

LA MER

Choreographer: Chuck & Sandi Weiss, 2550 S Ellsworth Rd, Mesa, AZ 85209 (480) 830-9251 (602) 295-1672

E-Mail ouiqrnds@dancewithchuckandsandi.com Web www.dancewithchuckandsandi.com

CD: Swing For Private, Track 20 Artist: Chantal Chamberland

Availability: MP3 from Amazon & Others CD from Amazon & Others

Amazon Link: https://www.amazon.com/dp/B00T6TNDG4/ref=dm_ws_tlw_trk20

Rhythm: Foxtrot/Jive RAL Phase V Difficulty Level - Average

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Foxtrot & Jive unless noted.

Time @ 45 RPM: 3:50

Sequence: Intro-A- B-C-A-D-C-A-End

Released: October 1, 2017

Meas

INTRODUCTION

1 - - 4 LOP/DLW WAIT 2;; TOG TCH CP/DLW; FEATH FINISH;

1 - 2 LOP Fcng DLW lead ft free wait 2 meas;;

3 [Tog, Tch] Fwd L w/slight RF upper body rotation to CP, -, -, -;

4 [Feath Fin] Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R (W fwd L comm. LF trn, -, sd & bk R, bk L) to BJO DLC;

PART A

1 - - 4 DIAMOND TURN;;;;

1 - 4 [[Diamond Trn] Fwd L on the diagonal, -, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, -, sd L, fwd R outside ptr in BJO (Bk R on the diagonal, -, continuing LF trn sd L, fwd R outside ptr; -, fwd L trng LF, sd R, bk L); Fwd L trng LF on the diagonal, -, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, -, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, -, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF, -, sd R, bk L);

5 - - 8 REV WAVE;; BK FEATH; FEATH FINISH;

5 - 6 [Rev Wave] Fwd L starting LF body trn 3/8, -, sd R line of progression, bk L diagonally (Bk R starting LF body trn 3/8, -, cl L to R [heel turn], fwd R diagonally); Bk R, -, bk L, bk R curving LF (fwd L, -, fwd R, fwd L curving LF;) to CP/ROD;

7 [Bk Feather] Bk L, -, bk R w/rt shldr lead, bk L to BJO (Fwd R, -, fwd L w/lft shldr lead, fwd R to BJO);

8 [Feath Fin] Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R (W fwd L comm. LF trn, -, sd & bk R, bk L) to BJO DLW;

9 - 12 HOVER TELE; 1/2 NAT TRN; OVERSPIN TRN; BOX FINISH DLW;

9 [Hover Tele] Fwd L, -, diag sd & fwd R rising slightly [hovering] w/body trng 1/8 RF, fwd L small step on toes to SCP (Bk R, -, diag sd & bk L w/hovering action and body trng 3/8 RF, fwd R small step on toes to SCP);

10 [1/2 Nat from SCP] Commence RF upper body trn fwd R heel to toe, -, sd L across LOD, bk R (With slight RF upper body trn fwd L, -, sd R, fwd L;) to CP/ROD;

11 [OverSpin Trn] Commence RF upper body trn bk L toe pivoting 1/2 RF to fc Line of Progression, -, fwd R bet W's feet heel to toe cont RF trn keeping lft leg extended bk & sd, complete 7/8 RF trn sd & bk on L (Commence RF upper body trn fwd R bet M's feet heel to toe pivoting 1/2 RF, -, bk L toe cont trn brush R to L, complete 7/8 trn fwd R;) to fc DRW;

12 [Box Finish] In CP bk R commence lf trn 1/4, -, sd L, cl R to L to CP/DLW;

PART B

1 - - 4 HOVER; PROM WEAVE;; HOVER TELE;

1 [Hover] Fwd L to CP, -, fwd & sd R rising to ball of ft, rec L to tight SCP/DLC (Bk R to CP, -, bk & sd L trng to SCP & rising to ball of ft, rec R to tight SCP/DLC);

