

ANASTASIA

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MUSIC: "Journey To The Past" Available on Mini-Disc **RELEASED:** May 2003 curtworlock@juno.com
SEQUENCE: Intro, A, B, Bridge, C, Ending **SPEED:** As on Mini-Disc www.stardustdancecenter.com
RHYTHM: Rumba **PHASE:** VI **FOOTWORK:** Described for Man - Woman opposite (or as noted)

INTRO

1 - 4 SUNBURST;; LADY TURN POINT & SHAPE; (TO WALL) HOCKEY STICK ENDING;

Wait 2 down beats in close TANDEM POS FCING WALL M BEHIND W feet together heads down and arms low in front of W with M's on top of hers with his hands holding her forearms just above the wrist.

- 1 - Lift W's arms straight up as you raise heads,-, cont raising arms up,-;
- 2 - Take arms outward and down,-, cont to lower arms down at W's sides,-;
- 3 - Lead through R hand to trn W to fc placing L hand at W's R hip/comm to raise R arm,-, cont to extend R arm out to sd (swvl RF on R place R hand on M's chest/comm to raise L arm,-, cont to extend L arm out to sd),-;
- 4 - Bk R, rec L, fwd R (swvl LF on R/fwd L to WALL, fwd R sharply trng LF, cont LF trn bk L) to L OP FCING,-;

PART A

1 - 4 OPEN HIP TWIST; FAN; HOCKEY STICK SPIRAL ON 3; OVERTURNED TO FIGUREHEAD;

- 1 - Fwd L, rec R, keeping fwd poise almost cl slightly bk L (bk R, rec L, fwd R/trn hips only RF towards LOD),-;
- 2 - Bk R, rec L, sd R (fwd L LOD, fwd R sharply trng LF, cont LF trn bk L LOD) to FAN POS M FCING WALL,-;
- 3 - Fwd L, rec R, raising joined lead hands high cl L to R leading W to spiral (cl R to L, fwd L, fwd R in front of M, spiral 7/8 LF under joined lead hands),-;
- 4 - Bk R trng RF, rec L, fwd R (fwd L toe pting DRW, fwd R spiral 7/8 LF under joined lead hands, cont LF trn fwd L raising L hand high) to end lead hands joined low in figurehead position M behind W FCING DRW,-;

5 - 8 BASIC TO CONT NAT TOP;; (FACE LOD); TO A RUDOLPH RONDE & FALLAWAY TO BJO;

- 5 - Fwd L leading W fwd then flip lead hands to lead W to trn RF, rec R, trng RF sd & slightly fwd L (fwd R DRW/sharply swvl 1/2 RF on R, fwd L, trng RF fwd R between M's feet) to loose CP RLOD,-;
- 6 - Trng RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn XRIB of L toe to heel (trng RF sd L, cont RF trn XRIF of L, cont RF trn sd L) to loose CP approximately DLW,-;

- 7 - Cont RF trn sd L leading W fwd, cont RF trn XRIB of L toe to heel, cont RF trn sd L (fwd R trng LF under joined lead hands, trng RF sd L, cont RF trn XRIF of L) to loose CP approximately DLC,-;
- sq 8 - Fwd R LOD between W's feet keeping L ft bk flexing R knee while slowly turning upper body RF,-, bk L in SCP, bk & sd R (bk L & swing R ft up and out in a circular CW ronde movement while trng RF on L ft,-, bk R in SCP, trng LF sd & fwd L) to CBJO POS M FCING DLW;

9-12 BACK SIDE THRU FAN &; FENCELINE; REV UNDERARM LADY SPIRAL TO WRAP (LOD); FORWARD 2 TO TANDEM & TOUCH;

9 - Bk L comm RF trn, cont RF trn sd & fwd R, thru L, fan R ft CCW (fwd R, fwd L, fwd R, fan L ft CW) to BFLY;

- 10 - Soften L knee fwd & across R LOD flexing R knee, rec L trng RF, sd R,-;
- 11 - Trng RF fwd & across L, rec R trng LF, cont LF trn sd & fwd L leading W to spiral (fwd & across R trng LF under lead hands, rec L cont LF trn, sd & fwd R spiral 7/8 LF under lead hands) to WRAP POS LOD,-;
- qq-- 12 - Fwd R, leading W in front fwd L, touch R to L (fwd L, fwd & across R, touch L to R) to TANDEM POS LOD,-;

13-16 SUNBURST;; LADY TRN PT & SHAPE; (TO LOD) HOCKEY STICK ENDING (HANDSHAKE);

