

Una Furtiva Lagrima

(ウナ・フルティバ・ラグラーマ)

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Music : The Ultimate Ballroom Album 14 CD Track 7 Suggested speed: 28 MPM
Rhythm : Waltz Phase : V+2 (Running Spin, Throwaway Over Sway)
Footwork : Opposite, directions for man (lady as noted)
Sequence : Intro - A - B - Inter1 - A - B - Inter2 - Ending Released Date : March 2015 Ver.1.0

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INTRO

1~2 WAIT; TOGETHER TOUCH CP/WALL;

- 1 [Wait] LOP facing pos fc WALL trail foot free wait 1 meas;
1-- 2 [Together touch CP/WALL] Fwd R, CP tch L to R, - end CP/WALL;

PART A

1~8 HOVER; THRU CHASSE TO BJO; MANUV; RUNNING SPIN; BACK SYNCOPATED PICKUP LOCK; REVERSE FALLAWAY & SLIP; OPEN TELEMAR; THROWAWAY OVER SWAY;

- 1 [Hover] Fwd L, sd & fwd R trn LF, sd & fwd L SCP/LOD;
12&3 2 [Thru chasse to BJO] Thru R fc partner, sd L/cl R, sd & fwd L (W thru L comm trn to fc, cont trng RF sd R/cl L, sd & bk R) end Contra BJO/DLW;
3 [Manuv] Fwd R outside ptr comm trng RF, cont trng RF sd & bk L, cl R (W bk L ptr outside comm trng RF, cont trng RF sd & fwd R, cont trng RF cl L) end CP/RLOD;
1&23 4 [Running Spin] Bk L pivoting 1/2 RF/fwd R cont pivoting trng RF, sd L, sd & bk R w/ R-sd lead (W fwd R pivoting 1/2 RF/bk L cont pivoting trng RF, fwd R, sd & fwd L w/ L-sd lead) end BJO/DRW;
123& 5 [Back syncopated pickup lock] Bk L ptr outside, bk R comm trng LF, cont trng LF sd & fwd L twd DLC/cont trng LF XRIB (W fwd R outside ptr, fwd L comm trng LF, cont trng LF sd & bk R twd DLC/cont trng LF XLIF) end CP/DLC;
1&23 6 [Reverse Fallaway & slip] Fwd L comm trng LF/cont trng LF sd & fwd R twd DLC, bk L SCP/DRW, swiveling LF on L bk R under body (W bk R comm trng LF/cont trng LF sd & bk L, bk R, swiveling LF on R fwd L small step) end CP/DLC;
7 [Open Telemark] Fwd L comm trng LF, cont trng LF sd & fwd R around W, cont trng LF on R sd & fwd L (W bk R comm trng LF on R-heel drawing L to R without chg wgt, cont trng LF on R-heel chg wgt to L, cont trng LF sd & fwd R) end SCP/LOD;
--- (---) 8 [Throwaway Over Sway] Comm trng LF flexing L-knee rotate upper body LF extending R sd & bk twd RLOD looking at W (W comm trng LF flexing R-knee swivel LF on R extend R past L looking well left), -, -;

9~16 RECOVER EROS LINE; LADY SWIVEL DEVELOP; SLOW OUTSIDE SWIVEL; NATURAL HOVER CROSS; SYNCOPATED ENDING; TELEMAR TO BJO; MANUV; OVER SPIN TURN CP/DRW;

- 1-- (1--) 9 [Recover Eros Line] Trng RF sd & fwd R twd DRW leading W trn RF, extend R-sd of Body w/ L-sway (W trng RF sd & bk L, lift R-leg parallel to floor looking well R), - end Eros Line/WALL;
--- (---) 10 [Lady Swivel Develop] Hold leading W swivel LF to BJO M fcg DLW, rotating upper body slightly LF looking at W hold rising on R (W swivel LF rising on L lift R-knee twd DRC, stretching R-knee extend twd DRC), -;
1-- (1--) 11 [Slow Outside Swivel] Bk L leading W fwd & swivel RF to SCP/DLW (W fwd R outside ptr swiveling RF to fc DLW), -, - end SCP/DLW;
123 12-13 [Natural Hover Cross Syncopated Ending] Fwd R outside ptr comm trng RF, cont trng

