

Falling

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MUSIC: Falling (Ballroom Stars 4 Track 7 Keri Noble Casa Musica)
RHYTHM: Waltz
PHASE (+): V + 1 (Big Top) + 2 (Syncopated Rolls, Syncopated Chair)
FOOTWORK: Opposite unless indicated [*W: Woman's foot in italics*]
SEQUENCE: Introduction A B A B Ending

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Introduction

1 – 4 Wait; Lean Left; Recover Close (Lady Syncopated Unwrap); Right Lunge (Lady Arm Sweep);

- 1 Wait in Wrapped Position facing WALL with left foot free for both;
- 2 **[Lean Left (1--)]** Side L bracing slightly and leaving right leg extended and allowing to Woman to gently lean on your right side and once balanced release lead hands, hold;
[W: Transfer weight to left foot with feet together and lean left allowing some of your weight to press against the Man's right side making sure to brace your 'core' muscles to help with stability and balance and when comfortable release lead hands and use your right hand to gesture towards the man's face;]
- 3 **[Unwrap to Open (1--)]** Recover R, allowing Woman to unwrap, side R with Woman to end in OP WALL
[W: (123) Turning RF one full turn over three steps R, L, R to end in OP WALL;]
- 4 **[Right Lunge (1--)]** Lunge side R moving toward RLOD leaving left leg extended and lead hands joined;
[W: (&1--) Close L / lunge side R moving toward RLOD then sweep right arm down and across in front of the body then up and out to the side in a large circular motion ending with the arm extended up and out off the right shoulder in an attractive line;]

Part A

1 – 8 Chasse (Lady Syncopated Roll Transition) *; Open Natural; Running Outside Spin; Outside Change SCP; Syncopated Chair to SCP; Big Top; Reverse Fallaway, Slip Pivot; Contra Check;

- 1 **[Chasse to BFLY SCP (123)]** Recover L, close R, side L preparing to blend to "Butterfly SCP" DLW;
[W: (1&23) Forward L down LOD commence LF turn / side R continue LF turn 1/4 to face COH, close L spinning LF 1/2 and rising to slow down, continue LF turn 3/8 side and forward R with right side leading preparing to blend to Butterfly SCP DLW;]
NOTE: Butterfly SCP: Hands joined as in Butterfly with lead sides opened slightly toward DLW as they would be in SCP so that you can both step thru on the next step.
- 1* **See below for a description of the modification for Measure 1 of Part A as danced the second time thru.**
- 2 **[Open Natural (123)]** Joining hands in Butterfly SCP thru R commence RF turn, side L across partner and LOD then releasing trail hands, side and back R right side leading blending to Banjo backing LOD preparing to step back with partner outside;
[W: Thru L, forward R between partner's feet releasing trail hands, forward L with left side leading blending to Banjo;]

