

TELEMARK DANCE RECORDS
P. O. BOX 55
McLEAN, VA. 22101
Work: Opp. except where noted.
Dance: OP M fc wall; DANCE: Bfly

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Ft. Lauderdale, FL
TELE. #901-A
SEQ: INTRO, A, B, C,
Interlude, A, B, C.

SHEILA'S WALTZ

MEAS.

INTRODUCTION

- 1-4 WAIT; WAIT; APT, PT, -; TOG(to bfly), TCH, -;
1 & 2. Open fcg M fcg wall wait 2 meas;;
3 & 4. Stp apt L, pt R twd ptr, -; Stp tog R to bfly, tch L to R, -;
(Note: The INTRODUCTION & INTERLUDE are mde up of 4 meas.
each, altho there is only one beat of music for each meas.)

PART A

- 1-4 (Bfly wall)BAL L, 2, 3; BAL R, 2, 3; (Canter) BK AWAY, -, CL;
BK, TCH, -;
1 & 2. Bfly M fcg wall swd LOD on L, XRIB of L(W XIB), rec on L;
Swd RLOD on R, XLIB of R(W XIB), rec on R;
3 & 4. Release hands canter apt M twd COH bk L, -, close R; bk L,
tch R to L, -;
5-8 BAL R, 2, 3; BAL L, 2, 3; FWD, -, CLOSE; FWD(bfly), TCH, -;
5 & 6. No hands ptrs facing & slightly apt bal R, 2, 3; L, 2, 3;
7 & 8. Canter tog fwd R, -, close L; Fwd R to bfly M fcg wall, tch L to
R, -;
9-12 VINE, 2, 3; THRU(STAMP), -, -; VINE, 2, 3; THRU(STAMP), -, -;
9-12 Bfly M fcg wall vine LOD side L, XRIB(W XIB), side; Stp thru
on R (W XIF) stamping R ft, -, -; Repeat action of Meas 9 & 10;;
13-16 STEP, SWING, -; FACE, TCH, -; CHANGE SIDES, -2, 3, 4, TCH, -;
13 & 14. From bfly step fwd L to OP LOD, swing R fwd, -; Trning to fc
ptr & wall in bfly step R beside L, tch L to R, -;
15 & 16. Under M's L arm (W twd LOD of M)chg sides L, R, L; R(to bfly
M fc COH), tch L to R, -;
17-32 REPEAT ACTION OF MEAS 1-16 STARTING M FCG COH VINE
RLOD & W CHG SIDE TWD RLOD OF M --END PROM POS
FACING LOD.

PART B

- 1-4 (Prom Pos LOD)STEP, SWING, -; STEP, SWING, -; RUN LOD, 2, 3;
STAMP, -, -;
1 & 2. In Prom Pos fcg LOD step L, swing R slightly XIF of L, -;
Repeat starting M's R ft;
3 & 4. Prom Pos run fwd LOD L, R, L; Stamp R, -, -;
5-8 STEP, SWING, -; STEP, SWING, -; RUN LOD, 2, 3; STAMP(Fc), -, -;
5-8 Repeat Meas 1 thru 4 -- except on Meas 8 end fcg ptr;;;
9-12 (FCG)SIDE, -, -; BEHIND, -, -; SOLO ROLL LOD, -, 2; 3, TCH, -;
9 & 10. Fcg ptr both hands still joined stp L swd LOD, -, -; Stp R XIB of
L(W XIB), -, -;
11 & 12. (Canter roll)Release handholds solo roll LOD (M LF, W RF) L, -,
R; L, tch R to L assuming Bfly pos M fcg wall, -;
13-16 (Bfly)SIDE, -, -; BEHIND, -, -; SOLO ROLL RLOD, -, 2; 3, TCH, -;
13-16. Repeat action Meas 9-12 Part B starting Bfly Pos M fcg wall with
M's R ft & ending bfly M fcg wall;;;;
17 (Bfly) HOLD, STAMP L, STAMP R;
17. Hold 1 beat, stamp L ft, stamp R ft;

PART C

- 1-4 (Bfly wall)APT, PT, -; TOG(Bfly Bjo), TCH, -; WHEEL RF, -, 2;
3, TCH(bfly), -;
1 & 2. Bfly with arms extended wide stp apart (M twd COH & W twd
wall) L bringing arms tog, pt R twd ptr, -; Stp tog on R to bfly
bjo, tch L, -;

- 3 & 4. (Bfly bjo) (Canter wheel RF) RF wheel L, -, R; L, tch R to L to end Bfly M fcg COH, -;
- 5-8. (Bfly COH)APART, PT, -; TOG(Bfly Scar), TCH, -; WHEEL LF, 2; 3, TCH(Bfly), -;
- 5 & 6. Bfly with arms extended wide stp apt(M: twd wall & W twd COH) R bringing arms tog, pt L twd ptr, -; Stp tog on L to bfly Scar, tch R, -;
- 7 & 8. (Bfly Scar)(Canter wheel LF) LF wheel R, -, L; R, tch L to R to Bfly M fcg wall, -;
- 9-12. (Bfly)CANTER TWL, -, 2; 3, TCH, -; CANTER REV TWL, -, 2; M MANUV, TCH, -;
- 9 & 10. Releasing Bfly M stps swd LOD L, -, cl R to L; Swd L, tch R to L (as W does a RF twl) to end ptrs fcg M's L & W's R hands jnd;
- 11 & 12. M stps swd RLOD R, -, close L to R; Steps R manu to CP fcg RLOD, tch L (W does a LF canter twl), -;
- 13-16. (CP RLOD)R TRN, 2, 3; R TRN, 2, 3(CP wall); TWL W LOD, 2, 3; 4, -, -;
- 13 & 14. From CP M fcg RLOD do 2 RF Polka Waltz Trns L, R, L; R, L, R ending CP M fcg wall; (For the purists who say there is no such thing as a Polka Waltz, they may call them a Galliard or a Gaillard).
- 15 & 16. M walks fwd LOD 4 steps L, R, L; R(as W does a RF twl und. jnd L & W's R hand R, L, R; L), -, - to fc ptr &
17. (Fcg no hand jnd) HOLD, HOP/POINT, HOP/POINT;
17. (Peasant Hop) Hold 1 ct, then chg wgt quickly from R to L ft/ & point R ft with heel on floor & toe up, hop/chg wgt quickly from L to R ft with L heel on floor & toe up ending no hnds jnd slightly fcg diag wall & LOD;
- INTERLUDE
- 1-4. CIRCLE AWAY, -, -; TOG(to bfly), -, -, 2, -, -;
- 1-4. In 4 slow stps M circles LF (W RF) in time with first beat of each measure;;; (Styling Note: M's arms extending straight down along body & upper legs twd floor; W's elbows bent with wrists at hips)