

COMING HOME

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Record: Titel "Coming home", Artist "Sasha", Rec.: Warner Music Int. B000KB49B0
slow down for comfort (6-10% in Winamp®)

Rhythm: JV/FT RAL: Phase IV+2 (Chasse rolls, Stop & Go)

Footwork: Opposite, except otherwise statet

Sequence: Intro, A, B, A (1-15), Bmod, B, C, B, B (1-7), End

INTRO:

1-8 WAIT; WAIT; WALK AWAY IN 4;; SWIVEL TO FC, STEP SNAP TOG IN 4; CHASSE ROLL;;

1-4 in Bk to Bk Pos wait 2 meas;; walk fwd apt L,-,R,-; L,-,R,-; * swivel LF(WRF),
[Between meas 4 and meas 5 there is a "delay" for 1 beat. For the "swivel" simply count 1 &.]

5-8 (step snap tog) step fwd L, tch R/snap, step fwd R, tch L/snap; step fwd L, tch R/snap, step fwd R, tch L/snap to bfly/w;
(chasse rolls) rk apt L, rec R, sd L/cl R, sd L trng RF to bk to bk pos; sd R/cl L to R trng RF trn to fcg pos, sd R, sd L/cl R to L,
sd L swivel RF to half LOP/RL0D;

9-12 RK,REC,CHASSE SCP; RK,REC, SWIVEL 2; INTO CHASSE ROLL,2;3,RK,REC;

9-12 rk bk R, rec L to fc, sd R /cl L, sd R, trng LF to fc ptr; rk bk L to SCP, rec fwd R, swivel fwd L,R to fc;
(chasse rolls) sd L/cl R, sd L trng RF to bk to bk pos, sd R/cl L to R trng RF trn to fcg pos, sd R; sd L/cl R to L, sd L to swivel
RF to half LOP/RL0D, rk bk R, rec fwd L;

13-14 CHASSE SCP, CHANGE PLACES R TO L;;

13-14 sd R /cl L, sd RL trng LF to fc ptr, (change places L to R) rk L to SCP, rec R; sd L/cl R to L, sd L trng 1/4 LF, sd and fwd R/cl L
to R, sd R (sd R/cl L to R, fwd R trng 3/4 RF under jnd lead hds, sd and bk L/cl R to L, sd and bk L);

PART A:

1-4 CHANGE HANDS BHD BACK;,, STOP & GO;,, START CHANGE PLACES L TO R;

1-2 (change hands behind the back) lop fcg lod rk apt L, rec R, slightly fwd L/cl R to L, fwd L trng 1/4 LF (W trng RF); sd and bk
R/cl L to R, sd and bk R cont trng 1/4 LF (W trng RF) to fc ptr, (stop & go) rk apt L, rec R;

3-4 (cont stop & go) small fwd L/cl R to L, fwd L (fwd R/L, R trng 1/2 LF under jnd lead hds to end at M's R side), [man catches
woman with R hnd on woman's L shoulder blade at end of triple to stop her movement], rk fwd R, rec L; small bk R/cl L to R, bk
R (rk bk L throw L arm up; rec R trng 1/2 RF, bk L/cl R to L, bk L), (change places L to R) rk apt L, rec R;

5-8 FINISH CHANGE PLACES L TO R; CHANGE HANDS BHD BACK;, AMERICAN SPIN TO R HANDSHAKE;;

5-6 (cont change places L to R) sd L/cl R to L, sd L trng 1/4 RF, sd R/cl L to R, sd R to end lop fcg w (fwd R/cl L to R, fwd R trng
3/4 LF under jnd ld hds to fc ptr; sd L/cl R to L, sd L); (start change hands behind the back) rk apt L, rec R, slightly fwd L/cl R to
L, fwd L trng 1/4 LF (W trng RF);

