

IS IT YOU II

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Music: Is It You (from 'Shrek') by Sabina Helsey CD: Premium Standard - Ballroom Fantasy,
Track #2 Also available as download from Casa Musica

Time-Speed: Time@RPM: 3:10@46.5 – increase speed 3% (original speed 3:16@45)

Rhythm/Phase: Waltz II + 2 [Spin Turn, Whisk] + 1 [Sync Wheel] **Degree of Difficulty:** DIFF

Footwork: Opposite unless noted (Woman's footwork in parentheses)

Sequence: INTRO - A - INTLD 1 - B - INTLD 2 - A - A - B - END

INTRO

1 - 4 (OP-FC/WALL) WAIT; WAIT; APT PT; TOG TCH (BFLY);

- 1-2 Wait 2 meas in Open Facing Position M facing WALL;;
3 Apart L, pt R twd partner, -;
4 Together R, tch L to R to BFLY/WALL, -;

5 - 8 TWIRL VINE 3; MANUV; SPIN TRN; BK 1/2 BOX (LOD);

- 5 (Twirl Vine 3) Sd L lead W RF trn, XLIB of L, sd L(W fwd R twd LOD commence RF trn under lead hand, sd L cont RF trn, cont trn fc COH sd R);
6 (Manuv) Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RLOD;
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 (Bk 1/2 box) Bk R, sd L, cl R to CP/LOD;

PART A

1 - 4 2 L TRNS (WALL);; WHISK; MANUV;

- 1-2 (2 L Trns) Fwd L commence LF trn, sd R cont LF trn, cl L to R; Bk R commence LF trn, sd L cont trn, cl R to L to CP/WALL;
3 (Whisk) Fwd L, fwd & sd R w/rise, XLIB of R to SCP/LOD;
4 (Manuv) Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RLOD;

5 - 8 2 R TRNS (WALL);; TWIRL VINE 3; THRU FC CL (BFLY);

- 5-6 (2 R Trns) Bk L commence RF trn, sd R cont RF trn, cl L to R; Fwd R commence RF trn, sd L cont trn, cl R to CP/Wall;
7 (Twirl Vine 3) Sd L lead W RF trn, XLIB of L, sd L(W fwd R twd LOD commence RF trn under lead hand, sd L cont RF trn, cont trn fc COH sd R);
8 (Thru Fc Cl) Thru R, sd L fc partner and wall, cl R to L to BFLY/WALL;

9 - 12 WALTZ AWAY; CROSS WRAP (RLOD); BK WALTZ; W REV TWIRL 3 & M BK TRN 3 (LOP/LOD);

- 9 (Waltz Away) Fwd L twd DC(W twd DW), fwd R, cl L;
10 (Cross Wrap) Sd & fwd R commence RF trn twd wall lead W LF trn, cont RF trn sd L fc RLOD, cl R to L (Wsd & fwd L commence LF trn twd COH, cont LF trnsd R fc RLOD, cl Lto R)Wrapped position fc RLOD;
11 (Bk Waltz) Bk L, bk R, cl L to R;
12 (W Rev Twirl 3 & M Bk Trn 3) Man's R and Woman's L hnds released bk R commence RF trn lead W LF trn, cont RF trn fwd L, fwd R twd LOD (W bk L twd LOD commence LF trn under lead hand, fwd R cont LF trn, cont trn fc LOD fwd L) to LOP/LOD;

13 - 16 THRU TWINKLE (SCP/RLOD); PKUP (RLOD); L TRNG BOX 1/2 (LOD);;

- 13 (Thru Twinkle) Fwd L commence LF trn, cont LF trn sd R, cl L to R to SCP/RLOD;
14 (Pickup) Fwd R twd RLOD lead W LF trn commence LF trn, sd L fc RLOD, cl R(W fwd L front of man commence LF trn, cont LF trn sd R fc LOD, cl L) to CP fc RLOD;
15-16 (1/2 L Trning Box) Fwd L commence LF trn, sd R, cl L fc WALL; Bk R cont LF trn, sd L, cl R fc LOD;

