



# THEME IN MY HEAD

|                                     |   |
|-------------------------------------|---|
| Choreographers:                     | <b>Release date:</b> January 2008   |
| <b>Annette &amp; Frank Woodruff</b> | <b>Rhythm &amp; Phase:</b> Waltz V soft   |
| Rue du Camp, 87                     | <b>Music:</b> Casa Musica Ballroom Classic 5, Track 2, Theme                            |
| 7034 Mons, Belgium                  | <b>Time &amp; Speed:</b> Shortened to 2:44 – Speed unchanged                            |
| Tel: 00 32 65 73 19 40              | <b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> ) |
| <b>annetteandfrank@gmail.com</b>    | <b>Sequence:</b> INTRO – AA – B – A - ENDING  |

Teaching tip: Chasse Variations\*

## INTRODUCTION

|              |                                |  |
|--------------|--------------------------------|--|
| <b>1</b>     | <b>Wait;</b>                   | SCP LOD trl ft free wt 1 meas;   |
| <b>2</b>     | <b>Thru to a Left Whisk;</b>   | Thru R, sd L to fc ptr, XRib to RSCP RLOD;   |
| <b>3 - 4</b> | <b>Unwind in 6 to CP LOD;;</b> | Unwind on heel of L foot & toe of R foot ( <i>W arnd M fwd R, L R</i> ); cont unwinding ( <i>W arnd M fwd L, R, L</i> ) to CP LOD; |

## PART A

|              |                                      |  |
|--------------|--------------------------------------|--|
| <b>1 - 2</b> | <b>Viennese Turn;;</b>               | Fwd L com LF trn, sd R cont trn, XLif fc RLOD ( <i>W bk R com LF trn, sd L cont trn, cl R</i> ); Bk R cont LF trn, sd L cont trn, cl R to CP LOD ( <i>W fwd L cont LF trn, sd R cont trn, XLif</i> );  |
| <b>3</b>     | <b>Turn Left Chasse to BJO;</b>      | Fwd L trn LF, contg LF trn sd R/cl L, sd & slightly bk R to BJO DRC;   |
| <b>4</b>     | <b>Back Back Lock Back;</b>          | Bk L, w/ R sd ld bk R/ lk Lif, bk R;   |
| <b>5</b>     | <b>Impetus to SCP;</b>               | Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L ( <i>W fwd R outsd ptr pvtg RF, sd &amp; fwd L contg RF trn arnd M, brush R to L &amp; fwd R</i> ) to SCP DLC;   |
| <b>6</b>     | <b>Weave 3 to BJO;</b>               | Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R ( <i>W fwd L trng LF, sd &amp; bk R to CP, contg LF trn sd &amp; fwd L LOD</i> ) to BJO DRC;  |
| <b>7</b>     | <b>Turn Right Chasse to SCAR;</b>    | Bk L com trn RF, contg RF trn sd R/cl L, sd R to SCAR DLW;   |
| <b>8</b>     | <b>Forward Forward Lock Forward;</b> | Traveling DLW fwd L, fwd R/lk Lib, fwd R;  |
| <b>9</b>     | <b>Hover;</b>                        | Fwd L, fwd & sd R hvrg & leavg L leg ip, rec L ( <i>W bk R, strong bk &amp; sd L hvrg, brush R to L &amp; fwd R</i> ) to SCP DLC;  |
| <b>10-11</b> | <b>Weave;;</b>                       | Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC ( <i>W fwd L trng LF, sd &amp; bk R to CP, contg LF trn sd &amp; fwd L LOD to BJO</i> ); bk L LOD, bk R trng LF trn, sd & fwd L ( <i>W fwd R outsd ptr, fwd L to CP contg LF trn, sd &amp; bk R</i> ) to BJO DLW; |
| <b>12</b>    | <b>Curved Feather;</b>               | Staying in BJO thruout fwd R stg to trn RF, w/ L sd stretch contg RF trn sd & fwd L, contg upper bdy trn w/ L sd stretch fwd R ( <i>W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L</i> ) ckg to BJO DRW;   |
| <b>13</b>    | <b>Back Back Lock Back;</b>          | Bk L, w/ R sd ld bk R/ lk Lif, bk R;   |
| <b>14</b>    | <b>Outside Change to SCP;</b>        | Bk L, trng LF bk & sd R, contg LF trn sd & fwd L ( <i>W fwd R, fwd L, fwd R</i> ) to SCP LOD;  |
| <b>15</b>    | <b>Thru Semi Chasse;</b>             | Thru R to SCP DLC, fwd L/cl R, fwd L;  |
| <b>16</b>    | <b>Chair &amp; Slip;</b>             | Ck thru R w/ lun action, rec L, w/ slight LF upper bdy trn slip R bhd L contg trn ( <i>W swvl LF on R ft &amp; fwd L outsd M's R ft</i> ) to CP DLC;   |

