SCP DLW;
- 9-10 [SLIP TO A RT LUNGE] From SCP DRW bk L, bk R comm LF turn [keeping left leg extended], fwd L (W bk R comm LF turn pivot on ball of foot [thighs locked L leg extended], Fwd L, fwd R(W bk L) with relaxed knee & left side stretch keeping heads to left,-; Extend line as music fades M looking twd W, -, -;

Valerie
Head Cues
Choreographed By Frank & Sandy Hartzel
Phase 5 – Waltz

INTRO

**LOP FC DLW LEAD FEET FREE WAIT 2 MEAS;; 3 OP CROSS HOVERS;;;
STEP TOG to CP; DIP W/LEG CRAW; REC & TCH CP/DLC;**

PART A

**DIAMOND TURN HALF & CHK;; IMPETUS to SCP;
NAT'L HOV CROSS – SYNC ENDG;; OP REV TURN & OP FIN;;
WHISK & WING;; TURN LT & CHASSE BJO; BK, BK/LK,BK;
BK TIPPLE CHASSE DLC;**

PART B

**OP REV TURN & CLSD FIN;; CONTRA CHK, REC, SLIP;
SD DRW TCH; DBL REV; 1 LT TRN to HOV CORTE;; BK HOVER SCP;
THRU TO PROM LCKS; HALF NAT'L; SPIN TURN & BOX to SCAR;;
CROSS HOVER to SCP; WHIPLASH; BK & CHASSE to SCAR;
CK FWD LADY DEVELOP; BK & CHASSE to SCP;**

PART C

**OP NATURAL; OUTSIDE SPIN TO LT TURNING LOCK;; HALF NAT'L;
BK & CHASSE to SCAR; CROSS HOVER to SCP; SLOW SIDE LOCK;**

PART D

**VIENNESE TURN 3 MEAS;;; LT TURN LOD; TELEMAR to SCP;
NAT'L HOVER CROSS SYNC ENDG;; TURN LT CHASSE to BJO;
OUTSIDE SPIN TO RT TURNING LOCK;; HALF NAT'L; OP IMP;
SLOW SIDE LOCK;**

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PART A [MOD]

**DIAMOND TURN HALF & CHK;; IMPETUS to SCP;
NAT'L HOV CROSS – SYNC ENDG;; OP REV TURN & OP FIN;;
WHISK & WING;; TURN LT & CHASSE to BJO; BK & CHASSE to SCAR;
CHK FWD LADY DEVELOPE; CLOSED FINISH;**

ENDING

**OP REV TURN TO HOVER CORTE;; BK CHASSE to SCAR;
CROSS SWIVEL TO LADY DEVELOP; CLOSED FINISH;
WALTZ FWD to SCP; NATURAL HOVER FALLAWAY;
SLIP TO A RT LUNGE & EXTEND;;**