

## Meditation

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Music: Prandi Sound CD 226, 5deg Dance Super Stars  
Ballroom,  
Track 4, at 28 MPM  
Footwork: Opposite, directions for man (lady as noted)  
[suggested syncopations noted]  
Phase & Rhythm: Phase V - Waltz  
Difficulty Level: Easy (four figures from Phase V)  
Sequence: Intro, A, A, B, Bridge, C, C, B, End



2008

### MEASURES

### INTRODUCTION

- 1-4 WAIT 1; BALANCE LEFT; lady REVERSE TWIRL to CLOSED; CHANGE of DIRECTION;  
1 [Wait 1 Meas] Bfly fcng fc WALL lead feet free pointed sd;  
2 [Bal 123] Sd L slght body trn RF(LF), XRIBL, rec L fc WALL, -;  
3 [lady Rev Twirl to cp 123] Sd R sml stp releas trail hnds trn lady LF under lead hnds, cl L, sd L sml stp trn LF present frame assume cp DLW (fwd L strt trn LF undr lead hnds, fwd R trn LF, fwd to cp);  
4 [Chng Dir] Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R cp DLC,-;

### PART A

- 1-8 OPEN REVERSE; BACK CHASSE to BANJO; CURVED FEATHER CHECK; BACK PASSING CHANGE; BACK CHASSE to BANJO; MANEUVER; SPIN TURN; BOX FINISH;  
1 [Opn Rev ] Fwd L trn LF, sd & bk R to bjo bkng LOD, bk L in bjo bkng LOD;  
2 [Bk Chasse to Bjo 12&3] Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to bjo DLW;  
3 [Curved Feather Ck] Fwd R trn RF, fwd & sd L foot trn RF, strng body trn RF sml step fwd R to bjo DLC ckng (bk L, bk R foot trn RF, strng body trn RF sml step bk L in bjo);  
4 [Bk Pass Chng] Bk L in bjo no trn, bk R backing DLC, bk L in bjo bkng DLC;  
5 [Bk Chasse to Bjo 12&3] Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to bjo DLW;  
6 [Man] Fwd R in bjo, trn RF sd & fwd L, trn RF cl R cp RLOD;  
7 [Spin Turn] Trn RF bk L, sd & fwd R trn RF, sd & bk L bkng DRC;  
8 [Box Finish] Bk R bkng DLC blnd cp trn LF, sd & fwd L trn LF, cl R cp DLW;

REPEAT PART A

### PART B

- 1-8 OPEN TELEMAR; WHIPLASH; BACK HOVER to SEMI; OPEN NATURAL; OPEN IMPETUS; WEAVE to SEMI;; CHAIR RECOVER SLIP;

- 1 [Open Telemark] **Fwd L trn LF, fwd & sd R trn LF (Lady heel trn & cl L), trn LF sd & fwd L to semi DLW;**
- 2 [Whiplash] **Thru R no rise trn body LF to swivel lady to bjo pnt L to DLW shape to slght right sway, hold shpe to right, slght rise in bjo DLW (thru L swivel LF ronde R ccw to bjo, shape with man, slght rise in bjo w/shape);**
- 3 [Bk Hover to Semi] **Bk L in bjo, bk R slght body trn RF blnd to semi, rec sd & fwd L to semi DLW;**
- 4 [Open Nat] **Thru R in semi, trn RF sd L, trn RF bk R bjo bkng DLW;**  
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- 5 [Impetus] **Bk L, trn RF on L heel transfer weight to R, trn RF sd & fwd L to semi DLC;**
- 6-7 [Weave Semi] **Thru R, fwd L trn LF, bk R to bjo bkng LOD; bk L in bjo, bk R to cp trn LF, sd & fwd L to semi DLW;**
- 8 [Chair & Slip] **Thru R relax R knee both fwd poise, rec bk L, trn LF sd & bk R trn LF CP DLC (thru L relax L knee fwd poise, rec bk R leave L leg extended, pvt LF on R slip L toe fwd to CP);**

#### Bridge

- 1-4 DIAMOND TURN;;;:  
 1-4 [Diamond Trn] **Fwd L DLC trn LF, sd & bk R, bk L to bjo bkng DLW; bk R trn LF, sd & fwd L, fwd R bjo DRW; fwd L trn LF, sd & bk R, bk L to bjo bkng DRC; bk R trn LF, sd & fwd L, fwd R bjo DLC;**

#### PART C

- 1-8 HOVER TELEMARCK; THRU VIENNESE TURN; HOVER CORTE; BACK CHASSE to the RIGHT; CONTRA CHECK & EXTEND; RECOVER HIGHLINE & SLIP; DOUBLE REVERSE; CHANGE of DIRECTION:
- 1 [Hover Telemark] **Fwd L, fwd & sd R trn RF, fwd & sd L to semi DLC;**
  - 2 [Viennese Cross 12&3] **Thru R trn LF, fwd L trn LF, sd & bk R/strng trn LF XLIFR cp RLOD, (thru L trn LF, bk R trn LF, sd & fwd L/strng trn LF cl R cp);**
  - 3 [Hover Corte] **Bk R trn LF, sd & fwd L trn LF hover action to bjo, rec bk R small step in bjo bkng DRW;**
  - 4 [Bk Right Chasse 12&3] **Bk L trn LF fc WALL, sd R/cl L, sd & fwd R cp WALL;**
  - 5 [Slow Contra Ck 1--] **Soften knee body trn LF fwd L X body line cp DRW, slowly trn body slght LF strong stretch up of body look over lady,- (soften knee bk R X body line but keep R heel off floor head to right, extnd body & trn head well left stretch up right sd of body,-);**
  - 6 [Rec Hi-line Slip] **Rec R, bk & sd L slght body trn RF rise (both look DLW), trn LF slip pvt action bk R sft knee cp fc LOD;**
  - 7 [Dble Rev 12&3] **Fwd L LOD trn LF, fwd & sd R trn LF, spin LF on R to DLW (Bk R, trn LF on R heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);**
  - 8 [Chng Dir] **Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R cp DLC,-;**

REPEAT PART C

REPEAT PART B

END

- 1-4 OPEN REVERSE; BACK CHASSE to SEMI; THRU to HINGE;;
- 1** [Opn Rev ] **Fwd L trn LF, sd & bk R to bjo bkng LOD, bk L in bjo bkng LOD;**
- 2** [Bk Chasse to Semi 12&3] **Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to semi LOD;**
- 3-4** [Hinge 12- (123) - - -] **Thru R, sd & fwd L to semi LOD, trn body LF lwr to hnge line (swvl LF XLIBR sml stp lwr extnd R fwd in hnge line); extnd shape as music fades;**

Sequence: Intro, A, A, B, Bridge, C, C, B, End