

IT IS YOU (Theme From "Shrek")

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Record: Song "Is It You (Theme From "Shrek")", Casa musica musikvertrieb CD "Ballroom Fantasy", Track 2
Rhythm/Phase: Waltz; V1
Footwork: Opposite, directions for man (woman in parentheses)
Sequence: INTRO - A - INTER 1 - B - INTER 2 - A - C - B - ENDING
Date: January 9, 2004 (Version 1.0)

INTRO

- 6 FEET APART, M FACE DRW, LEAD FOOT FREE FOR BOTH, NO WAIT**
MSTEP FWD & RAISE HND; W STEP FWD & RAISE HND; BK TO HIGH LINE; MOD OP NAT;
 1-4 M step fwd L & raise L hnd fwd to shoulder high offer to W (W hold); M hold (W step fwd R & raise R hnd
 1-2 fwd put on M's L hnd) end in LOP feg pos DRW;
 12- 3 Bk R comm LF trn, sd L twd DLC cont LF trn leading M's L sd (W's R sd) while rising & stretching M's R
 sd (W's L sd) leaving free M's R & W's L ft extended twd DRW, hold;
 4 Release to CP fwd R twd DLW comm RF trn, sd & fwd L cont trn RF, sd & bk R to CBJO DRC;
 5-8 **OUTSIDE SPIN TO NAT TURNING LOCK OVERTURNED:: NAT TURNING LOCK TO SCP;**
PICK UP W LOCK;
 123 5-6 Bk L a short step trng RF, fwd R around W trng RF, sd and bk L to end in CP RLOD (W fwd R around M
 1&23 comm RF toe spin bringing left toe beside right with no weight, cont RF spin on R and change weight to left
 toe; fwd R between M's feet); Bk R twd LOD right shoulder leading / lock L XIF of R (W lock R XIB of L),
 trng RF sd & fwd R twd LOD still in CP, sd & bk L trng to CP RLOD;
 1&23 7 Bk R right shoulder leading / lock L XIF of R (W lock R XIB of L), trng RF sd & fwd R twd LOD still in
 CP, sd & fwd L to SCP DLC;
 8 Thru R, sd & fwd L trng to CP, cl R (W XLIF of R) to CP DLC;

PART A

- 1&23 1-4 **REV FALLAWAY & SLIP; WHISK; WEAVE 6 TO BJO::**
 1 Fwd L twd DLC comm LF trn / sd R, bk L in fallaway pos still moving DLC cont LF trn, trng LF bk &
 slightly sd R pivot LF to CP DLW (W bk R comm LF trn / bk L twd DC & trng to fallaway pos keep head to
 L, bk R in fallaway pos cont LF trn, trng LF fwd L & pivot to CP DRC);
 2 Fwd L twd DLW, fwd & sd R rise to ball of ft, XLIB of R (W XRIB of L) to SCP DLC;
 3-4 Thru R, blending to CP fwd L trng LF, sd & bk R twd DLC; Bk L in CBJO, bk R cont LF trn blending to
 CP, sd & fwd L to CBJO DLW;
 5-8 **MANUV; SPIN TURN; BK & DOUBLE CHASSE TO OVERSWAY::**
 5 Fwd R outsd ptr, fwd & sd L trng RF, cl R to CP RLOD;
 6 Bk L piv 1/2 RF, fwd R cont RF trn to fc DLW rising on ball of ft leaving L leg extended bk, rec sd & bk L
 to CP DLW;
 12&3& 7-8 Bk R twd DRC, sd L twd DLC / cl R, sd L / cl R; sd L relaxing left knee leaving right leg extended and
 1- stretching left side of body, - , - ;
 9-12 **RUNNING HOVER TO BJO; MANUV; SPIN & TWIST TO SCP::**
 12&3 9 Release to CP fwd R twd DLW, fwd L / fwd and sd R trng to tight SCP, fwd L to BJO DLW;
 10 Fwd R outsd ptr, fwd & sd L trng RF, cl R to CP RLOD;
 123 11-12 Bk L pivot RF, fwd R cont trn, sd L twd DRW; XRIB of L with only pressure not full weight / unwind RF
 1-3 (W & 123) changing full weight to R leading W around, cont trng RF with slightly rise on R, sd & fwd L to SCP DLC;
 (W fwd R between M's feet pivot, bk L trng RF, cl R to L facing DLC; fwd L / R around man, fwd L trng
 RF, fwd R to SCP DLC);
 13-16 **VIENNESE CROSS; BK & LF TIPPLE CHASSE PIVOT; BK TO THROWAWAY OVERSWAY::**
 123& 13 Thru R with LF upper body rotation twd DLC, fwd L comm LF trn, sd R cont LF trn / XLIF of R (W thru L
 trng LF to CP, bk R comm LF trn, sd L cont LF trn / cl R to L) to CP RLOD;
 12&3 14 Bk R trng LF to fc wall, sd L / cl R to L cont LF trn to fc LOD, fwd L pivoting 1/2 LF to CP RLOD;
 12- Bk R trng L to fc wall, sd LOD L, relax L knee while looking at W (W swvl LF on R drawing L past R &
 extend L bk well under body no wt); - , - , - ;