7-8 (cont change hands behind the back) sd and bk R/cl L to R, sd and bk R cont trng 1/4 LF (W trng RF) to fc ptr, (american spin)
rk apt L, rec R; fwd L/cl R to L, fwd L leading ptr to spin RF, sd R/cl L to R, sd R (fwd R/cl L to R, sd R spinning RF 1 compl
revolution, sd L/cl R to L, sd L) to join R hands;

9-12 TRIPLE WHEEL;,, CHANGE PLACES L TO R;;

9-10 (triple wheel 3) R hds joined apt L, rec R, wheel RF L/R, L touching W's back with L hnd; cont RF wheel R/L, R (W wheel RF
R/L, R, cont RF; wheel L/R, L touching W's back with L hnd), cont RF wheel L/R, L touching W's back with L hnd leading woman
to spin RF (W cont RF wheel R/L, R);

11-12 (lady spins) sd R, cl L to R, sd R to fc W (W spins RF to fc W L/cl R to L, sd L, (change places L to R) rk bk L, rec R; sd L/cl
R to L, sd L trng 1/4 LF, sd and fwd R/cl L to R, sd R (sd R/cl L to R, fwd R trng 3/4 RF under jnd lead hds, sd and bk L/cl R to
L, sd and bk L);

13-16 LINK ROCK SCP;,, RK,REC; SWIVEL 4; THROWAWAY;

13-14 (link rock) rk apt L, rec R, fwd L/cl R to L, sd L; sd R/cl L to R, sd R to SCP, rk bk L, rec R;

15-16 (swivel walk) swivel fwd L,-,R,-; swivel fwd L,-,R,-; (throwaway) sd L/cl R to L, sd L trng 1/4 LF, sd R/cl L to R, sd R (pickup R/
cl L to R, sd and bk R, sd and bk L/cl R to L, sd and bk L);

PART B:

1-4 SHOULDER SHOVE;,, CHANGE PLACES L TO R;; START RF TRNG FALLAWAY;

1-2 (shoulder shove) rk apt L, rec R trng slightly RF, sd L/cl R to L, sd L twd s ptr bringing M's L and W's R shoulders together trng
LF to fc ptr; bk R/cl L to R, bk R, (change L to R) rk bk L, rec R;

3-4 (cont change L to R) sd L/cl R to L, sd L trng 1/4 RF (sd & fwd R/cl L to R, fwd R trng 3/4 LF under jnd ld hds to fc ptr), sd R/cl
L to R, sd R to fc ptr; (rf trng fallaway) trn to scp rk bk L, rec R, sd L/cl R to L, sd L trng 1/4 RF;

5-8 FINISH RF TRNG FALLAWAY, RF TRNG FALLAWAY;; RK BK,REC,WALK,PICKUP; STEP,KICK,TWICE;

5-6 (cont rf trng fallaway) sd R trng 1/4 RF/ cl L to R, sd R end in scp lod, rk bk L, rec R; sd L/cl R to L, sd L trng 1/4 RF, sd R
trng 1/4 RF/ cl L to R, sd R end in scp lod;

7-8 rk bk L, rec R, (walk & pickup) walk fwd L, small step fwd R (W fwd R, fwd L trng 1/2 LF to end in bfly/lod); (step kick) step on
place L, kick fwd R toe pointing down, step on place R, kick fwd L toe pointing down (W step on place R, kick fwd L toe pointing
down, step on place L, kick fwd R toe pointing down);

9-10 LINDY CATCH;;

9-10 lop fc lod (*lindy catch*) rkapt L, rec R, fwd L/R, L moving RF around W catching her at waist with R hd releasing L hd [M is in back of W with R arm around her waist]; fwd R, L cont around W, fwd R/L, R to lop fcg pos (W rk bk R, rec L, fwd R/L, R [W if of man]; bk L, R [no turn], bk L/R, L to lop);

PART B mod:

1-4 THROWAWAY; ROCK APT & REC, CHANGE PLACES L TO R;; START RF TRNG

FALLAWAY;