2 - 3 [Prom Weave] From SCP/DLC fwd R, -, fwd L comm LF trn, sd & slightly bk on R to BJO DLC; bk L in BJO DLC, bk R comm LF trn & lead W to CP, sd & slightly fwd L DLW, fwd R outside ptr to BJO DLW (From SCP/DLC fwd L, -, sd & slightly bk R comm LF trn to BJO DRW, continue trng on R until fcng LOD then fwd L DLW; fwd R to BJO, fwd L DLC comm LF trn, continue LF trn sd & slightly bk R fcng COH, bk L to BJO to end backing DLW);

4 [Hover Tele] Fwd L, -, diag sd & fwd R rising slightly [hovering] w/body trng 1/8 RF, fwd L small step on toes to SCP (Bk R, -, diag sd & bk L w/hovering action and body trng 3/8 RF, fwd R small step on toes to SCP);

5 - - 8 NAT WEAVE;; THREE STP; CURVED FEATH;

- 5 - 6 [Nat Weave] Fwd R comm to trn RF, -,sd L with left sd stretch [under 1/4 RF trn betwn steps 1 & 2], with rt sd lead bk R DLC preparing to lead W outsd ptr [slight RF trn betwn steps 2 & 3]; with rt sd stretch bk L in BJO, bk R comm LF trn passing thru CP, with left sd stretch sd & fwd L preparing to step outsd ptr trng 1/4 LF betwn steps 5 & 6 body trns less, with left sd stretch fwd R in BJO outsd ptr DLW (Bk L comm to trn RF, - rt foot closes to L heel trn with rt sd stretch trng 1/4 RF betwn steps 1 & 2, with left sd lead fwd L preparing to step outsd ptr; with left sd stretch fwd R in BJO outsd ptr, fwd L comm to trn LF passing thru CP, with rt sd stretch sd R trng LF 1/8 betwn steps 5 & 6, with rt sd stretch bk L trng LF 1/8 betwn steps 6 & 7 body trns less DLW);
- 7 [Three Step] Starting with L, 3 fwd passing stps with heel lead on stps 1 and 2 rising to toe on stp 3 (Starting with R, 3 bk passing stps) to CP DLW;
- 8 [Curved Feath] Fwd R commence to trn RF, -, with lft sd stretch cont RF trn sd & fwd L, cont upper body trn to rt with lft sd stretch fwd R outside ptr in CBMP (Bk L commence to trn RF, -, staying well into M's rt arm with rt sd stretch cont RF trn sd & bk R, cont RF upper body trn with rt sd stretch bk L in CBMP);

9 – 12 CL IMP; FEATH FINISH; DBL REV SPIN; CHG OF DIR DLC;

- 9 [Cl Imp] Bk L trng RF, -, cont trn cl R to L, bk & sd L to CP DLW (W fwd R btwn M's ft, -, fwd L trng RF, brush R to L then fwd on R betwn M's feet);
- 10 [Feath Fin] Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R (W fwd L comm. LF trn, -, sd & bk R, bk L) to BJO DLC;
- 11 [Dbl Rev] Fwd L comm to trn LF, -, sd R [3/8 LF trn betwn steps 1 & 2], spin 1/2 LF betwn steps 2 & 3 on ball of R bringing L under body beside R w/no weight flexed knees DLW (Bk R comm to turn LF, -, L closes to R heel trn trng 1/2 LF betwn steps 1 and 2/sd and slightly bk R cont LF trn, XLIF of R;) to fc DLW;
- 12 [Chg of Direc] Fwd L DLW, -, fwd R DLW rt shldr leading trng LF starting to draw L to R, finish drawing L to R (Bk R DLW, -, bk L DLW lft shldr leading trng LF starting to draw R to L, finish drawing R to L;)to CP/DLC;

