

# Greenwaves III

Choreography: Monika Gründer, Aktienstr. 18, D - 47057 Duisburg - E-Mail: monikagruender@gmx.de  
Music: „Greenwaves” - Dancelife Studio Orchestra, Album: “Bring 07 Smiles To Your Feet” or Download Casa Musica, 2:01 min.  
Rhythm & Phase: WZ, Phase III + 2 (Tele SCP, Open I/O Runs)  
Timing: 1,2,3; throughout, unless noted - reflects actual weight changes  
Footwork: opposite unless noted (Woman’s footwork in parentheses)  
Sequence: Intro – A – A(1-19) – B – End Oct. 2023

---

## INTRODUCTION

### WAIT 2 PICKUP NOTES,

{Wait} In CP DLC w/ldft free wait 2 PU notes (=1 beat) only,

## PART A

### 1-4 2 LEFT TURNS FACE WALL ; ; HOVER ; THRU, CHASSE TO BJO ;

1-2 {2 L trns} In CP DLC stp fwd L start trng LF, sd & bk R cont trng LF to fc DRC, cl L to R to CP RLOD ;  
Stp bk & sd R cont trng LF, sd & fwd L trng LF to fc WALL, cl R to L to CP WALL ;  
3 {hvr} In CP WALL stp fwd L, sd R & rise (*W with a brush*), sd & fwd L to SCP LOD ;  
4 {thru chasse BJO (1,2&,3;)} Stp thru R trng to fc ptr, sd L/cl R, sd L to BJO DLW ;

### 5-8 FORWARD, FORWARD/LOCK, FORWARD ; MANEUVER ; SPIN TURN ; BOX FINISH ;

5 {fwd, fwd/lk, fwd (1,2&,3;)} Staying in BJO DLW stp fwd R, fwd L/lk Rib (*W lk Lif*), fwd L ;  
6 {manuv} Stp fwd R outsd ptr start trng RF, sd L cont trng arnd W to CP RLOD, cl R to L ;  
7 {spin trn} In CP RLOD stp bk L lowering into knee pvtg ½ RF, cont trng RF rec fwd R between W’s feet  
to CP LOD & rise, rec bk L to CP DLW ;  
(*W stp fwd R between M’s feet pvtg RF, rec bk L and rise with brush R to L, rec fwd R to CP DLW ;*)  
8 {box fin} In CP DLW stp bk R start trng LF, sd L to fc DLC, cl R to L to CP DLC ;

### 9-12 TELEMARK TO SCP ; HOVER FALLAWAY ; SLIP PIVOT TO BJO ; FORWARD, FORWARD/LOCK, FORWARD ;

9 {tele to SCP} Stp fwd L, fwd R crossg in front of W trng ¾ LF, fwd L to SCP DLW ;  
(*W stp bk R, draw L to R trng on R heel to DLW and changing weight to L, fwd R to SCP ;*)  
10 {hvr falwy} Stp thru & fwd R, fwd L rising, rec bk R still in SCP DLW ;  
11 {slip pvt to BJO} Stp bk L, bk R, fwd L to contra BJO DLW ;  
(*W bk R start trng LF, cont trng LF slip fwd L between M’s feet, bk R to contra BJO DLW ;*)  
12 {fwd, fwd/lk, fwd (1,2&,3;)} Repeat meas 5 of Part A ;

### 13-16 MANEUVER ; IMPETUS TO SCP ; PICKUP TO SCAR ; CROSS HOVER TO BJO ;

13 {manuv} Repeat meas 6 of Part A ;  
14 {imp to SCP} Stp bk L start trng RF, cl R to L trng RF on L heel chg weight to R, fwd L to SCP DLC ;  
(*W stp fwd R between M’s feet heel to toe pivoting 1/2 RF, sd & fwd L cont trng around M,  
fwd R to SCP ;*)  
15 {PU to SCAR} Stp thru & fwd R, sm sd L, cl R to SCAR DLW ;  
(*W thru L to fc DRC, sd R, cl L to SCAR ;*)  
16 {X Hvr to BJO} In SCAR DLW XLif of R, stp sd & fwd R risg & trng LF, fwd & sd L trng to BJO DLC ;

### 17-20 CROSS HOVER TO SCAR ; CROSS HOVER TO SCP ; PICKUP, SIDE, CLOSE ; CANTER ;

17 {X Hvr to SCAR} XRif of L, stp sd & fwd L risg & trng RF, fwd & sd R to SCAR DLW ;  
18 {X Hvr to SCP} XLif of R, stp sd & fwd R risg, fwd L to SCP DLC ;  
(*W XRib of L, bk L start trng RF, fwd R to SCP DLC ;*)  
19 {PU} Stp thru & fwd R twd DLC, sd L, cl R to L to CP DLC ;  
(*W thru & fwd L trng LF, sd R cont trng to fc ptr, cl L to R to CP ;*)  
20 {canter (1,-,3;)} Staying CP DLC stp sd L, draw R to L, cl R to L still CP DLC ;

