



Once Upon a Dream

Choreographers:	Release date: January 2019
Annette & Frank Woodruff Rue du Camp, 87 7034 Mons, Belgium	Rhythm & Phase: Foxtrot IV
	Music: Dimie Cat, mp3 03:21 on Amazon (2 cuts) or wrddmusic.com/very-ballroom-3, CD 2, Track 8 (no cuts in this version)
	Time & Speed: Music cut at 02:41 then, at beginning, first 42 seconds removed.
	Footwork: Opposite except where indicated (W's footwork in parentheses) Timing: SQQ except where indicated.
annetteandfrank@gmail.com	Sequence: A - B - A - Ending

INTRODUCTION

None	CP DLC, ld ft free. Start dancing right after the first chord.
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PART A

1	Telemark to SCP ;	Fwd L risg comm LF trn, -, sd & arnd ptr R now bkg LOD, contg LF trn sd & fwd L twd DLW w/ L sd ldg (<i>W bk R, -, trn LF on heel of R to fc DLW & cl L, contg LF trn sd & fwd R twd DLW w/ R sd ldg</i>) to SCP DLW ;
2 - 3	In & Out Runs ; ;	Fwd R stg RF trn, -, sd & bk L to CP, bk R (<i>W fwd L, -, fwd R between M's ft, fwd L</i>) to BJO RLOD ; bk L trn RF, -, sd & fwd R between W's ft cont RF trn, fwd L (<i>W trng RF fwd R stg to fold in frt of M, -, fwd & sd L contg trn & brush R to L, fwd R</i>) to SCP LOD ;
4	Thru Hover to BJO ;	Thru R, -, forward L to CP, rec R in Banjo (<i>W thru L, -, turning to CP side and back R and brush L to R, side and forward L</i>) to BJO LOD ;
5	Back Hover to SCP ;	Bk L, -, sd & bk R w/ slight rise, rec L (<i>W fwd R, -, sd & fwd L trng RF to CP & brush L to R, sd & fwd R</i>) to SCP LOD ;
6	Open Natural ;	Stg RF upper bdy trn fwd R heel to toe, -, cont RF trn sd L, cont slight RF upper bdy trn to ld W to stp outsd bk R (<i>W fwd L in SCP, -, fwd R to CP, fwd L</i>) to BJO RLOD ;
7	Back Feather ;	Bk L, -, bk R w/ R shldr lead, bk L (<i>W fwd R, -, fwd L, fwd R</i>) still in BJO RLOD ;
8	Feather Finish ;	Bk R trng LF, -, sd & fwd L contg trn, fwd R outsd W to BJO DLW ;
9	Three Step ;	Fwd L twd DLW, -, fwd R between W's ft w/ heel ld & then risg to toe, fwd L (<i>W bk R, -, bk L, bk R</i>) ;
10	½ Natural ;	Stg RF upper bdy trn fwd R heel to toe, -, trng RF sd L acrs LOD, bk R (<i>W stg RF upper bdy trn bk L, -, contg trn on L heel & cl R, fwd L</i>) to CP RLOD ;
11	Closed Impetus ;	Stg RF upper bdy trn bk L, -, contg trn on L heel & cl R, sd & bk L (<i>W stg RF upper bdy trn fwd R between M's ft heel to toe pvtg ½ RF, -, sd & fwd L contg trn arnd M & brush R to L, fwd R between M's ft</i>) to CP DLW ;
12	Feather Finish ;	Bk R trng LF, -, sd & fwd L contg trn, fwd R outsd W to BJO DLC ;
13	Open Reverse ;	Fwd L comm LF bdy trn, -, cont trn sd R, bk L to BJO RLOD ;
14	Back Three-Step ;	Bk R, -, bk L to CP, bk R (<i>W fwd L, -, fwd R to CP, fwd L</i>) to CP RLOD ;
15	Weave Ending ; QQQQ	Bk L, trng LF bk R down LOD, contg LF trn sd & fwd L pointg DLW body turns less, fwd R left side ldg (<i>W fwd R, trng LF fwd L down LOD, contg LF trn sd & bk R, bk L</i>) to BJO DLW ;
16	Quick Diamond 4 ; QQQQ	Fwd L comm LF trn, sd R contg LF trn, bk L in BJO compg ¼ LF trn, bk R CP DLC ;
17	Dip Back & Recover ; SS	Dip back L softening knee, -, recover R, - ;
18	Forward Side Draw ;	Fwd L, -, fwd & sd R, draw L still in CP DLC ;

