

Dream Waltz: Reference Notes

Music: *Dansbanan* by Detektivbyrån

Choreography (2010) and documentation (2010) by Autumn Ward, www.AutumnWard.com

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Four 3-beat measures per row

Part One

Time count	Name of section	
0:00	Intro 1	Facing US: wait
		Wait
		Time Marking combo: L arm OH, R open: R hip unwt'd drop F then side, twist F-B, switch feet and drop arms then swing up through center to frame other side.
		L hip unwt'd drop F then side, twist F-B, drop arms and turn 180° CW to face DS
:15	Verse 1	Starting on R foot, travel DS with flat-ball-ball step. Arms low → OH
		Continue flat-ball-ball and turn CW. Face US DS US DS. Arms from OH → open → forward → bend elbow → push to low
		Travel US combo: Step/pivot on R foot and turn CW to face US. Travel US w/ low arms: ball change l-r; step/pivot on L, ball-change
		With R arm spiraling OH Cross R foot over L to turn CCW 270° (end facing SL); w/ L arm spiraling OH cross cross R foot over L to turn CCW 360°
		Leading w/ L arm spiral upper body CCW into backbend, recover with UF undulation
:33	Verse 2	Reda pas de bouree: cross R foot over L, pivot on R to face SR w/ weight on R (US) foot, Egyptian drop L hip; Double drop L
		Cross L foot over R, pirouette 360° on L foot; facing SL with weight on L, Egyptian drop R hip; double drop R
		Step R foot across; extend L leg to side; unfold L leg forward; step back on the L, ball change R-L
		Transfer weight to R and back to L through CW pelvic circle
:48	Chorus 1	Twisting undulation UF/R; HF8B x1 leading L
		Facing SL, Windmill combo: Windmill arms back, leading DS arm; step back on US foot then extend DS leg as US arm sweeps up; step back; ball-change and turn to face other side; twist DS hip F-B-F
		Twisting undulation UF/L; HF8B x1 leading R
		Travel US combo
1:03	Chorus 2	On R foot, undulate and pivot 270° CW to face SR; pelvic undulation x2 emphasis back
		Facing SR, Windmill combo
		On R foot, undulate and pivot 180° CW to face SR; pelvic undulation x2 emphasis back
		Travel US combo
1:18	Intro	Time marking combo
		Time marking combo

Part 2

Time count	Name of section	
1:25	Verse 3	Waltz—bring hands to waist and turn CW and pelvic circle CCW with 4 sets of: step back on the R, L-R, step forward on the L, R-L
		Continue waltz
		Bring arms from low through forward to OH and samba x4 leading R (back, step-step)
		Arms alternately circle in w/ cross-pivot-step-step x4 leading R
1:43	Verse 4	Flat-ball-ball and turn CW. Face US DS US DS. Arms from OH → open → forward → bend elbow → push to low
		Continue turn to face US; samba x4 leading R
		Step R and pivot to face SL w/ DS leg extended; hold, ball-change; other side
		Turn CW to face DS, Lift arms to wide OH, and step forward on L, hold; quick weight change; step forward on R, hold, quick weight change
		Drop arms to open and move downstage with L hip hagallah shimmy x4; pull up
1:58	Chorus 3	Extend and undulate L arm and ½ (back) pelvic circle CCW to face SL; two hip circles ccw and turn CCW to face SR
		Windmill combo (facing SR)
		Extend and undulate R arm and ½ (back) pelvic circle CW to face SR; two hip circles CW and turn CW to face DS
		Travel US combo
2:13	Chorus 4	Leading L, undulation combo
		Windmill combo (facing SR)
		Leading L, undulation combo
		Travel US combo
2:28	intro reprise	Time marking combo + finger snap
		Time marking combo +finger snap
		Step R, L and turn 360°
		Step R, L, R and turn 270°; end facing SR with weight on R foot
		Snap and sweep arms to OH

Part 3

Time count	Name of section	
2:47	Bridge 1	Lift L hip back, chasée transition and turn to face SL; other side
		R foot to passé and lean R; cha cha transition; other side
		With arms OH and palms out, step R and circle R hip CW; cha cha transition; other side
		Step L and pivot CW with extended R leg; scoot back transition; other side
3:01	Bridge 2	cross-pivot R, hold, ball change L-R-L; stay let and pivot L, hold, ball change R-L-R
		Facing DSL, step weight onto L and jazz kick R leg; one set triplet shimmy R, L
		Sweep body to R side/foot then back in; transition R-L-R; other side
		Turn CW 2+ revolutions, end facing DSR
3:16	Bridge 3	Shoulder shimmies; double pelvic undulation emphasis back
		Undulate up to face DSL; shoulder shimmies; pelvic undulation emphasis back; cross R foot over L and use R arm to pivot CCW around to face DSR
		Shoulder shimmies; double pelvic undulation back
		Travel US combo
3:31	[Fade]	Travel offstage with shoulders shimmies and R-L-R L-R-L steps

Abbreviated Terms

Up Down Left Right Stage
 Back Front
 Clockwise CounterClockWise
 Figure8
 Vertical Horizontal
 OverHead

Stage directions

Down Stage
 Down Stage Left Down Stage Right
 Stage Left Stage Right
 Up Stage Left Up Stage Right
 Up Stage