PART C**1 - - 4 OP TELE; ½ NAT; OVERSPIN TRN; BOX FINISH DLW;**

- 1 [Op Tele] Fwd L comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm LF trn, -, cl L to R for heel trn, sd & fwd R) to SCP/DLW;
- 2 [1/2 Nat] Commence RF upper body trn fwd R heel to toe, -, sd L across LOD, bk R (With slight RF upper body trn fwd L, -, sd R, fwd L;) to CP/RLD;
- 3 [OverSpin Trn] Commence RF upper body trn bk L toe pivoting ½ RF to fc Line of Progression, -, fwd R bet W's feet heel to toe cont RF trn keeping lft leg extended bk & sd, complete 7/8 RF trn sd & bk on L (Commence RF upper body trn fwd R bet M's feet heel to toe pivoting ½ RF, -, bk L toe cont trn brush R to L, complete 7/8 trn fwd R;) to fc DRW;
- 4 [Box Finish] In CP bk R commence lf trn ¼, -, sd L, cl R to L to CP/DLW;

5 - - 9 HOVER; THRU VINE 4; SLOW SD LK; DIAMOND TRN ½;;

- 5 [Hover] Fwd L to CP, -, fwd & sd R rising to ball of ft, rec L to tight SCP (Bk R to CP, -, bk & sd L trng to SCP & rising to ball of ft, rec R to tight SCP);
- 6 [Thru Vine 4] Thru R, sd L, XRIB, sd L to SCP;
- 7 [Slow Sd Lk] Thru R, -, sd & fwd L to CP, XRIB of L trng slightly LF (Thru L starting LF trn, -, sd & bk R continuing LF trn to CP, XLIF of R;) to CP/DLC;
- 8 – 9 [Diamond Trn ½] Fwd L on the diagonal, -, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, -, sd L, fwd R outside ptr (Bk R on the diagonal, -, continuing LF trn sd L, fwd R outside ptr; -, fwd L trng LF, sd R, bk L;) to BJO/DRW;

10 – 12 QK DIAMOND 4; DIP BK, REC; CHG OF DIR DLC;

- 10 [Qk Diamond 4] Fwd L on the diagonal commence LF trn, continue LF trn sd R, bk L, bk R to fc DLW;
- 11 [Dip Bk, Rec] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -, rec R to CP DLW, -;
- 16 [Chg of Direc] Fwd L DLW, -, fwd R DLW rt shldr leading trng LF starting to draw L to R, finish drawing L to R (Bk R DLW, -, bk L DLW lft shldr leading trng LF starting to draw R to L, finish drawing R to L;) to CP/DLC;

REPEAT A to Fc Wall

PART D**1 - - 4 SD, TCH, RT CHASSE; CHG R TO L;; SPANISH ARMS TO HNDSHK RLOD;;**

- 1 [Sd Tch, Rt Chasse] Sd L, tch R to L, sd R/cl L, sd R;
 2 - 4 [Chg R to L] Rk bk L to SCP, rec R, sd L trng ¼ LF/cl R, sd L; sd & fwd R/cl L, sd R (Rk bk R to SCP, rec L, sd & fwd R trng ¾ RF under joined ld hnds/cl L, sd R; sd & bk L/cl R, sd L,) LOP/LOD,
 [Spanish Arms] Rk bk L, rec R trng RF; sd L/cl R, sd L cont RF trn, sd R/cl L, sd R (Rk bk R, rec L trng 1/4 LF to wrap pos; sd R/cl L, sd R trng 3/4 RF unwrapping, sd L/cl R, sd L;) to end rt hndshk/RLOD;

5 - - 7 CHG L TO R TO TANDEM;; CATAPULT;;

- 5 - 7 [Chg Plcs L to R to Tandem] With rt hnds joined M fcg ptr & RLOD rk bk L, rec R, sd L/R, L; sd R/L, R (Rk Bk R, rec L, trn LF under jnd R-R hnds fwd R/L, R; bk L/R, L,) end in Tandem W beh M fcng RLOD,
 [Catapult] Fwd L, rec R; in place L/R, L, in place R/L, R (Rk bk R, rec L; fwd R moving to M's lft sd & commence RF trn/sd L continue RF trn passing M, spin RF on R, in place L/R, L to fc ptr;) to LOP/Fcng RLOD;