1-2 (*throwaway*) sd L/ cl R to L, sd L trng 1/4 LF, sd R/cl L to R, sd R (pickup R/ cl L to R, sd and bk R, sd and bk L/cl R to L, sd and bk L); rkapt L, rec R, (*change L to R*) rk bk L to SCP, rec R;
3-4 (*cont change L to R*) sd L/cl R to L, sd L trng 1/4 RF (sd R/cl L to R, fwd R trng 3/4 LF under jnd ld hds to fc ptr), sd R/cl L to R, sd R to fc ptr; (*rf trng fallaway*) trn to scp rk bk L, rec R, sd R trng 1/4 RF/ cl L to R;

5-8 FINISH RF TRNG FALLAWAY, RF TRNG FALLAWAY;; RK BK,REC,WALK,PICKUP; STEP,KICK,TWICE;

5-6 (*cont rf trng fallaway*) sd R trng 1/4 RF/ cl L to R, sd R end in scp rlod, rk bk L, rec R; sd L/ cl R to L, sd L trng 1/4 RF, sd R trng 1/4 RF/ cl L to R, sd R end in scp lod;
7-8 rk bk L, rec R, (*walk & pickup*) walk fwd L, small step fwd R (W fwd R, fwd L trng 1/2 LF to end in bfly/lod); (*step kick*) step on place L, kick fwd R toe pointing down, step on place R, kick fwd L toe pointing down (W step on place R, kick fwd L toe pointing down, step on place L, kick fwd R toe pointing down);

PART C:

1-4 FOXTROT DIAMOND TRN;;;:

1-2 cp lod (*diamond trn*) fwd L trng LF, -, cont LF trn sd R, bk L to bjo/drc; bk R trng LF, -, cont LF trn sd L, fwd R to bjo/drw;
3-4 fwd L trng LF, -, cont LF trn sd R, bk L to bjo/dlw; bk R trng LF, -, cont LF trn sd L, fwd R to bjo/lod

5-8 OPEN TELEMAR; HOVER FALLAWAY; SLIP PIVOT BJO; MANUV,SD,CL;

5-6 (*telemark*) Fwd L DLC trn LF, -, fwd & sd R arnd W cont LF trn (W heel trn), sd & fwd L DLW to SCP; (*hover fallaway*) fwd R, -, diag sd and fwd L rising slightly [hovering], small step fwd R on toes to scp;
7-8 (*slip pivot*) bk L, -, bk R comm LF trn, fwd L (W bk R comm LF pivot on ball of foot, -, fwd L complete LF trn L, bk R); (Manuver) fwd R trng 1/2 RF, -, sd L, cl R to L (W small step fwd, -, sd, cl);

9-12 SPIN TRN; BOX FINISH; PROG FOX BOX;;

9-10 (*spin trn*) back L toe pivoting 1/2 RF to fc lod, -, fwd R between W's feet cont RF turn, sd and bk on L (W fwd R between M's feet pivoting 1/2 RF, -, bk L cont trn brush R to L, compl trn fwd R) to cp/dlw, (*box finish*) bk on R trng 1/4 LF, -, sd L, cl R to L to cp/lod;
11-12 fwd lod L, -, sd R, close L to R; fwd lod R, -, sd L, cl R to L;

ENDING:

1-4 WALK,2; START DIAMOND TRN;;;:

1-2 fwd L, -, R, -; (*diamond trn*) fwd L trng LF, -, cont LF trn sd R, bk L to bjo/drc;
3-4 bk R trng LF, -, cont LF trn sd L, fwd R to bjo/drw; fwd L trng LF, -, cont LF trn sd R, bk L to bjo/dlw;

5-7 FINISH DIAMOND TRN; OPEN TELEMAR; STEP THRU,APT,POINT;

5-6 (*cont diamond trn*) bk R trng LF, -, cont LF trn sd L, fwd R to bjo/lod; (*telemark*) Fwd L DLC trn LF, -, fwd & sd R arnd W cont LF trn (W heel trn), sd & fwd L DLW to SCP;
7 step thru lod R trng to fc ptr, -, apt on L, pt on R;