## **PART B**

### **1-4 TELEMARK TO SCP; THRU, CHASSE TO HALF OPEN; OPEN IN AND OUT RUNS;;**

- 1 {tele to SCP} Repeat meas 9 of Part A ;
- 2 {thru, chasse to ½ OP (1,2&,3;)} Stp thru R trng to fc ptr, sd L/cl R, sd & fwd L to ½ OP LOD ;
- 3-4 {open I/O runs} Fwd R start trng RF, sd L in front of W cont trng & plcg L arm on W's back, cont trng sd & fwd R to L ½ OP LOD ;  
(W fwd L, fwd R btwn M's feet plcg R hnd on M's L shldr, sd & fwd L ;)  
Stp fwd L, fwd R btwn W's feet plcg R hnd on W's back, sd & fwd L to ½ OP LOD ;  
(W fwd R start trng RF, sd L in front of M plcg L hnd on M's R shldr, cont trng sd & fwd R to ½ OP ;)

### **5-8 THRU, CHASSE TO SCP; THRU, FACE, CLOSE; WHISK; WING;**

- 5 {thru, chasse to SCP (1,2&,3;)} Stp thru R trng to fc ptr, sd L/cl R, sd & fwd L to SCP LOD ;
- 6 {thru, fc, cl} Stp thru R start trng to fc, fwd L to fc ptr, cl R to L to CP WALL ;
- 7 {wsk} Stp fwd L, fwd & sd R start rising, XLib of R (WXRib of L) risg on ball of ft & trng to SCP LOD ;
- 8 {wing (M 1,-,-;/W 1,2,3;)} Stp thru & fwd R, draw L to R, tch L to R trng upper body LF to SCAR DLC ;  
(W fwd L start crossg in front of M & trng slightly LF, fwd R arnd M cont trng, fwd L to SCAR ;)

### **9-12 TELEMARK TO SCP; HOVER FALLAWAY; SLIP PIVOT TO BJO; MANEUVER;**

- 9 {tele to SCP} Stp fwd L outsd ptr, fwd R crossg in front of W trng 3/4 LF, fwd L to SCP DLW ;  
(W stp bk R, draw L to R trng on R heel to DLW and changing weight to L, fwd R to SCP ;)
- 10 {hvr falwy} Repeat meas 10 of Part A ;
- 11 {slip pvt to BJO} Repeat meas 11 of Part A ;
- 12 {manuv} Repeat meas 6 of Part A ;

### **13-16 2 RIGHT TURNS FACE WALL;; HOVER; PICKUP, SIDE, CLOSE;**

- 13-14 {2 R trns} In CP RLOD stp bk L start trng RF, sd & fwd R cont RF trn, cl L to R to CP DLC ;  
Stp fwd R start trng RF, sd & fwd L cont trng RF to fc WALL, cl R to L to CP WALL ;
- 15 {hvr} Repeat meas 3 of Part A ;
- 16 {PU} Stp thru & fwd R, sd L to fc DLC, cl R to L to CP DLC ;  
(W thru & fwd L start trng LF, sd R to fc ptr, cl L to R ;)

## **ENDING**

### **1-4 1 LEFT TURN; BACK WALTZ; IMPETUS TO SCP; CHAIR & HOLD;**

- 1 {1 L trn} Repeat meas 1 of Part A ;
- 2 {bk WZ} In CP RLOD stp bk R, bk & slightly diag L, cl R to L to CP RLOD ;
- 3 {imp to SCP} Repeat meas 14 of Part A ;
- 4 {chair (1,-,-;)} Lunge thru R w/knee slightly bent & body profile shaping the side view of a chair, hold, - ;

### Suggested Cues:

Intro In CP DLC wait 2 PU notes,

A 2 L Trns WALL;; Hover; Thru, Chasse BJO;  
Fwd, Fwd/Lk, Fwd; Manuv; Spin Trn; Box Finish;  
Tele SCP; Hover Falwy; Slip Pvt BJO; Fwd, Fwd/Lk, Fwd;  
Manuv;  
Imp SCP; PU SCAR; X Hvr 3x SCP;;; PU,\*\*\* Canter;

A\*\*\*

B Tele SCP; Thru, Chasse Half OP; Open I/O Runs;;  
Thru Chasse SCP; Thru, Fc, Cl CP; Whisk; Wing SCAR;  
Tele SCP; Hover Falwy; Slip Pvt BJO; Manuv;  
2 R Trns;; Hover; PU;

End L Trn; Bk Waltz; Impetus SCP; Chair & Hold