- 3 **[Running Outside Spin (1&23)]** Commencing strong RF turn back L small step toe in Banjo toe pointing WALL and instep of right foot / continue RF turn forward R down RLOD still in Banjo, spinning on R foot blend to CP then step side L around Woman on ball of foot then rising and blending to CP DRW, turning body RF to Banjo side and back R toward DLC;
[W: Forward R outside partner heel lead commence strong RF turn / closing L to R spin RF on balls of feet, blending to CP step side and slightly forward R between Man's feet in CP then rising, turning body RF to Banjo side and forward L toward DLC;]
- 4 **[Outside Change SCP (123)]** Back L partner outside in BANJO moving toward DLC, back R blending to CP, turning LF side and forward L towards DLC in SCP;
[W: Forward R toward DLC in BANJO, blending to CP forward L rising, turning LF side and forward L in SCP;]
- 5 **[Syncopated Chair to SCP (1&23)]** Thru R checking with a slight right sway allow Woman to close her head / recover L, back R in SCP leaving left extended forward, recover L in SCP DLC;
[W: Thru L checking and turn head to left with slight left sway / recover R, back L leaving R extended forward and head to left, recover R in SCP DLC with head still to left;]
NOTE: I'm recommending the Lady closes her head stepping into the chair and leaves it closed going into the Big Top. Do what works for you, but closing the head will help with the speed of the check and leaving it closed will help with the strong rotation of the Big Top.
OPTION: Syncopated Vine to SCP may be used instead of the Syncopated Chair if the Chair figure is too fast.
- 6 **[Big Top (1-&3)]** Thru and across R toward DLC moving slightly towards COH commence strong LF turn and rising slightly then spin LF on ball of R foot and holding left leg behind right leg so that the legs do not uncross to face RLOD, continuing LF rotation allow Woman to take second step / step back L towards LOD and blend to CP facing RLOD by bringing the right leg from in front to slightly behind, continue LF turn side and slightly back R toward COH continue LF turn to end in CP facing DLC;
[W: (123) Thru L moving almost toward COH commence strong LF turn and commence to rise turning toward CP, side and slightly back R (not a long step) rising continue LF turn brushing L to R and turning to CP facing LOD, continue LF turn side and forward L almost toward COH well to partner's R side and pivot LF on ball of L to end in CP backing DLC;]
NOTE: The timing of the stepping is important. WE step, She steps / He steps, WE step. The first is taken thru together (We step). The second step the Woman steps before the Man (She steps) / she brushes and spins blending to CP while he takes his second step (He steps). Then both step together for the third step (a slip pivot). Sometimes the Woman is given the syncopation (1&-3) with the Man stepping on the beats (123). This works well after a strongly moving figure like a syncopated vine where there is a lot of body flight. In this dance due to the difficulty of the entry figure and the amount of rotation (one full turn) we recommend the Woman taking the standard timing (123) and the Man syncopating (1-&3) as written.
- 7 **[Reverse Fallaway Slip (1&23)]** Forward L commence LF turn / side and back R toward DLC preparing for Fallaway Position, back L in Fallaway, back R then slip pivot LF to end in CP facing DLC having completed one full LF turn over four steps;
[W: Back R / back L preparing for Fallaway Position, back R in Fallaway, side and forward L then pivot LF on ball of L to end backing DLC in CP lowering to heel at end of rotation;]
- 8 **[Contra Check (1--)]** Lowering well into R knee forward L over three beats checking;

9 – 16 Recover to Right Lunge Line & Pickup; Open Telemark; Promenade Lock; Right Lunge; Back, Tipple Chasse, Pivot; Back Turning Whisk; Syncopated Whisk; Thru Hover BFLY BJO;

- 9 **[Recover to Right Lunge Line & Pickup (Lady Locks) (123)]** Recover R to a Right Lunge Line, side and back L towards DLC blending to CP, turning body to face DLC close R;
[W: Recover L to a Right Lunge Line and opening head to right while supporting right shoulder blade to prevent pulling away from the Man, commencing to turn to CP side and forward R with right side leading, continue turn lock XLif;]
- 10 **[Open Telemark (123)]** Forward L rising commence LF turn, side and around partner R *[W: heel turn]* now backing LOD, continue LF turn side and forward L toward DLW left side leading turning to SCP;
[W: Back R toe to heel and nearly straighten legs leaving feet flat, bring L to right without weight and both feet flat then turn on heel of R to face DLW then transfer weight to the flat of the L foot (heel turn), continue LF turn step side and forward R towards DLW right side leading in SCP;]
- 11 **[Promenade Lock (12&3)]** Thru R, forward L / lock Rib blending to CP with Woman's head still to right, forward L toward LOD;
[W: Thru L, side and back R starting to blend to CP / lock Lif blending to CP and leaving head open, back and slightly side R still in CP with head to right;]
- 12 **[Right Lunge (1--)]** Lowering into L knee lunge side and forward R towards DLW, then gradually over the next 2 beats change sway allowing Lady to close head to L and fully develop the Right Lunge Line;
[W: Lowering into the R knee lunge side and back L then gradually change sway and close head developing the Right Lunge Line;]
- 13 **[Back, Tipple Chasse Pivot (12&3)]** Back L moving toward RLOD commence RF turn, side R pointing DRW and between Partner's feet / close L turning body to face DRW, side and forward R toward DRC then pivot RF to end backing nearly RLOD in CP;
[W: Forward R down RLOD strong step between Man's feet commence RF turn, side and slightly back moving toward RLOD / close R, side and across L then pivot RF to end in CP nearly facing RLOD;]
- 14 **[Back Turning Whisk (123)]** Back L continue RF turn from previous pivot, back and side R toe turned in moving toward RLOD, XLib small step in SCP LOD;
[W: Forward R between Man's feet continue RF turn from previous pivot, side and slightly back L toe turned in, XRib small step in SCP LOD;]
- 15 **[Syncopated Whisk (1&23)]** Thru R / turning to face Partner and WALL close L, side R, XLib in SCP LOD;
- 16 **[Thru Hover (BFLY) Banjo (123)]** Thru R commence LF turn, side L pointing DLW rising and leaving R extended back and releasing trail hand from Woman's back and allowing right hand to gently 'trail' along her arm until it reaches her trail hand *[W: brushes L to R]*, recover back R with right side leading in Butterfly Banjo backing RLOD and preparing for partner to step outside;
[W: Thru L commence LF turn, side and back R rising brush L to R, side and forward L left side leading preparing to step forward outside partner in Butterfly Banjo;]