**PART B**

|    |                                     |  |
|----|-------------------------------------|--|
| 1  | <b>1 Left Turn;</b>                 | Fwd L trng LF, sd R contg LF trn, cl L to CP RLOD;   |
| 2  | <b>Hover Corte;</b>                 | Bk R, trng LF sd & fwd L LOD hvrg & leavg R leg ip, compg ½ LF trn rec R ( <i>W brush L to R &amp; fwd L</i> ) to BJO DLW;   |
| 3  | <b>Back Chasse to SCAR;</b>         | Bk L, trng RF sd R/cl L, sd R to SCAR DRC;   |
| 4  | <b>Forward Lady Develope;</b>       | Fwd L leave R pt bk, -, - ( <i>W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd</i> );   |
| 5  | <b>Back Chasse to BJO;</b>          | Bk R, trng LF sd L/cl R, sd L to BJO DLW;  |
| 6  | <b>Maneuver;</b>                    | Fwd R trng RF, sd L in front of W, cl R to CP RLOD;  |
| 7  | <b>Back to Tipple Chasse Pivot;</b> | Bk L com RF trn, contg RF trn sd R/cl L, sd & fwd R pvtg ½ RF;   |
| 8  | <b>Hesitation Change;</b>           | Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC;   |
| 9  | <b>Telemark to SCP;</b>             | Fwd L stg LF trn, sd R contg LF trn, sd & slightly fwd L ( <i>W bk R stg LF trn, cl L [heel trn] contg LF trn, sd &amp; slightly fwd R</i> ) to SCP DLW;               |
| 10 | <b>Thru Ripple Chasse;</b>          | Thru R, sd & slightly fwd L w/ slight L sd stretch/cont L sd stretch into a R sway as you cl R looking to R holding sway, sd & fwd L loosing sway blending to SCP LOD; |
| 11 | <b>Manuver;</b>                     | Fwd R trng RF, sd L in front of W, cl R ( <i>W fwd L, fwd R, cl L</i> ) to CP RLOD;  |
| 12 | <b>Outside Change to SCP;</b>       | Bk L, trng LF bk & sd R, contg LF trn sd & fwd L ( <i>W fwd R, fwd L, fwd R</i> ) to SCP LOD;  |
| 13 | <b>Syncopated Vine;</b>             | Thru R, sd L/XRib ( <i>W xib</i> ), sd L to SCP LOD;   |
| 14 | <b>Thru Hover to BJO;</b>           | Thru R, fwd L w/ rise ( <i>W trns LF</i> ), rec R to BJO LOD;  |
| 15 | <b>Back Hover to SCP;</b>           | Bk L, bk R w/ rise ( <i>W trns RF</i> ), rec L to SCP LOD;   |
| 16 | <b>Chair &amp; Slip;</b>            | Ck thru R w/ lun action, rec L, w/ slight LF upper bdy trn slip R bhd L contg trn ( <i>W swvl LF on R ft &amp; fwd L outsd M's R ft</i> ) to CP DLC;                   |

**ENDING**

|       |                                |   |
|-------|--------------------------------|---|
| 1 - 3 | <b>Diamond Turn ¾;;;</b>       | Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO; staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R; staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L to BJO DLW; |
| 4     | <b>Back Half Box;</b>          | Bk R, sd L, cl R to CP DLW;   |
| 5     | <b>Whisk;</b>                  | Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to tight SCP LOD;  |
| 6     | <b>Thru to a Left Whisk;</b>   | Thru R, sd L to fc ptr, XRib to RSCP RLOD;  |
| 7 - 8 | <b>Unwind in 6 to CP DLW;;</b> | Unwind on heel of L foot & toe of R foot ( <i>W arnd M fwd R, L R</i> ); cont unwinding ( <i>W arnd M fwd L, R, L</i> ) to CP DLW;  |
| 9     | <b>Apart Point;</b>            | Apt L, -, pt R twd ptr & hold till end of music;  |

\* Chasse, Semi Chasse, Locks, Back Locks, Ripple Chasse, Tipple Chasse, Syncopated Vine.



THEME IN MY HEAD – WOODRUFF – WZ V– 2:44

INTRO (4 meas)

SCP LOD trl ft free wait 1 ; Thru to Left Whisk ; Unwind in 6 to CP LOD ;;

PART A (16 meas)

Viennese Turn ;; Turn L Chasse to BJO ; Back Bk Lk Bk ; Impetus to Semi ;  
Weave 3 to BJO ; Turn R Chasse to SCAR ; Forward Fwd Lk Fwd ;

Hover ; Weave ;; Curved Feather ;

Back Bk Lk Bk ; Outside Change to SCP ; Thru Semi Chasse ; Chair & Slip;

PART A (16 meas)

Viennese Turn ;; Turn L Chasse to BJO ; Back Bk Lk Bk ; Impetus to Semi ;  
Weave 3 to BJO ; Turn R Chasse to SCAR ; Forward Fwd Lk Fwd ;

Hover ; Weave ;; Curved Feather ;

Back Bk Lk Bk ; Outside Change to SCP ; Thru Semi Chasse ; Chair & Slip;

PART B (16 meas)

1 L Turn ; Hover Corte ; Back Chasse to SCAR ; Fwd Lady Develope ;

Bk Chasse to BJO ; Maneuver ; Bk to Tipple Chasse Pivot ; Hesitation

Change ; Telemark to SCP ; Thru Ripple Chasse ; Maneuver ;

Outside Change to SCP ; Syncopated Vine ; Thru Hover to BJO ;

Bk Hover to SCP ; Chair & Slip ;

PART A (16 meas)

Viennese Turn ;; Turn L Chasse to BJO ; Back Bk Lk Bk ; Impetus to Semi ;  
Weave 3 to BJO ; Turn R Chasse to SCAR ; Forward Fwd Lk Fwd ;

Hover ; Weave ;; Curved Feather ;

Back Bk Lk Bk ; Outside Change to SCP ; Thru Semi Chasse ; Chair & Slip;

ENDING (9 meas)

Diamond Turn  $\frac{3}{4}$  ;;; Bk  $\frac{1}{2}$  Box ;

Whisk ; Thru to L Whisk ; Unwind in 6 to CP DLW ;; Apart Point ;