

THE POET AND I

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa
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 Music : "The Poet And I (詩人と私)" Artist: Pepe & Carmen
 Album: Enjoy Dance Music Vol.3 track 1 Time 2:51
 You Tube: "心に残るワルツ音楽集" track 2
 Rhythm : WALTZ ph III+1(Diamond Trn)+1(Rotary Box) Speed: As on CD
 Footwork : Opposite, directions for man(lady as noted) Date: MAR 2025 Ver. 1.2
 Sequence : Intro - A - B - C - INT - Bmod - Ending



Meas INTRO

1~ 4 Low Bfly/Wall lead foot free for both Wait 2 meas;
Explode Apt; Rec Tch(Bfly/Wall);

- 1- 2 Low Bfly/Wall lead foot free for both wait 2 meas;;
 1-- 3 {Explode Apt} Sd L twd COH(W twd Wall) lead arm straight up, sweep arm CCW,-;
 1-- 4 {Rec Tch} Rec R tog partner, tch L to R, Bfly/Wall;

Meas PART A

1~ 8 Waltz Away; W Wrap; Fwd Waltz; W Roll Across(LOP/LOD);
Thru Twinkle to OP; Fwd Fc Cl(Bfly/COH); Step Swing to OP;
Spin Manuv(CP/LOD);

- 1 {Waltz Away} Fwd L twd DC(W twd DW), fwd R, cl L;
 2 {W Wrap} Fwd R twd DW, fwd L, cl R(W fwd L comme LF trn, sd R cont LF trn, cont trn small stp fwd L joined lead hand) Wrapped fc LOD;
 3 {Fwd Waltz} Fwd L, fwd R, cl L;
 4 {W Roll Across} Small stp bk R lead W LF roll twd COH, rec L, small stp fwd R(W sd and fwd L front of M comme LF roll twd COH, cont LF roll sd R, cont roll sd L) LOP/LOD;
 5 {Thru Twinkle} Fwd L comme LF trn, cont LF trn sd R, cl L OP/RLOD;
 6 {Fwd Fc Cl} Fwd R comme RF trn, cont RF trn sd L, cl R to L Bfly/COH;
 1-- 7 {Stp Swing to OP} Sd & fwd L blend OP fc RL0D, swing R,-;
 8 {Spin Manuv} Fwd R comme RF trn lead W LF spin, cont RF trn sd L, cl R fc LOD (W stp in place L comme LF spin, cont spin R,L fc LOD) CP/LOD;

9~16 L Trning Box 3/4;;(CP/Wall); 1/2 Box Bk; Dip Bk; Manuv; Pivot 3 to SCP;
Pickup (CP/DC);

- 9-11 {L Trning Box 3/4} Fwd L comme LF trn, sd R, cl L to R fc COH; Bk R cont LF trn, sd L, cl R to L fc RL0D; Fwd L cont LF trn, sd R, cl L to R fc Wall;
 12 {1/2 Box Bk} Bk R, sd L, cl R to L CP/Wall;
 1-- 13 {Dip Bk} Bk L flex knee, hold,-;
 14 {Manuv} Rec R comme RF trn, cont RF trn sd L, cl R to L CP/RL0D;
 15 {Pivot 3 SCP} Bk L pivot 1/2 RF, fwd R between W's feet heel to toe cont RF trn, cont trn sd & fwd L(W fwd R between M's feet heel to toe pivot 1/2 RF, bk L cont RF trn, cont trn sd & fwd R) SCP/LOD;
 16 {Pickup} Fwd R lead W pickup, sd L, cl R to L(W fwd L front of M comme LF trn, cont LF trn sd R, cl L to R) CP/DC;

Meas PART B

1~ 8 2 LF Trns;(CP/Wall); Whisk; Thru Chasse Bjo; Fwd Fwd/Lk Fwd;
Manuv; Spin Trn; Box Finish(CP/DC);