Part B

- 1 - 8 Back Hover Sidecar; Whip to LOP; Thru, Side, Behind; (Syncopated) Solo Roll; Check Thru, Recover, Side to BFLY Sidecar; Whip to LOP; Thru, Side, Behind; Solo Roll;**
- 1 **[Back Hover Sidecar (123)]** Back L in Banjo, side R small step foot pointing DRW and leaving left extended, recover L turning to Butterfly Sidecar DRW;
[W: Forward R in Banjo, side and slightly back L rising then brush R to L, side and forward R in Butterfly Sidecar;]

- 2 **[Whip to LOP (123)]** Turning LF to face WALL back R allowing Woman to pass on your left side all hands (still joined) down and inward, forward L small step between Woman's feet rising continue LF turn, side and forward R toward LOD in LOP-FCG and releasing trail hands;
[W: Forward L in Sidecar commence LF turn, continue LF side and around Man R to the inside of the circle (COH) rising and brush L to R, side and forward L in LOP-FCG and releasing trail hands;]
- 3 **[Thru, Side, Behind (123)]** Turning to LOP LOD thru L, turning to face Partner and COH side R releasing lead hands, XLib bending trail arm so that the palm is facing your belly button 6 to 8 inches (15 to 20 cm) in front of your body and the lead hand behind with palm facing away from the body with the hand 4 to 6 inches (10 to 15 cm) away from the small of your back *[W: XRib];*
- 4 **[(Syncopated) Solo Roll (1&2&3)]** Using your arms to generate rotation commence RF turn forward R toward LOD / spin RF 1/4 on ball of R then side L very small step toward LOD (now facing WALL), continue RF spin 1/2 on ball of L then side R very small step toward LOD (now facing COH and Partner) / continue RF spin 1/2 on ball of R then side L very small step toward LOD (now facing WALL), continue RF spin 1/2 on ball of L then side R and continue RF spin 1/4 lowering to end rotation in LOP no hands facing LOD;
[W: Using your arms to generate rotation commence LF turn forward L toward LOD / spin LF 1/4 on ball of L then side R very small step toward LOD (now facing COH), continue LF spin 1/2 on ball of R then side L very small step (now facing WALL and Partner) / continue LF spin 1/2 on ball of L then side R very small step (now facing COH), continue LF spin 1/2 on ball of R then side L and continue LF spin 1/4 lowering to end rotation in LOP no hands facing LOD;]
OPTION: Solo Roll in 3.
- 5 **[Check Thru, Recover, Side to BFLY Sidecar (123)]** Joining lead hands and extending trail arms to side check thru L, recover R, back L turning to Butterfly Sidecar Man facing DLC;
[W: Joining lead hands and extending trail arms to side check thru R, recover L, turning to Butterfly Sidecar facing DRW side and forward R;]
- 6 – 7 **[Whip to LOP; Thru, Side, Behind]** Repeat measures 2 and 3 of Part B moving towards RLOD instead of LOD.
- 8 **[Solo Roll (123)]** Solo roll RF *[W: roll LF]* stepping R, L, R to end in LOP no hands facing RLOD;

Repeat Part A dancing Measure 1 as described below:1* **SECOND TIME THRU PART A**

[Check Thru, Recover, Side to BFLY (123)] Joining lead hands and extending trail arms to side check thru L in LOP RLOD, recover R, side L turning to Butterfly preparing to step thru toward DLW;

Repeat Part B**Ending**

1 - 11 Check Thru, Recover, Side to BFLY Sidecar; Whip to LOP; Thru, Side, Behind; Solo Roll; Thru Hover SCP; Pickup; Mini-Telespin; Open Impetus; Thru, Face, Close; Apart.