- 1&23 RF sd & bk L twd DLW, cont trng RF strongly on L sd R (W fwd L, fwd R comm trng RF, cont trng RF sd & bk L) end SCAR/DLW; XLIF w/ checking motion outside ptr/rec R, trng RF sd & fwd L w/ L-shoulder lead, fwd R outside ptr (W XRIB w/ checking motion ptr outside in SCAR/rec L, trng RF sd & bk R w/ R-shoulder lead, bk L) end BJO/DLC;
- 14 [Telemark to BJO] Fwd L comm trng LF, cont trng LF fwd & sd R round W (W heel trn LF), cont trng LF sd & fwd L (W sd & bk R) end BJO/DLW;
- 15 [Manuv] Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP/RLOD;
- 16 [Over Turn Spin Turn CP/DRW] Bk L comm trng RF, cont trng RF fwd R twd LOD, cont trng RF bk L twd LOD end CP/DRW;
- 17~24 TURNING LOCK TO CP/WALL; QUICK LEFT WHISK RECOVER SIDE; CONTRA CHECK RECOVER TO SCP/LOD; THRU SYNCOPATED VINE; THRU CHASSE TO BJO/DLC; QUICK OPEN REVERSE; SLOW HOVER CORTE;;**
- 1&23 17 [Turning lock to CP/WALL] Bk R w/ R-shoulder lead/XLIF (W XRIB), Bk R trng LF to fc almost WALL, cont trng LF sd L twd LOD CP/WALL;
- 1&2- 18 [Quick Left Whisk recover side] Comm trng LF XRIB flexing knees trng upper body LF/rec L, comm trng RF sd R (W comm trng LF XLIB/rec R, sd L), - end CP/DRW;
- 19 [Contra Check recover to SCP/LOD] Trng upper body LF flexing R-knee fwd L slight across body w/ R-sd lead, rec R comm trng LF, cont trng LF to fc DLW sd & fwd L (W flexing L-knee bk R across body w/ L-sd lead looking well L, rec L comm trng RF, fwd R) end SCP/LOD;
- 1&23 20 [Thru Syncopated Vine] XRIF/sd L, XRIB, rising on R for slight hovering sd L;
- 12&3 21 [Thru Chasse to BJO/DLC] SCP/LOD thru R comm trn to fc, sd L/cl R, cont trn LF sd & fwd L (W thru L comm trn to fc, cont trng RF sd R/cl L, sd & bk R) end BJO/DLC;
- 1&23 22 [Quick Open Reverse] Fwd R/fwd L comm trng LF, cont trng LF sd & bk R, bk L twd DLC ptr outside (W bk L/bk R comm trng LF, cont trng LF sd & fwd L, fwd R outside ptr) end BJO/RLOD;
- 12;-;-3 23-24 [Slow Hover Corte] Bk R comm trng LF, cont trng LF to fc WALL sd L hovering, -; -, -, con trng LF rec R (W fwd L comm trng LF, cont trng LF sd R hovering cont trng LF, -; -, -, rec L) end BJO/DLW;

PART B

- 1~8 BACK WHISK; THRU CHASSE TO BJO/DLW; MANUV; OPEN IMPETUS; WING TO SCAR; DOUBLE REVERSE SPIN; OPEN TELEMAR; THRU TWINKLE LOP/RLOD;**
- 1 [Back Whisk] Bk L ptr outside, slightly trng RF sd R twd RLOD, leading W trn RF XLIB (W fwd R outside ptr, slightly trng RF sd L twd RLOD, trng RF XRIB) end SCP/LOD;
- 12&3 2 [Thru Chasse to BJO/DLW] Repeat 2 meas of PART A;
- 3 [Manuv] Repeat 3 meas of PART A;
- 4 [Op Impetus] Bk L, trng RF on L-heel cl R, cont trng RF sd & fwd L (W fwd R comm trng RF, sd & fwd L cont trng RF around M, cont trng RF sd & fwd R) end SCP/DLC;
- 1-- (123) 5 [Wing to SCAR] Fwd R, draw L to R, tch L to R (W across front of M fwd L commence LF trn, cont LF trn fwd R, cont LF trn fwd L) end SCAR/DLC;
- 12-(123&) 6 [Double Reverse Spin] SCAR/DLC fwd L comm trn LF, cont trn LF fwd & sd R, cont trn LF tch L to R (W bk R comm trn LF, cont trn LF cl L to R heel trn, cont trng LF sd & slightly bk R/cont trng LF XLIF of R) end CP/DLC;
- 7 [Open Telemark] Repeat 7 meas of PART A;
- 8 [Thru twinkle LOP/RLOD] Fwd R commence RF trn release trail hands, sd L fc partner, cl R LOP/RLOD;