INTER 1

- 1-4 **LINK TO SCP; OP NAT; OUTSIDE SPIN TO NAT TURNING LOCK TO SCP;**
 -23 1 Comm to rise & trn body slightly RF (W comm to rise and round L ft (W while trng body RF to fc ptr), cl R
 cont to rise, sd & fwd L to SCP DLW;
 2 Fwd R comm RF trn, sd & bk L cont trn RF, bk R (W fwd L, fwd R between M's feet, fwd L) to CBJO DRC;
 123 3-4 Bk L a short step trng RF, fwd R around W trng RF, sd and bk L to CP RLOD (W fwd R around M comm RF
 1&23 toe spin bringing left toe beside right with no weight, cont RF spin on R and change weight to L, fwd R
 between M's feet); Bk R right shoulder leading / lock L XIF of R (W lock R XIB of L), trng RF sd & fwd R
 twd LOD still in CP, sd & fwd L trng to SCP DLC;

PART B

- 1-4 **RUNNING OP NAT; HOVER CORTE; BK WHISK; THRU, W KICK SWIVEL TO BK LUNGE;**
 1&23 1 Fwd R comm RF trn / sd & bk L cont trn, bk R, bk L (W fwd L / fwd R between M's feet, fwd L, fwd R) to
 CBJO DRC;
 2 Bk R comm LF trn, sd & fwd L with hovering action, cont LF trn rec bk & sd R to CBJO DLW;
 3 Bk L (W outsd ptr), sd R twd RLOD, XLIB of R (W XRIB of L) end in tight SCP LOD;
 1-3 4 Thru R, slightly rise on R, swivel LF on R, bk lunge L (W thru L, slightly lifting on L kick R straight fwd,
 swivel LF on L to fwd lunge R between M's ft) to CP DLW;
 5-8 **REC & TIPPLE CHASSE PIVOT TO NAT PREP; SAME FOOT LUNGE; HOVER TRANS TO CP;**
 12&3 5-6 Rec R trng RF to fc wall, sd L / cl R to L cont RF trn to fc RLOD, bk L pivoting 1/2 RF to CP LOD; fwd R
 12- (W 123) comm RF trn, sd L around W cont RF trn to CP COH, tch R near L (W cl L cont RF trn to fc RLOD);
 1- 7 Lowering into L knee and swaying to L step sd & slightly fwd R twd ptr, - , change sway to R (W lowering
 into L knee and swaying to R step bk R, - , change sway to L closing head);
 1-3 8 Changing sway to L step sd L lead W to step thru L, commence slight rise over L ft while trng slightly LF
 (W 123) and drawing R ft twd L, sd & bk R (W thru L twd RLOD commence LF trn, sd & fwd R cont LF trn to fc
 DLW, sd & fwd L) to CP DRW;

INTER 2

- 1-4 **BK & TIPPLE CHASSE PIVOT; SPIN TURN; BK & CHASSE TO SCP; PICK UP W LOCK;**
 12&3 1 Bk L trng RF to fc COH, sd R / cl L to R cont RF trn to fc LOD, fwd R pivoting 1/2 RF to CP RLOD;
 2 Bk L piv 1/2 RF, fwd R cont RF trn to fc DLW rising on ball of ft leaving L leg extended bk, rec sd & bk L
 to CP DLW;
 12&3 3 Bk R, sd L twd DLC / cl R, sd & fwd L trng to SCP DLC;
 4 Thru R, sd L trng to CP, cl R (W lock L XIF of R);

PART C

- 1-4 **LINK TO SCP; OP NAT; BK, BK / LOCK, BK; CL IMPETUS;**
 -23 1 Comm to rise & trn body slightly RF (W comm to rise and round L ft (W while trng body RF to fc ptr), cl R
 cont to rise, sd & fwd L to SCP DLW;
 2 Fwd R comm RF trn, sd & bk L cont trn RF, bk R (W fwd L, fwd R between M's feet, fwd L) to CBJO DRC;
 12&3 3 Bk L (W outsd ptr), bk R / lock LIF of R (W lock RIB of L), bk R;
 4 Bk L bringing R beside L no wgt comm RF heel trn, chg wgt to R cont RF trn, sd & bk L (W fwd R pivoting
 1/2 RF, sd & fwd L around M cont pivoting action brushing R to L, fwd R) to CP DLW;
 5-8 **HALF BOX BK; OP TELEMAR; CHASSE TO BJO; MANUV;**
 5 Bk R, sd L trng LF twd COH, cl R to CP DLC;
 6 Fwd L comm LF trn, sd R cont trn, sd & slightly fwd L (W bk R comm LF trn bringing L beside R with no
 weight, cont LF trn on R heel and cg weight to L, sd & slightly fwd R) to SCP DLW;
 12&3 7 Thru R, sd L / cl R, sd L (W thru L, sd R comm to trn LF / cl L, sd & bk R cont LF trn) to CBJO DLW;
 8 Fwd R outsd ptr, fwd & sd L trng RF, cl R to CP RLOD;
 9-13 **OP IMPETUS; SYNCOPATED VINE; WEAVE 3; BK & TIPPLE CHASSE PIVOT TWICE;**
 9 Bk L bringing R beside L no wgt comm RF heel trn, chg wgt to R cont RF trn, fwd L (W fwd R pivoting
 1/2 RF, sd & fwd L around M cont pivoting action brushing R to L, fwd R) to SCP DLC;
 12&3 10 Thru R, sd L trng to CP / XRIB of L (W XLIB of R), sd & fwd L trng to SCP DLC;
 11 Thru R, blending to CP fwd L trng LF, sd & bk R twd DLC;