- 1- 2 {2 LF Trns} Fwd L comme LF trn, sd R cont LF trn, cl L to R; bk R comme LF trn, sd L cont trn, cl R to L CP/Wall;
 3 {Whisk} Fwd L, sd R, XLIB of R SCP/LOD;
 12&3 4 {Thru Chasse Bjo} Thru R, sd L/cl R, sd & fwd L Bjo/DW;
 12&3 5 {Fwd Fwd/Lk Fwd} Fwd R, fwd L/XRIB of L, fwd L;
 6 {Manuv} Fwd R comme RF trn, cont RF trn sd L, cl R to L CP/RL0D;
 7 {Spin Trn} Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
 8 {Box Finish} Bk R comme LF trn, cont LF trn sd L, cl R CP/DC;

9~16 Diamond Trn;;; Scar Ending; X Hover SCP; SCP Chasse;
Thru Fc Cl(Bfly/Wall); Canter W Tch no hands joined;

- 9-12 {Diamond Trn Scar Ending} Fwd L comme LF trn, sd R cont LF trn, bk L to Bjo/RDC;
 Bk R cont LF trn, sd L cont LF trn, fwd R to Bjo/RDW; Fwd L cont LF trn, sd R
 cont LF trn, bk L to Bjo/DW; Bk R, sd L, cl R to L Scar/DW;
 12&3 13 {Cross Hover SCP} XLIF of R, sd R lead W RF trn, sd & fwd L SCP/LOD;
 14 {SCP Chasse} Thru R, sd & fwd L/cl R, sd & fwd L SCP/LOD;
 15 {Thru Fc Cl} Thru R, sd L fc partner, cl R Bfly/Wall;
 1-3 16 {Canter} Sd L slightly apt, draw R to L, cl R(W tch L to R) release hands;
 (1--)

Meas

PART C

1~ 8 Rotary Box;;; Tch Ending Handshake; X Ck & Extend; Sync Roll
L Hands Shake; X Ck & Extend; Rec Sd Cl W Tch(CP/Wall);

- 1- 4 {Rotary Box Tch Ending} Same footwork sd & fwd L comme LF trn right hand arm circle
 down and up CW, sd R cont LF trn, cl L bk to bk fc LOD(W fc RLOD); Sd & bk R comme
 LF trn left hand arm circle down and up CCW, cont LF trn sd L, cl R fcing partner
 & COH; Sd & fwd L comme LF trn right hand arm circle down and up CW, sd R cont LF
 12- trn, cl L bk to bk fc RLOD(W fc LOD); Sd & bk R comme LF trn left hand arm circle
 down and up CCW, cont LF trn sd L, tch R to L fcing partner & Wall joined right
 hands;
 1-- 5 {X Ck & Extend} CK XRIF of L, extend left arm,-;
 12&3 6 {Sync Roll} Rec L, comme RF roll sd & fwd R/cont RF roll L, R joined left hands;
 1-- 7 {X Ck & Extend} CK XLIF of R, extend right arm,-;
 123 8 {Rec Sd Cl W Tch} Rec R, sd L, cl R to L(W tch R to L) CP/Wall
 (12--)

9~16 Whisk; Wing to Scar; Trn L & R Chasse Bjo; Bk Bk/Lk Bk; Impetus to
SCP; Thru Fc Cl; Twirl Vine 3; Pickup to Scar;

- 9 {Whisk} Fwd L, sd R, XLIB of R SCP/LOD;
 1-- 10 {Wing} Fwd R, draw L to R, tch L to R(W across front of M fwd L comme LF trn,
 (123) cont LF trn fwd R, cont LF trn fwd L) SCAR/DC;
 12&3 11 {Trn L & R Chasse Bjo} Fwd L comme LF trn, cont LF trn sd R/cl L, sd & bk R
 to Bjo/RDC;
 12&3 12 {Bk Bk/Lk Bk} Bk L, bk R/XLIF of R, bk R;
 13 {Impetus to SCP} Bk L comme RF trn, cl R cont RF trn(heel trn), SCP/LOD fwd L(W
 fwd R heel to toe pivot 1/2 RF, sd & fwd L cont RF trn around M brush R to L,
 fwd R) SCP/LOD;
 14 {Thru Fc Cl} Thru R, sd L fc partner, cl R CP/Wall;
 15 {Twirl Vine 3} Sd L lead W RF trn, XRIB of L, sd L(W fwd R twd LOD comme RF trn
 under lead hand, sd L cont RF trn, cont trn fc COH sd R) blend SCP/LOD;
 16 {Pickup to Scar} Fwd R lead W pickup, sd L, cl R to L(W fwd L front of M comme LF
 trn, cont LF trn sd R, cl L to R) Scar/DW;