- 13 - Releasing hands from wrap pos to take W's arms as in beginning Repeat Meas 1 of Intro;
- 14 - Repeat Meas 2 of Intro;
- 15 - Repeat Meas 3 of Intro;
- 16 - Repeat Meas 4 of Intro but end fcng with a handshake M FACING LOD;

PART B

- 1 - 4 **ALEMANA; w/SURPRISE CHECK; SLIDE TO VARSOUVIENNE; WHEEL 2 SLOW (FC CTR);**
 1 - Fwd L, rec R, cl L to R raising joined R hands (bk R, rec L, fwd R toe pting DRC),-;
 2 - Bk R, rec L/swivel 1/8 LF on L bringing joined R hands thru at chest level between ptrs & extend them across in front of W, swivel 3/8 RF on L to end both fcng WALL with L arms extended to LOD M's behind W cl R to L (fwd L DRC trng 1/2 RF under R hands, fwd R towards LOD trng 1/2 RF to fc M/swvl 1/8 RF on R, swivel 3/8 LF on R cl L to R),-;
 3 - Keeping R hands joined sd L, cl R to L joining L hands, small sd L to VARSOUVIENNE POS FCING WALL,-;
 ss 4 - Curving RF wheel 1/4 fwd R,-, cont RF trn wheel 1/4 fwd L (bk L,-, bk R) to VARS POS FCG CENTER,-;
- 5 - 8 **SWEETHEART TWICE; LADY FACE; CROSS BODY TO HANDSHAKE; SHADOW NEW YORKER IN 4 w/CLOSE (LOW DOUBLE HAND HOLD);**
 5 - Fwd R lower L hands to waist level w/slight RF body trn & look back at W under high R hands, rec L, sd R behind W (bk L w/slight LF body turn, rec R, sd L) to LEFT VARSOUVIENNE FACING CENTER,-;
 6 - Fwd L lower R hands to waist level w/slight LF body trn & look back at W under high L hands, rec R lower L hands in front of W, lead W fwd then sd L trng W to fc (bk R w/slight RF body trn, rec L, fwd R trn 1/2 RF) to end FACING M FACING COH w/L hands joined over R,-;
 7 - Trng RF bk R DLW leading W fwd, rec L trn 3/8 LF to fc ptr & WALL releasing L hands, sd R (fwd L DRW, fwd R DRW trng 1/2 LF, cont LF trn sd L RLOD) to end fcng w/handshake M FCING WALL,-;
 qqqq 8 - Trng RF fwd L RLOD, rec R trng LF, cont LF trn sd L to fc ptr, cl R to L changing to low double hand hold;

BRIDGE

- 1 **SIDE WALK SYNCOPATED;**
 qqq&q& 1 - Sd L, cl R to L, sd L/cl R to L, sd L/cl R to L releasing trailing hands to end L OPEN FCING M FCING WALL;

PART C

- 1 - 4 **CIRCULAR THREE ALEMANAS;;; (TO CLOSED WALL);**
 1 - Fwd L, rec R, comm RF trn sd & slightly fwd L raising lead hands high palm to palm (bk R, rec, L, trng RF fwd R to M) to end L OPEN FCING M FCING DRW,-;
 2 - Cont RF trn XRIB of L, cont RF trn sd L, cont RF trn XRIF of L (trng RF fwd L LOD trng 5/8 RF under joined lead hands, fwd R RLOD trng 1/2 RF, fwd L LOD trn 1/4 RF) to end L OPEN FCING M FCING CENTER,-;
 3 - Cont RF trn sd & fwd L leading W to turn under, cont RF trn XRIB of L, cont RF trn sd & slightly bk L (fwd & across R LOD trng 3/4 LF under joined lead hands, fwd L RLOD trng another 3/4 LF under joined lead hands, fwd R COH to M) to end lead hands joined high palm to palm L OPEN FCING M FCING WALL,-;
 4 - Bk R, rec L, small fwd R (trng RF fwd L DLC trng 1/2 RF under joined lead hands, fwd R WALL trng 1/2 RF to fc M, fwd L to M's R sd preparing to open out) to loose CP WALL,-;
- 5 - 8 **CIRCULAR HIP TWIST;;; 2 OF FAN & SWIVEL CLOSE TO FACE;**
 5 - Fwd L trng 1/8 RF leading W to open out, rec R trng 1/8 LF, bk L behind R (swvl 1/2 RF on L bk & sd R, rec L swvl 1/2 LF on L, cont LF trn fwd R outsd ptr to M's R sd/trng hips RF towards LOD),-;
 6 - Trng LF sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R (fwd L/swvl LF to fc ptr, cl R to L/trn hips RF, fwd L),-;
 7 - Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (swivel LF to fc ptr/cl R, trn hips RF/fwd L, swivel LF to fc ptr/cl R to L, trn hips RF towards LOD) to end M FCING WALL,-;
 8 - Bk R, rec L trng 1/4 LF, cl R to L (fwd L LOD, fwd R sharply trng LF, cont LF trn cl L to R) to end L OPEN FCING M FCING LOD,-;
- 9-12 **OPEN BRK CHANGE SIDES 2 TWICE;; OPEN BRK TO BOLERO; WHEEL 3 FC LINE (M CK);**
 qqqq 9 - Apt L, fwd & across R raising lead hands, fwd & across L trng RF, cont RF trn cl R to L dropping lead Hands down (apt R, rec L, fwd R trng 1/2 LF under joined lead hands, cl L to R) to L OPEN FCING M FCING RLOD;
 qqqq 10 - Repeat Meas 9 of Part C to end L OPEN FCING M FCING LOD;

