

# This is Your Song

November, 2008  
v1.2

CHOREO: Mark & Pam Prow, 1322 Falling Leaf Lane, Seabrook, TX 77586 281-326-1921 email: pam@pamprow.com  
SONG: This is Your Song, Ronan Keating, CD – “When You Say Nothing at All” -Track 4 or  
“Turn it On” - track 12 or “10 Years of Hits track 12” (see last time through part B for mods)  
RHYTHM: Hesitation Canter Waltz Phase IV TEMPO: As on CD. 6/8 time 6 beats per measure.  
SEQUENCE: Intro, A, Interlude, A, B, C, B, End

## INTRO

### **1-4 TANDEM WALL HND ON W'S HIPS L FOOT FREE WAIT 2; ; SD L W/ARM SWEEP ; SD R W/ARM SWEEP;**

1-2 wait 2 meas tandem fcgng WALL lead foot free & hnds on W's hips wait 2 meas; ;  
1 3 sd L w/arm sweep sd L, raise L arm up along body and out over entire measure looking LOD, -, -, -, -;  
1 4 sd R w/arm sweep sd R, raise R arm up along body and out over entire measure looking RLOD, -, -, -, -; SHDWDWLW

### **5-8 SWAY L & R; CANTER CL & SWAY L; LUNGE R REC W TRN TO FC M CL; SWAY L & R;**

14 5 sway L&R sd L, -, -, sd R, -, -;  
134 6 canter cl & sway L sd L, -, cl R, sd L, -, -;  
146(14) 7 lunge R rec W trn to fc M cl lunge R, -, -, rec L, -, cl R (W lunge R, -, -, rec L trn LF to fc M, -, -); BFLY/WALL  
14 8 repeat intro meas 5

## A

### **1-4 WALTZ AWAY WITH LOCK; OPEN IN AND OUT RUNS (OPT W ROLL); ; MANEUVER SD CL;**

146 1 waltz away trn LF to LOD fwd L, -, -, fwd R slight LF trn, -, lock Lib;  
146 2 op in & out runs fwd R start RF turn, lower Rhnd and release ld W to spin LF, -, sd L across LOD cont turn to L1/2OP, -, cl R  
shaped toward W (W fwd L, -, -, fwd R, -, fwd L fc DLW); opt w roll(W fwd L start LF turn, -, -, bk R, -, sd&fwd L fc DLW)  
146 3 xLif, lead W across LOD, -, fwd R, -, fwd L trn RF shaping to W (W fwd R start RF turn, -, -, sd L across LOD cont turn, -, fwd R);  
½OP/LOD  
146 4 maneuver fwd R start RF turn, -, -, sd L, -, cl R (W fwd L, -, -, fwd R, -, cl L); CP/RLOD

### **5-8 2 RIGHT TURNS; ; CANTER CLOSE 2X; SWAY L AND R;**

146 5 2 right turns start RF trn bk L, -, -, sd R, -, cl L; CP/DLC  
146 6 fwd R cont RF turn, -, -, sd L, -, cl R; CP/WALL  
1346 7 canter cl 2x sd L, -, cl R, sd L, -, cl R;  
8 repeat intro meas 5

### **9-12 WALTZ AWAY WITH LOCK; OPEN IN AND OUT RUNS (OPT W ROLL); ; MANEUVER SD CL;**

### **13-16 2 RIGHT TURNS; ; CANTER CLOSE 2X; SWAY L AND R;**

### **17-20 SIDE PROM SWAY; CHANGE SWAY TO DEVELOPE; BACK TO O/S SWIVEL; SLOW SIDE LOCK DLW;**

1 17 sd prom sway sd L develop sway to LOD, -, -, -, -, -;  
1 18 chg sway to develop lose sway with LF rotation to oversway, -, -, (W develop L), -, -;  
14 19 bk to O/S swivel bk R, -, -, bk L with slight RF rotation (W fwd R outside M swivel RF), -, -; SCP/LOD  
146 20 slow sd lock fwd R, -, -, fwd&sd L, -, cl R (W fwd L start LF turn, -, -, sd R, -, xLif) CP/DLW

## B

### **1-4 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;**

146 1 viennese trns fwd L start LF turn, -, -, fwd&sd R, lock Lif (start LF trn bk R, -, -, bk&sd L, -, cl R); CP/DRC  
146 2 viennese trns cont trn bk R, -, -, bk&sd L, -, cl R (W fwd L trn LF, -, -, fwd&sd R, -, lock Lif); CP/DLW  
14 3 drag hesitation fwd L start LF trn, -, -, sd R trn to BJO, -, -; BJO/RDC  
146 4 impetus SCP bk L start RF trn, -, -, cl R cont turn, -, fwd L (W fwd R turn RF, -, -, fwd L cont turn, -, fwd R); SCP/LOD