Meas

INTERLUDE

1~ 4 X Hover Bjo; X Hover Scar; X Hover SCP; Pickup(CP/DC);

- 1 {Cross Hover Bjo} XLIF of R comme LF trn, sd R cont LF trn, cont trn rec L Bjo/DC;
 2 {Cross Hover Scar} XRIF of L comme RF trn, sd L cont RF trn, cont trn rec R
 Scar/DW;
 3 {Cross Hover SCP} XLIF of R, sd R lead W RF trn, sd & fwd L SCP/LOD;
 4 {Pickup} Fwd R lead W pickup, sd L, cl R to L(W fwd L front of M comme LF trn,
 cont LF trn sd R, cl L to R) CP/DC;

Meas PART Bmod

1~ 8 2 LF Trns;(CP/Wall); Whisk; Thru Chasse Bjo; Fwd Fwd/Lk Fwd; Manuv; Spin Trn; Box Finish(CP/DC);

1- 8 Repeat meas 1-8 of Part B;;;;;;;

9~16 Diamond Trn;;; Scar Ending; X Hover SCP; SCP Chasse Twice;; Pickup(CP/LOD);

9-13 Repeat meas 9-13 of Part B;;;;;

12&3 14 {SCP Chasse} Thru R, sd & fwd L/cl R, sd & fwd L SCP/LOD;

12&3 15 {SCP Chasse} Thru R, sd & fwd L/cl R, sd & fwd L SCP/LOD;

16 {Pickup} Fwd R lead W pickup, sd L, cl R to L(W fwd L front of M comme LF trn, cont LF trn sd R, cl L to R) CP/LOD;

Meas ENDING

1~ 8 L Trning Box 3/4;;(CP/Wall); 1/2 Box Bk; Dip Bk; Manuv; Pivot 3 to SCP; Chair & Hold;

1- 7 Repeat meas 9-15 of Part A;;;;;;;

1-- 8 {Chair & Hold} Lower on L ck thru R with lunge action,-,-;

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INTRO

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Explode Apt; Rec Tch(Bfly/Wall);

PART A

1~ 8 Waltz Away; W Wrap; Fwd Waltz; W Roll Across(LOP/LOD); Thru Twinkle to OP;
Thru Fc Cl(Bfly/COH); Step Swing to OP; Spin Manuv(CP/LOD);

9~16 L Trning Box 3/4;;(CP/Wall); 1/2 Box Bk; Dip Bk; Manuv; Pivot 3 to SCP;
Pickup (CP/DC);

PART B

1~ 8 2 LF Trns;(CP/Wall); Whisk; Thru Chasse Bjo; Fwd Fwd/Lk Fwd; Manuv;
Spin Trn; Box Finish(CP/DC);

9~16 Diamond Trn;;; Scar Ending; X Hover SCP; SCP Chasse; Thru Fc Cl(Bfly/Wall);
Canter W Tch no hands joined;

PART C

1~ 8 Rotary Box;;; Tch Ending Handshake; X Ck & Extend; Sync Roll L Hands Shake;
X Ck & Extend; Rec Sd Cl W Tch(CP/Wall);

9~16 Whisk; Wing to Scar; Trn L & R Chasse Bjo; Bk Bk/Lk Bk; Impetus to SCP;
Thru Fc Cl; Twirl Vine 3; Pickup to Scar;

INTERLUDE

1~ 4 X Hover Bjo; X Hover Scar; X Hover SCP; Pickup(CP/DC);

PART Bmod

1~ 8 2 LF Trns;(CP/Wall); Whisk; Thru Chasse Bjo; Fwd Fwd/Lk Fwd; Manuv;
Spin Trn; Box Finish(CP/DC);

9~16 Diamond Trn;;; Scar Ending; X Hover SCP; SCP Chasse Twice;; Pickup(CP/LOD);

ENDING

1~ 8 L Trning Box 3/4;;(CP/Wall); 1/2 Box Bk; Dip Bk; Manuv; Pivot 3 to SCP;
Chair & Hold;