INTER 1

- 1~4 TWINKLE WITH ARM; FWD CHASSE TO SCP; HOVER FALLAWAY; BACK TURN SIDE DRAW FC WALL;**
- 1 [Twinkle with Arm] LOP/RL0D Fwd L comm trn LF trn release lead hands swing up, sd R fc partner, cont trn LF cl L lead hands down at sd end OP/LOD;
- 12&3 2 [Fwd Chasse to SCP] Fwd R comm trn RF to fcg partner, sd L/cl R, sd & fwd L (W fwd L comm trn LF to fcg partner, sd R/cl L, sd & fwd R) end SCP/LOD;
- 123 3 [Hover Fallaway] Thru R, fwd L rising on toe, rec R (W thru L, fwd R rising on toe, rec L) end SCP/LOD;
- 12- 4 [Back turn side draw fc WALL] Bk L twd DRC trn RF fc WALL, sd R, draw L to R CP/WALL;

PART A**PART B****INTER 2**

- 1~4 TWINKLE WITH ARM; FWD CHASSE TO SCP; HOVER FALLAWAY; BACK BACK SLIP FC DLC & HOLD;**
- 1-3 Repeat meas 1-3 of INTER 1;;;
- 12- 4 [Back back slip fc DLC & hold] Bk L, bk slip R trn LF CP/DLC, -;

ENDING

- 1~11 MINI TELESPIN FC DRC;; SLOW CONTRA CHECK; RECOVER SWICH & FWD; HOVER TELEMAR 1/2 OPEN; OPEN IN AND OUT RUNS SHADOW/LOD;; HORSE & CURT MAN CLOSE SHADOW/LOD;; LUNGE APART; RECOVER FC WALL SIDE OPEN HINGE;**
- 12-&(123&) 1-2 [Mini Telespin fc DRC] Fwd L comm trn LF, fwd & sd R cont trn LF, sd & bk L with partial weight/cont trn LF on R foot to fc LOD; Fwd L comm trn LF, cont trn LF cl R (W bk R comm trn LF bring L beside R with no weight, cont trn LF on R heel and chg weight to L, fwd R/fwd L comm trn LF; bk R cont trn LF, cl L) to CP/DRC, -;
- 12-(12-) 3 [Slow Contra Check] Comm upper body trn LF flexing R-knee extend fwd L across body w/ sway to L looking at W, -, -;
- 123 4 [Recover switch & fwd] Rec R, switch L trn RF fc DLW, fwd R end CP/DLW;
- 5 [Hover Telemark 1/2 Open] Fwd L, fwd R comm trng RF, hovering sd & fwd L twd LOD releasing jnd lead hnds (W bk R, bk L comm trng RF, hovering sd & fwd R) end Half OP Pos both fcg LOD;
- 6-7 [Open In and Out Runs SHADOW/LOD] Fwd R comm trng RF, cont trng RF sd & bk L holding W's bk w/ L-hnd, cont trng RF sd & fwd R releasing trailing hnds (W fwd L, fwd R btwn M's ft, fwd L) end L-Half OP Pos both fcg LOD; Fwd L, fwd R btwn W's ft, fwd L joining L-hnds (W fwd R comm trng RF, cont trng RF sd & bk L placing L-hnd on M's L-shoulder, cont trng RF sd & fwd R joining L-hnds) end SHADOW/LOD;
- 1-- (1&2&3&) 8-9 [Horse & Curt Man close SHADOW/LOD] Bend L knee extend R to sd & circle CCW, -, -, -, -, cl R (W circle wk CCW fwd L/R, L/R, L/R; L, R, L) end SHADOW/LOD;
- 3(123) 10 [Lunge Apart] Sd lunge L twd COH flex knee (W sd lunge R twd WALL flex knee) lead hands arm circle CCW(W CW), -, -;
- 12- (123) 11 [Recover fc WALL side Op Hinge] Rec R trng RF on R to CP/WALL, sd L twd LOD rotate upper body LF flexing L-knee releasing extend lead hnd sd & bk (W rec L trng LF on L to CP/COH, sd R twd LOD, slightly trng LF XLIB cont rotate upper body LF flexing L-knee placing R-hnd on M's L-shoulder, extend L-hnd sd & bk looking well left) end OP HINGE Line fc WALL;