INTERLUDE 1

1 - 4 FWD WALTZ; MANUV; SPIN TRN; BK 1/2 BOX (LOD);

- 1 (Fwd Waltz) Fwd L, fwd R, cl L;
- 2 (Manuv) Fwd R (W bk L) commence RF trn, cont RF trn sd L, cl R to CP/RLOD;
- 3 (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);
- 4 (Bk 1/2 box) Bk R, sd L, cl R to CP/LOD;

PART B

1 - 4 FWD WALTZ; DRIFT APT; THRU TWINKLE OUT & IN; (CP/LOD);

- 1 (Fwd Waltz) Fwd L, fwd R, cl L;
- 2 (Drift Apart) Fwd R, in plc L, in plc R (W bk L, bk R, cl L) to LOP-FCG/LOD
- 3 (Thru Twinkle Out) Thru L twd Wall commence LF trn, cont LF trn sd R, cl Lto R to OP/COH;
- 4 (Thru Twinkle In) Thru R twd COH commence RF trn, cont RF trn sd L, cl R to L to CP/LOD;

5 - 8 2 L TRNS (BFLY/WALL);; CANTER TWICE w/ARMS;;

- 5-6 (2 L Trns) Fwd L commence LF trn, sd R cont LF trn, cl L to R; Bk R commence LF trn, sd L cont trn, cl R to L to BFLY/WALL;
- 7-8 (Canter Twice w/Arm) Sd L, draw R to L, cl R to L; Sd L, draw R to L, cl R to L;
Note: Both arms go slowly straight up for 1 measure and then out and down for 1 measure, using all 2 measures for one full sweep.

INTERLUDE 2

1 - 4 WALTZ AWAY; MANUV; 1 R TRN FC LOD; FWD WALTZ;

- 1 (Waltz Away) Fwd L twd DC(W twd DW), fwd R, cl L;
- 2 (Manuv) Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RLOD;
- 3 (1 R Trn) Bk L commence RF trn, sd R cont RF trn, cl L to R;
- 4 (Fwd Waltz) Fwd R, fwd L, cl R to CP/LOD;

ENDING

1 - 4 WALTZ AWAY; MANUV; 1 R TRN FC LOD; FWD WALTZ;

- 1 (Waltz Away) Fwd L twd DC(W twd DW), fwd R, cl L;
- 2 (Manuv) Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RLOD;
- 3 (1 R Trn) Bk L commence RF trn, sd R cont RF trn, cl L to R;
- 4 (Fwd Waltz) Fwd R, fwd L, cl R to CP/LOD;

5 - 8 2 L TRNS (BFLY/WALL);; CANTER; BALANCE APT;

- 5-6 (2 L Trns) Fwd L commence LF trn, sd R cont LF trn, cl L to R; Bk R commence LF trn, sd L cont trn, cl R to L to BFLY/WALL;
- 7 (Canter) Sd L, draw R to L, cl R to L;
- 8 (Balance Apart) Step apt from ptr twd COH L (W twd Wall R) joining hnds in BFLY with hnds brought in between ptrs, cl R to L, in plc L;

9 - 12 WRAP (RLOD); SYNC WHEEL (WALL); UNWRAP SPIN & LUNGE APT;;

- 9 (Wrap) Raising M's L & W's R hnds while leaving other joined low step fwd twd WALL R commencing to change sds while trng W LF twd RLOD to wrap taking M's L arm over W's head (W step fwd L twd M's rt sd commencing to trn 1/4 LF), sd L twd WALL to fc RLOD (W step in plc R) lowering lead hnds to WRAP/RLOD, cl R;
- 10 (Sync Wheel) Wheel 3/4 RF stepping fwd L, R/L, R (W bk R, L/R, L) to WRAP/ WALL;
- (1,2&,3)
- 11-12 (Unwrap Spin & Lunge Apt) small sd L twd LOD releasing M's L & W's R hnds, cl R to L (W sd & (1,2,-;1,-,-;)fwd R commence RF spin twd RLOD, cl L to R) to OP/WALL, -; sd L flex left knee lead hnds extend sd, - , -;