PART B

1	Telemark to SCP ;	Rpt meas 1 Part A ;
2	Hover Fallaway ;	In SCP thruout fwd R, -, fwd L rise to ball of ft checking, rec bk R ;
3	Slip Pivot to BJO ;	Bk L, -, bk R trn LF keep L leg extended, fwd L (<i>W bk R stg LF swvl on ball of ft w/ thighs locked L leg extended, -, fwd L near M's R ft contg trn, bk R</i>) to BJO LOD ;
4	½ Natural ;	Rpt meas 10 Part A ;
5	Overturnd Spin Turn ;	Stg RF upper bdy trn bk L toe pvt ½ RF to fc LOD, -, fwd R between W's ft heel to toe cont trn leavg L leg extended bk & sd, rec sd & bk L to CP DRW (<i>W stg RF upper bdy trn fwd R between M's ft heel to toe pvt ½ RF, -, bk L cont trn & brush R to L, fwd R</i>);
6	Feather Finish ;	Bk R trng LF, -, sd & fwd L contg trn, fwd R outsd W to BJO DLW ;
7	Hover Telemark ;	Fwd L risg, -, sd & fwd R, trng to SCP DLW sd & fwd L (<i>W blendg to CP bk R, -, sd & bk L then brush R to L, trng to SCP sd & fwd R</i>) ;
8	Cross Pivot to SCAR ;	Fwd R between ptr's ft comm strong RF trn, -, sd L arnd ptr cont RF trn, sd R in SCAR fcg LOD ; (<i>W: Bk L comm strong RF trn, -, sd R between ptr's ft small step contg RF trn, sd & bk L in SCAR;</i>)
9	Cross Hover to BJO ;	XLif (<i>W XRib</i>), -, sd R w/ slight rise trng LF, rec L to BJO DLC;
10	& to SCAR ;	XRif (<i>W XLib</i>), -, sd L w/ slight rise trng RF, rec R to SCAR DLW;
11	& to SCP ;	XLif (<i>W XRib</i>) , -, sd R w/ slight rise (<i>W sd L w/ strong RF trn</i>), rec L to SCP LOD ;
12	Thru Side Behind ;	Thru R, -, trng RF sd L twd LOD dropg trl hnds, XRib to mom LOP w/ trl arm xtd to sd (<i>W thru L, - trng LF sd R twd LOD dropg trl hnds, contg trn XLib to mom LOP w/ L arm xtd to sd</i>) ;
13	Roll 3 to OP ;	Swvlg LF on R ft fwd L twd LOD, -, contg LF trn bk & sd R, contg trn fwd L (<i>W swvlg RF on L ft fwd R twd LOD, -, contg RF trn bk & sd L, contg trn fwd R</i>) to OP LOD ;
14	Pick Up ;	Sm fwd R to CP LOD, -, sd L, cl R (<i>W fwd L trng LF to CP, -, sd R, cl L</i>) ;
15 - 18	Interrupted Box ;;;;	Fwd L, -, sd R, cl L ; bk R w/ slight RF upper bdy trn raisg jnd ld hnds, -, sd L ldg W's RF curve, cl R ; fwd L, -, sd R, cl L ; bk R, -, sd L, cl R ; (<i>W bk R, -, sd L, cl R ; fwd L with slight RF upper bdy trn, -, fwd R curvg RF starting full RF circle under jn ld hnds, fwd L continuing curve ; fwd R curvg RF, -, fwd L curvg RF, fwd R curvg RF to CP LOD ; fwd L, -, sd R, cl L ;</i>)