1 – 3 **Repeat the action from Measures 1 - 3 of Part B – 8.**

4 **Repeat the action from Measure 4 of Part B using the Option for a simple Solo Roll.**

- 5 **[Thru Hover SCP (123)]** Joining lead hands thru L, forward R small step between Woman's feet and blending to CP facing LOD, side and forward L turning to SCP DLC;
[W: Joining lead hands thru R, side and across L rising and brush R to L blending to CP, side and forward R turning to SCP DLC;]
- 6 **[Pickup (123)]** Thru R, side L turning to CP facing DLC, close R;
- 7 – 8 **[Mini-Telespin (Underturned) (123; -2-)]** Forward L rising commence LF turn, side around partner R *[W: heel turn]* continue LF turn, side and back L towards LOD left side leading; Swivel LF on L turning to CP, side and around R checking to end in CP facing DLC (backing DRC), hold;
[W: (123; 1&2-) Back R, bring L to right without weight and both feet flat then turn on heel of R to face LOD then transfer weight to the flat of the L foot (heel turn), forward R down LOD right side leading; Forward L small step past M in SCAR / spin LF on L then side R around partner turning to CP, continue LF turn side L small step to end in CP facing DRW, hold;]
- 9 **[Open Impetus (123)]** Back L in BANJO commence RF turn, close R heel turn to face DLC rising at end of turn, continue body turn and step side and forward L toward DLC left side leading in SCP;
[W: Forward R outside partner in BANJO commence RF turn, side and around partner L rising and brush R to L, continue RF turn side and forward R towards DLC right side leading turning to SCP;]
- 10 **[Thru, Face, Close Butterfly (123)]** Thru R, side L to face partner and WALL, close R to end in Butterfly;
- 11 **[Apart (1)]** Step apart L.

FALLING – LAMBERTY – WALTZ V + 1 + 3 – 2:26**Intro (4 meas)**

Wait 1 Wrap Pos WALL with LEFT foot free for both ;
Lean Left; Lady Syncopated Unwrap to Extended Right Lunge w/ Arm Sweep ;;

Part A (16 meas)

Lady Sync Roll to BFLY ; Op Natural ; Running Outside Spin ; Outsd Change to SCP ;
Syncopated Chair to SCP ; Big Top ; Reverse Fallaway Slip ; Contra Check Hold ;
Rec to Right Lunge Line & Pickup ; Open Telemark ; Prom Lk into R Lunge and Hold ;;
Bk Tipple Chasse Pivot ; Bk Turning Whisk ; Sync Whisk; Thru Hover to BFLY Banjo ;

Part B (8 meas)

Bk Turning Hover to BFLY Sidecar ; Whip to LOP ; Thru Side Behind ; Sync Solo Roll ;
Check Thru Rec Sd to BFLY Sidecar ; Whip to LOP RLOD ; Thru Side Behind ; Solo
Roll 3 ;

Part A* (16 meas)

Ck Thru Rec Sd to BFLY ; Op Natural ; Running Outsd Spin ; Outsd Change to SCP ;
Syncopated Chair to SCP ; Big Top ; Reverse Fallaway Slip ; Contra Check Hold ;
Rec to Right Lunge Line & Pickup ; Open Telemark ; Prom Lk into R Lunge and Hold ;;
Bk Tipple Chasse Pivot ; Bk Turning Whisk ; Sync Whisk; Thru Hover to BFLY Banjo ;

Part B (8 meas)

Bk Turning Hover to BFLY Sidecar ; Whip to LOP ; Thru Side Behind ; Sync Solo Roll ;
Check Thru Rec Sd to BFLY Sidecar ; Whip to LOP RLOD ; Thru Side Behind ; Solo
Roll 3 ;

Ending (11 meas)

Check Thru Rec Sd to BFLY Sidecar ; Whip to LOP ; Thru Side Behind ; Solo Roll 3 ;
Thru Hover to SCP ; Pickup ; Mini-Telespin ;;
Open Impetus LOD ; Thru Face Close ; Apart.