

UP A LAZY RIVER III

Choreographers: Shigeru & Yumi Wakamatsu, E-Mail: wakama2@jcom.home.ne.jp
365-11 Kamimizo Chuoku Sagamihara Japan 252-0243

Music: "Up A Lazy River" (Slow Fox / 30 MPM) Ross Mitchell His Band and Singers
CD Album: 30 Top Foxtrots or Get Single from Amazon Music

Modified: Slow to 28.5MPM or Comfort

Rhythm: FOXTROT PHASE III +2 (Diamond Turn, Right Lunge)

SEQUENCE: INTRO A B B ITLD A ENDING

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INTRO 1-4

1-4 CP/DLC LEAD FOOT FREE WAIT 2 MEAS;; SD, TCH, SD, TCH; DIP BK, REC;

- 1-2 {Wait} CP/DLC Lead ft free for both wait pkup note & 2 meas;;
- 3 {2 Sd Tch} (4Q) Sd L, Tch R, Sd R, Tch L;
- 4 {Dip Bk Rec} (SS) Dip Bk L, -, Rec R in CP/DLC, -;

PART A 1-18

1-4 2 LF TURNS FC WALL;; HOVER TO SCP; THRU SCP CHASSE;

- 1-2 {2 L Trns} Fwd L comm LF trn, -, sd & slightly bk R cont LF trn, cl L; Bk R comm LF trn, -, sd & slightly fwd L cont LF trn, cl R to CP/WALL;
- 3 {Hover} Fwd L, -, fwd & slightly sd R w/rise, sd & fwd L to SCP/LOD;
- 4 {Thru SCP Chasse} (SQ&Q) Thru R, -, sd & fwd L/cl R, sd & fwd L in SCP/LOD;

5-8 THRU HOVER TO BJO; BK BK/LK BK; BK HOVER TO SCP; THRU FC CL TO CP;

- 5 {Thru Hov} Thru R, -, fwd L w/rise, rec R (thru L, -, fwd R trn LF w/rise & brush R to L, rec fwd L) to BJO/LOD;
- 6 {Bk Bk/Lk Bk} (SQ&Q) Bk L, -, bk R/lk LIF, bk R in BJO/LOD;
- 7 {Bk Hov} Bk L, -, trn RF bk & sd R w/rise, rec sd & fwd L (fwd R, -, sd & fwd L w/rise & brush R to L, rec fwd R) to SCP/LOD;
- 8 {Thru Fc Cl} Fwd R trng to fc ptr, -, sd L, cl R to CP/WALL;

9-12 TWISTY VINE 8 TO BJO;; FWD LK FWD; FWD CHASSE TO SCP/DLW;

- 9-10 {Twisty Vine 8} (8Q) Sd L, XRIB (W XLIF), sd L, XRIF (W XLIB); Sd L, XRIB (W XLIF), sd L, XRIF (W XLIB) to BJO;
- 11 {Fwd Lk Fwd} (QQS) Fwd L, lk RIB (W lk LIF), fwd L in BJO, -;
- 12 {Fwd Chasse SCP} (SQ&Q) Fwd R trn RF, -, sd L/cl R, sd & fwd L (W Bk L trn RF, -, sd R/cl L, sd & fwd R) to SCP/DLW;

13-16 HOVER FALLAWY; SLIP PIVOT TO BJO; FWD FWD/LK FWD; MANUV TO CP/RLWD;

- 13 {Hov Fallaway} Fwd R, -, fwd L ckg w/rise, rec R in SCP/DLW;
- 14 {Slip Pivot} Bk L, -, bk R comm LF trn, fwd L to BJO/DLW (W bk R comm LF pvt on ball of R ft, -, fwd L comp LF trn pleg L ft near M's R ft, bk R) to BJO/LOD;
- 15 {Fwd Fwd/Lk Fwd} (SQ&Q) Fwd R, -, fwd L/lk RIB, fwd L in BJO/LOD;
- 16 {Manuv} Fwd R comm RF trn, -, sd & slightly bk L cont RF trn, cl R to CP/RLWD;

17-18 SPIN TURN FC DLW; BOX FINISH FC DLC;

- 17 {Spin Trn} Bk L pivot 1/2 RF, -, fwd R w/hover action cont RF trn, bk L (W fwd R pivot 1/2 RF, -, bk L cont RF trn brush R to L, fwd R) to CP/DLW;
- 18 {Box Fin} Bk R comm LF trn, -, sd L cont LF trn, cl R to CP/DLC;