8 - - 12 CHG L TO R FC COH;; CHG HND BEH BK;; LINK RK, RK, REC;;

- 8 - 10 [Chg L to R] Rk bk L, rec R, sd L trng ¼ RF/cl R, sd L; Sd R/cl L, sd R (Rk bk R, rec L, fwd R trng ¾ LF under joined ld hnds/cl L, sd R; sd L cont trn to fc ptr/cl R, sd L,) to fc COH,
 [Chg Hnds Beh Bk] Rk apt L, rec R; fwd L starting 1/4 LF trn & placing rt hnd over W's rt hnd/cl R, fwd L releasing lft hnd & completing 1/4 LF trn to tand pos in front of W, sd & bk R starting 1/4 LF trn & placing lft hnd beh M's bk/cl L transferring W's rt hnd to M's lft hnd beh his bk, sd & bk R completing 1/4 LF trn (Rk apt R, rec L; fwd R starting 1/4 RF trn/cl L, fwd R completing 1/4 RF trn to tand pos beh M, sd & bk L starting 1/4 RF trn/cl R, sd & bk L completing 1/4 RF trn to fc ptr;) LOP fcng Wall;

- 11 - 12 [Link Rk] Rk apt L, rec R, small triple fwd L/R, L; sd R/L, R to CP,
 [Rk, Rec] Rk Bk L to SCP, rec R;

13 - 18 2 FWD TRIPLES; SWIVEL WK 4; THROWAWAY; WINDMILL 2X;;

- 13 [2 Fwd Triples] Fwd L/R, L, R/L, R;
 14 [Swivel Wk 4] With swiveling action fwd L, fwd R, fwd L, fwd R;
 15 [Throwaway] Sd L/cl R, sd L, sd R/cl L, sd R commence 1/4 LF trn on triples (pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 trn on the triples;) to LOP/LOD;
 16 - 18 [Windmills] Rk bk L, rec R starting ¼ LF trn, fwd L in front/cl R, fwd L completing ¼ LF trn; sd R starting ¼ LF trn/cl L, sd R completing 1/4 left face turn (Rk bk R, rec L starting ¼ LF trn, fwd R/cl L, fwd R completing ¼ LF trn; sd L starting ¼ LF trn/cl R, sd L completing ¼ LF trn,) Rk bk L, rec R starting ¼ LF trn; fwd L in front/cl R, fwd L completing ¼ LF trn, sd R starting ¼ LF trn/cl L, sd R completing 1/4 left face turn (Rk bk R, rec L starting ¼ LF trn; fwd R/cl L, fwd R completing ¼ LF trn, sd L starting ¼ LF trn/cl R, sd L completing ¼ LF trn;) fc LOD;

19 - 21 CHG L TO R;; RK TO PRETZEL TRN;;

- 19 - 21 [Chg L to R] Rk bk L, rec R, sd L trng ¼ RF/cl R to L, sd L; Sd R/cl L to R, Sd R (Rk bk R, rec L, fwd R trng ¾ LF under joined ld hnds/cl L to R, Sd R; sd L cont trn to fc ptr/cl R to L, sd L,) to SCP/LOD,
 [Pretzel Trn] Rk bk L, rec R trng rt to fc ptr; sd L/cl R, sd L trng 1/2 RF keeping M's lft & W's rt hnds joined [ptrs are in a bk to bk position], sd R/cl L, sd R trng up to 1/4 RF [ptrs are in a Bk to Bk "V" Position with M's lft & W's rt hnds joined beh bks];

22 - 24 RK & UNWRAP PRETZEL;; RK, REC; SLOW WK, PU DLC;

- 22 - 23 [Unwrap Pretzel] Rk fwd L XIF to LOD with rt hnd extended fwd, rec R trng up to 1/4 LF, sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's lft & W's rt hnds; sd R/cl L, sd R to SCP/LOD, rk bk L, rec R;
 24 [Slow Wk, PU] Fwd L, - fwd R, - (Fwd R commence LF, -, fwd L complete LF trn to fc RLW, -) to CP/DLC;