- &3 12 Bk L in CBJO comm RF trn, blending to CP sd R / cl L to R cont RF trn to fc LOD, fwd R pivoting 1/2 RF to CP RLOD;
 &3 13 Bk L trng RF to fc COH, sd R / cl L to R cont RF trn to fc LOD, fwd R pivoting 1/2 RF to CP RLOD;

14-16 SPIN TURN; HALF BOX BK; TRAVELLING CONTRA CHECK;

- 14 Bk L piv 1/2 RF, fwd R cont RF trn to fc DLW rising on ball of ft leaving L leg extended bk, rec sd & bk L to CP DLW;
 15 Bk R, sd L trng LF twd COH, cl R to CP DLC;
 16 Fwd L stepping across body right shoulder leading, cl R to L swivelling RF on L to CP, rising on R step sd & fwd L leading W to SCP LOD;

ENDING

1-4 BK & TIPPLE CHASSE PIVOT; PIVOT 3 MORE; RUNNING PIVOT TO NAT TURNING LOCK TO SCP;;

- 1&3 1 Bk L trng RF to fc COH, sd R / cl L to R cont RF trn to fc LOD, fwd R pivoting 1/2 RF to CP RLOD;
 2 Bk L piv 1/2 RF, fwd R piv 1/2 RF, bk L piv 1/2 RF to CP LOD;
 &23 3-4 Fwd R piv 1/2 RF / bk L piv 1/2 RF, fwd R piv 1/2 RF to CP RLOD, bk L; bk R right shoulder leading / lock L XIF of R (W lock R XIB of L), trng RF sd & fwd R twd LOD still in CP, sd & fwd L to SCP DLC;

5-10 PICK UP W LOCK; CHECKED REV & SLIP; MANUV; SPIN TURN; BK & CHASSE 6 TO THROWAWAY OVERSWAY & HUG;;

- 5 Thru R, sd & fwd L trng to CP, cl R (W XLIF of R) to CP DLC;
 6 Fwd L comm LF trn, fwd & sd R around W (W cl L), rec L (W fwd R) trng RF to CP DLW;
 7 Fwd R, fwd & sd L trng RF, cl R to CP RLOD;
 8 Bk L piv 1/2 RF, fwd R cont RF trn to fc DLW rising on ball of ft leaving L leg extended bk, rec sd & bk L to CP DLW;
 &2&3& 9-10 Bk R twd DRC, sd L twd DLC / cl R, sd L / cl R; sd L / cl R, sd L, relaxing L knee while looking at W & hug W (W swiv LF on R drawing L past R & extend L bk well under body no wt & hug M);
 &2-

IT IS YOU (Theme From „Shrek“)
Waltz Phase VI by David Nováček (Version 1.0)

INTRO

6 feet apart, M face DRW, lead foot free for both, no wait
 M step fwd & raise hnd; W step fwd & raise hnd; Bk to high line; Mod op nat;
 Outside spin to nat turning lock overturned;; Nat turning lock to SCP;
 Pick up W lock;

PART A

Rev fallaway & slip; Whisk; Weave 6 to BJO;;
 Manuv; Spin turn; Bk & double chasse to oversway;;
 Running hover to BJO; Manuv; Spin & twist to SCP;;
 Viennese cross; Bk & LF tiple chasse pivot; Bk to throwaway oversway;;

INTER 1

Link to SCP; Op nat; Outside spin to nat turning lock to SCP;;

PART B

Running op nat; Hover corte; Bk whisk; Thru, W kick swivel to bk lunge;
 Rec & tiple chasse pivot to nat prep;; Same foot lunge; Hover trans to CP;

INTER 2

Bk & tiple chasse pivot; Spin turn; Bk & chasse to SCP; Pick up W lock;

PART C

Link to SCP; Op nat; Bk, bk / lock, bk; Cl impetus;
 Half box bk; Op telemark; Chasse to BJO; Manuv;
 Op impetus; Syncopated vine; Weave 3; Bk & tiple chasse pivot twice;;
 Spin turn; Half box bk; Travelling contra check;

ENDING

Bk & tiple chasse pivot; Pivot 3 more; Running pivot to nat turning lock to SCP;
 Pick up W lock; Checked rev & slip; Manuv; Spin turn;
 Bk & chasse 6 to throwaway oversway & hug;;

INTRO - A - INTER 1 - B - INTER 2 - A - C - B - ENDING