

SLOW WINTER


CHOREOGRAPHY: Joyce McAndrew (2018)

MUSIC: from the CD 'Odyssey' Thomas Otten and Stephanie Arcadias available on iTunes

FORMATION: Circle in V hold

RHYTHM: 4/4

INTRODUCTION: 8 bars, start on the singing

<table border="0" style="width: 100%; text-align: center;"> <tr><td>→</td><td>↔</td><td>↔</td></tr> <tr><td>R</td><td>L</td><td>R</td></tr> <tr><td>s</td><td>xf</td><td>sw sw</td></tr> </table>	→	↔	↔	R	L	R	s	xf	sw sw	<table border="0" style="width: 100%; text-align: center;"> <tr><td>→</td><td>↔</td><td>↔</td></tr> <tr><td>R</td><td>L</td><td>R</td></tr> <tr><td>s</td><td>xf</td><td>sw sw</td></tr> </table>	→	↔	↔	R	L	R	s	xf	sw sw	<table border="0" style="width: 100%; text-align: center;"> <tr><td>↑</td></tr> <tr><td>R</td></tr> <tr><td>f</td></tr> </table>	↑	R	f	<table border="0" style="width: 100%; text-align: center;"> <tr><td>↓</td></tr> <tr><td>L/R</td></tr> <tr><td>b</td></tr> </table>	↓	L/R	b	} x2
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		<p style="font-size: small;">stretching forward with weight going to R foot & bringing arms to shoulder height (still joined)</p>																										
		<p style="font-size: small;">stretching back bringing weight onto L foot & slide R foot back to close lowering arms</p>																										
																												

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* Dance ends here with

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Notation Joyce 2018