REPEAT C**REPEAT A to Fc Wall****END****1 - - 4 LEFT TRNG BOX;;;**

- 1 - 4 [Lft Trng Box] Fwd L commence LF trn ¼, -, complete trn sd R, cl L; Bk R commence LF trn ¼, -, complete trn sd L, cl R; Fwd L commence LF trn ¼, -, complete trn sd R, cl L; Bk R commence LF trn ¼, -, complete trn sd L, cl R;

5 - - 8 WHISK; WING; OP TELE; THRU & FC;

- 5 [Whisk] In CP Fwd L, -, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to full rise on ball of ft ending in a tight SCP (bk R to CP, -, bk & sd L commencing to rise to ball of ft, XRIB of L continuing to full rise on ball of ft ending in a tight SCP);

- 6 [Wing] Fwd R, -, draw L twd R, tch L to R trng upper part of body LF with lft sd stretch (Fwd L beginning to XIF of M comm trn slightly LF, -, fwd R arnd M cont to trn slightly LF, fwd L arnd M complete slight LF trn to end in a tight SCAR;) DLC;
- 7 [Op Tele] Fwd L comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R) to SCP/DLW;
- 8 [Thru, Fc] Step thru R, - sd L to CP Wall, -;
- 9 - - 11 **SLOW TWIST VINE 3, LUNGE;; TWIST, ETC;**
- 9 – 10 [Slow Twist Vine 3, Lunge] XRIB, -, sd L, -; XRIF, - lunge sd L, - (XLIF, -, sd R, -; XLIB, -, lunge sd R, -);
- 11 [Twist] Rotate upper body LF maintaining CP (Leg crawl optional);

Quick Cues**La Mer****(Phase V – Foxtrot/Jive)****(Weiss)**

- Intro** LOP Fcng DLW Ld Hnds Joined Ld Ft Free wait 2;;
Tog w/upper body rotation to CP, Tch; Feath Finish;
- A** Diamond Trn;;;
Rev Wave;; Bk Feath; Feath Finish;
Hover Tele; ½ Nat Trn; Overspin Trn; Box Finish DLW;
- B** Hover; Prom Weave;; Hover Tele;
Nat Weave;; 3 Stp; Curved Feath;
Cl Imp; Feath Finish; Dbl Rev; Chg of Dir DLC;
- C** Op Tele; ½ Nat; Overspin Trn; Box Finish Fc DLW;
Hover; Thru Vine 4; Slow Sd Lk; Diamond Trn ½;;
Qk Diamond 4; Dip Bk, Rec; Chg of Dir DLC;
- A** Diamond Trn;;;
Rev Wave;; Bk Feath; Feath Finish;
Hover Tele; ½ Nat Trn; Overspin Trn; Box Finish CP Wall;
- D** Sd Tch, Rt Chasse; Chg R to L;, Spanish Arms to Hndshk;;
Chg L to R to Tandem Fc RLOD;, Catapult;;
Chg L to R Fc COH;, Chg Beh Bk to BFLY;; Link Rk, Rk, Rec;;
2 Fwd Triples; Swivel 4; Throwaway; Windmill 2X;;;
Chg L to R;, Rk to Pretzel Trn;; Rk & Unwrap,;
Rk Rec, Slow Wk PU DLC;;
- C** Op Tele; ½ Nat; Overspin Trn; Box Finish Fc DLW;
Hover; Thru Vine 4; Slow Sd Lk; Diamond Trn ½;;
Qk Diamond 4; Dip Bk, Rec; Chg of Dir DLC;
- A** Diamond Trn;;;
Rev Wave;; Bk Feath; Feath Finish;
Hover Tele; ½ Nat Trn; Overspin Trn; Box Finish CP Wall;
- End** Lft Trng Box;;;
Whisk; Wing; Op Tele; Thru & Fc;
Slow Twist Vine 3;, Lunge, Twist Etc;