- 11 - Apt L, rec R, trng RF sd & fwd L placing R arm around W's R sd & extend L arm out to sd (apt R, rec L, fwd R place R arm on M's L shoulder & extend L arm out to sd) to BOLERO POS M FCING DLW,-;
- 12 - Wheel 7/8 RF fwd R, fwd L, fwd R cking (fwd L, fwd R, fwd L) still BOLERO POS but now M FCING LOD,-;

13-14 OUTSIDE SWIVEL TWICE; BACK TWIST VINE 4; BACK PREP (FACE WALL),

- SS** 13 - Bk L leave R ft fwd trng hips RF,-, fwd R cking leading W to swivel LF (fwd R outsd ptr, swvl RF on R to SCP, fwd L, swvl LF on L) to end BJO DLW,-;
- QQQQ** 14 - Bk L, trng RF sd R toe pting DRW, fwd L, trng LF sd & back R to BJO POS DLW;
- &--** + - Bk L/swvl RF on L tch R to L w/slight L sway, hold (fwd R outsd ptr/swvl 3/8 RF on R cl L to R head R, hold)
- (&Q-)** to PREP POS FCING WALL,

NOTE: + This is an extra ½ measure in the music and actually makes Part C 14 ½ Measures long.

ENDING

1 - 4 SAME FOOT LUNGE CHG SWAY; & TELESPIN ENDING (SCP); AIDA; SWITCH ROCK w/CL;

- S--** 1 - Lower on L/push sd R toe pting DRW, cont to transfer all wgt to R w/soft knee stretch upward & sway R, change sway through L hip rotating RF head to L (XRIB of L well underneath body head well to L,-, allow M to change sway through hips head now to R),-;
- (&QQS)** 2 - Trn LF to fold W to CP/fwd L, sd R cont LF trn, sd & fwd L raising trailing arms up high (rec L trng LF square to M/bk R, cl L to R heel trn, sd & fwd R allowing M to lift trailing arm up) to SCP LOD,-;
- 3 - Thru R taking trailing arms thru & down, trn RF sd L, cont RF trn sd & bk R to bk to bk V-pos sweeping trailing arm up & bk,-;
- 4 - Bring joined lead hands thru to LOD trng LF to fc ptr sd L, rec R, cl L to R raise lead hands high palm to palm to end L OPEN FCING M FCING WALL,-;

5 - 9 ALEMANA TURN TO; ROPE SPIN; TO CLOSED WALL; CONTRA CHECK; & EXTEND L ARMS;

- 5 - Bk R, rec L, cl R to L (trng RF fwd L DLC trng ½ RF under joined lead hands, fwd R WALL trng ½ RF to fc M, fwd L to M's R sd, spiral 7/8 RF under lead hands),-;
- 6 - Sd L taking L arm over own head, rec R, cl L to R (lariat circle around M CW fwd R, L, R to M's L sd),-;
- 7 - Bk R, rec L, cl R to L (cont around M fwd L, R trng RF to fc M, fwd & sd L to M) to CP WALL,-;
- S--** 8 - Slowly lower keeping hips up to ptr fwd L w/CBM R sd leading,-, cont to bring R sd thru to extend,-;
- 9 - Slowly comm to take L arm out to sd (place R hand on M's L shoulder),-, cont to extend L arm out until music ends,-;

NOTE: Timing is standard QQS unless noted on side by the measure and refers to actual weight changes.