Repeat Part A**ENDING**

1 - 4	Diamond Turn ;;	Fwd L DLC comm ¼ LF trn, -, contg trn sd R, bk L to BJO DRC ; staying in BJO bk R comm ¼ LF trn, -, contg trn sd L, fwd R to BJO DRW ; still in BJO fwd L comm ¼ LF trn, -, contg trn sd R, bk L to BJO DLW ; still in BJO bk R comm ¼ LF trn, -, contg trn sd L, fwd R to BJO DLC ;
5	Telemark to SCP ;	Rpt meas 1 Part A ;
6	Thru Side Behind ;	Rpt meas 12-13 Part B ;
7	Roll 3 to SCP ;	
8	Thru Semi Chasse ;	Thru R to SCP DLC, sd & fwd L/cl R, sd & fwd L ;
9	Thru Face Close to CP ;	Thru R trn RF (<i>W thru L trng LF</i>) -, sd L, cl R to CP WALL ;
10	Dip Back ;	Dip bk L w/ knee relaxed (<i>W dip fwd R w/ knee relaxed</i>), -, -, - ;

Links:

Purchase: \$0.89 https://www.amazon.com/Once-Upon-Dream-Sleeping-Beauty/dp/B00KZHV2LE/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1546028584&sr=1-1&keywords=once+upon+a+dream+-+dimie+cat

Listen to whole song (N.B. for this routine the Disney song is cut at both ends. If using the ballroom version, there are no cuts)

<https://www.youtube.com/watch?v=shlpU4VQrPI>

<https://open.spotify.com/album/51rASeq4Puh6Ob45oCpwIg>



Dimie Cat, born 1984 in Lyon, France, is a French singer and songwriter. Her style is a mix of jazz with modern beats and sounds referred to as electroswing. With producer Franck Rougier they wrote two albums: Pin me Up (2009) & ZigZag (2012). Then the Japanese label Rambling Records requested a collection of Disney themes, electroswing style, and that's how the third album, Once Upon a Dream (2014), came to life & was a huge success in Japan and South Korea. The alias "Dimie" is inspired by her paternal grandmother's maiden name Dimitroff.

Once Upon A Dream – Woodruff – Foxtrot IV – 2:08 – Dimie Cat

PART A (18 meas)

Telemark to SCP ; In & Out Runs ;; Thru Hover to BJO ;
 Bk Hover to SCP ; Open Natural ; Back Feather ; Feather Finish ;
 Three Step ; ½ Natural ; Closed Impetus ; Feather Finish ;
 Open Reverse ; Back Three-Step ; Weave Ending ; Quick Diamond 4 ;
 Dip Back & Recover ; Forward Side Draw ;

PART B (18 meas)

Telemark to SCP ; Hover Fallaway ; Slip Pivot to BJO ; ½ Natural ;
 Overturned Spin Turn ; Feather Finish ; Hover Telemark ; X-pvt to SCAR ;
 Cross Hover to BJO ; & to SCAR ; & to SCP ; Thru Side Behind ;
 Roll 3 to OP ; Pick Up ; Interrupted Box ;;;

PART A (18 meas)

Telemark to SCP ; In & Out Runs ;; Thru Hover to BJO ;
 Bk Hover to SCP ; Open Natural ; Back Feather ; Feather Finish ;
 Three Step ; ½ Natural ; Closed Impetus ; Feather Finish ;
 Open Reverse ; Back Three-Step ; Weave Ending ; Quick Diamond 4 ;
 Dip Back & Recover ; Forward Side Draw ;

ENDING (10 meas)

Diamond Turn ;;;
 Telemark to SCP ; Thru Side Behind ; Roll 3 to SCP ; Thru Semi Chasse ;
 Thru Face Close to CP ; Dip Back ;