PART B 1-16**1-4 DIAMOND TURN;;;;**

1-4 {Diamond Trn} Fwd L trng 1/4 LF, -, sd & bk R, bk L; bk R trng 1/4 LF, -, sd & fwd L, fwd R; fwd L trng 1/4 LF, -, sd & bk R, bk L; bk R trng 1/4 LF, -, sd & fwd L, fwd R to BJO/DLC;

5-8 TURN L & R CHASSE TO BJO; BK, BK/LK BK; IMPETUS TO SCP; PKUP SD CL;

5 {Trn L & R Chasse} (SQ&Q) Fwd L w/ LF upper bdy trn, -, sd R cont trn LF/cl L, sd R comp trn (W Bk R comm LF upper bdy trn, -, sd L cont trn LF/cl R, sd L comp trn) to BJO/DRC;
 6 {Bk Bk/Lk Bk} (SQ&Q) Bk L, -, bk R/lk LIF, bk R in BJO/DRC;
 7 {Impetus} Bk L comm RF trn, -, cl R cont RF trn (heel trn), SCP fwd L (W fwd R heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn arnd M brush R to L, fwd R) to SCP/LOD;
 8 {Pkup} Thru R lead W pkup, -, sd & slightly fwd L, cl R (W thru L trng LF pkg up, -, sd & slightly bk R, cl L) to CP/LOD;

9-12 PROG BOX;; FWD SLOW R LUNGE & REC TO CP/DLW;;

9-10 {Prog box} Fwd L, -, sd R, cl L; fwd R, -, sd L, cl R in CP/LOD;
 11-12 {Fwd S R-Lunge Rec} (SS--S) Fwd L, -, Slightly lower on L leg & lunge sd & fwd R, -; (W's head to L), -, Rec L trn RF to CP/DLW, -;

13-16 BK & CHASSE TO BJO; MANUV; IMPETUS TO SCP; PKUP SD CL;

13 {Bk Chasse BJO} (SQ&Q) Bk R slightly RF trn, -, sd L/cl R, sd & fwd L to BJO/DLW;
 14 {Manuv} Fwd R comm RF trn, -, sd & slightly bk L cont RF trn, cl R to CP/LOD;
 15-16 Repeat Meas 7 & 8 of Part B; (1st time: CP/DLC, 2nd time: CP/LOD)

INTERLUDE 1-4**1-4 LEFT TURNING BOX;;;;**

1-4 {L Trng Box} Fwd L comm LF trn, -, sd R cont LF trn, cl L fc COH; Bk R comm LF trn, -, sd L cont LF trn, cl R fc RLOD; Fwd L comm LF trn, -, sd R cont LF trn, cl L fc Wall; Bk R comm LF trn, -, sd L cont LF trn slightly ovtrn, cl R to CP/DLC;

ENDING 1-12**1-4 2 LF TURNS FC WALL;; WHISK; WING to SCAR/DLC;**

1-2 {2 L Trns} Fwd L comm LF trn, -, sd & slightly bk R cont LF trn, cl L; Bk R comm LF trn, -, sd & slightly fwd L cont LF trn, cl R to CP/WALL;
 3 {Whisk} Fwd L, -, sd & slightly fwd R, XLIB to SCP/LOD;
 4 {Wing} Fwd R, -, draw L, tch L (W across frnt of M fwd L comm LF trn, -, cont LF trn fwd R, cont LF trn fwd L) to SCAR/DLC;

5-8 TURN L & R CHASSE TO BJO; IMPETUS TO SCP; THRU SD BEHIND; ROLL 3 TO SCP;

5 {Trn L & R Chasse} (SQ&Q) Fwd L with LF upper bdy trn, -, sd R cont trn LF/cl L, sd R comp trn (W Bk R comm LF upper bdy trn, -, sd L cont trn LF/cl R, sd L comp trn) to BJO/DRC;
 6 {Impetus} Bk L comm RF trn, -, cl R cont RF trn (heel trn), SCP fwd L (W fwd R heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn arnd M brush R to L, fwd R) to SCP/LOD;
 7 {Thru Sd Beh} Thru R, -, sd L, XRIB in SCP/LOD;
 8 {Roll 3} Comm LF (W RF) trn sd & fwd L, -, cont LF trn sd & bk R, sd & fwd L to SCP/LOD;

9-12 THRU VINE 8 TO SCP/LOD;; PICKUP, FWD & SLOW R LUNGE;;

9-10 {Thru Vine 8} (8Q) XRIF, sd L, XRIB, Sd L; XRIF, sd L, XRIB, Sd L to SCP/LOD;
 11-12 {Pkup Fwd & S R-Lunge} (SSS --) Thru R to lead W pkup, -, Fwd L, -; Slightly lower on L leg & lunge sd & fwd R, -, (W's head to L), -;