### **5-8 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW;**

14 5 chair recover lowering fwd R release L foot, -, -, rec L, -, -; CP/WALL  
1346 6 canter cl 2x trn to CP sd R, -, cl L, sd R, -, cl L; CP/WALL  
14 7 R lunge rec slight trn RF sd&fwd R, -, -, rec sd&bk L, -, -;  
146 8 bk L trn start LF trn bk R, -, -, sd L, -, cl R (W fwd L, -, -, sd R, -, lock Lif); CP/LOD

### **9-12 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;**

9-12 repeat meas 1-4

### **13-16 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW;**

13-16 repeat meas 5-8

## INTERLUDE

### 1-4 OPEN REVERSE TURN; CLOSED FINISH; CANTER CL 2X; SWAY L & R;

- 146 1 **op rev trn** fwd L comm. LF turn, -, -, fwd&sd R, -, bk L (start trn bk R, -, -, bk&sd L, -, fwd R outside M);  
146 2 **cl finish** bk R, -, -, bk&sd L, -, cl R (fwd L start LF turn, -, -, fwd&sd R, -, cl L); CP/WALL  
3-4 repeat part A meas 7-8

## REPEAT A

### 1-4 WALTZ AWAY WITH LOCK; OPEN IN AND OUT RUNS (OPT W ROLL); ; MANEUVER SD CL;

### 5-8 2 RIGHT TURNS; ; CANTER CLOSE 2X; SWAY L AND R;

### 9-12 WALTZ AWAY WITH LOCK; OPEN IN AND OUT RUNS (OPT W ROLL); ; MANEUVER SD CL;

### 13-16 2 RIGHT TURNS; ; CANTER CLOSE 2X; SWAY L AND R;

### 17-20 SIDE PROM SWAY; CHANGE SWAY TO DEVELOPE; BACK TO O/S SWIVEL; SLOW SIDE LOCK DLW;

## REPEAT B

### 1-4 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;

### 5-8 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW;

### 9-12 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;

### 13-16 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW;

## C

### 1-4 OPEN REVERSE TURN; CLOSED FINISH; CANTER CL 2X; SWAY L & R;

1-4 repeat meas interlude meas 1-4

### 5-8 WALTZ AWAY W/LK; FWD WALTZ TO SHDW M IN 2; (R FOOT) SOLO TRN 6 (OPT ARM OVER); TO SHDW;

146 5 repeat A meas 1

16(146) 6 **fwd waltz to shdw man in 2** fwd R, change to left hds, -, draw L, -, adjusting to W fwd L blending to SHDW/DLW (W fwd L, -, -, fwd R, -, cl L); SHDW/DLW

146 7 **solo trn 6** fwd R start RF trn, release hnds, -, cont trn sd L, -, bk R fc RLOD;

146 8 bk L cont RF trn, -, -, cont trn sd R, -, fwd L joining Lhnds w/Rhnd on W's back; SHDW/DLW

146 7-8 opt **solo trn 6 with arm over** fwd R start RF trn, raise Lhnds over W's head, -, cont trn sd L, release Lhnds, bk R to fc RDC; bk L cont RF trn join Rhnds, -, -, cont trn sd R raise joined Rhnds over W's head, -, fwd R release Rhnds joining Lhnds w/Rhand on W's back; SHDW/DLW

### 9-12 SHADOW CHAIR REC; CANTER CL 2X RLOD; SHDW R LUNGE REC; BOX FINISH W IN 2 TO FACE;

14 9 **shdw chair rec** lowering xRif, -, -, rec L slight trn RF, -, -;

1346 10 **canters cl 2x RLOD** sd R, -, cl L, sd R, -, cl L;

14 11 **R lunge rec** lowering sd&fwd R, -, -, rec sd&bk L, -, -;

146(14) 12 **box finish W in 2 to fc** bk R start LF trn, -, -, lead W to trn LF sm sd L, -, cl R (W bk R start LF trn, -, -, fwd&sd L swivel LF to CP, -, -; CP/DLW

## REPEAT B (FOR "WHEN YOU SAY NOTHING AT ALL" VERSION)

### 1-4 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;

### 5-8 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW;

### 9-12 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;

### 13-16 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW MUSIC SLOWS SLIGHTLY;

## REPEAT B (FOR VERSION FROM "TURN IT ON" OR "10 YEARS OF HITS")

### 1-4 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;

### 5-8 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK LEFT TURN DLW;

### 9-12 2 VIENNESE TURNS; ; DRAG HESITATION; IMPETUS TO SCP;

### 13-16 CHAIR REC; CANTER CL 2X TO RLOD; R LUNGE REC; BK AND SD TO SCP;

14 16 **bk and sd to SCP** bk R, slight LF trn, -, -, sd L to SCP/LOD, -, -; SCP/LOD

### 17-20 CHAIR REC; CANTER CL 2X TO RLOD; MUSIC SLOWS SIGNIFICANTLY R LUNGE REC; BK LEFT TURN DLW;

## END

### 1 SLOW CONTRA CHECK

1 1 **contra check** slowly lowering fwd L with LF rotation CP/DLW