

HONOR AND RESPECT

Rhythm/Phase: Waltz, Phase 6 + 1 Unphased (Double Eggbeater Turn)
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Music: "Honor And Respect" - Alessandro Olivato - Jesi Open 2009, The Music World Vol. 2
Download: casa-musica.de (and other sites - search on album title & "Olivato").
Time/Speed: Downloaded file: 2:24 Play at about -3.3 % (or to suit) = 43.5 "rpm"
Footwork: Opposite throughout (Lady as noted in parentheses).
Timing: 1,2,3 unless otherwise noted, reflects actual weight changes.
Degree of Difficulty: Average
Sequence: Intro, A, B, A[mod], B[mod]

INTRODUCTION

1-4 WAIT 1X; THRU TO HINGE; RECOVER-HOVER TO SCP; MANEUVER;

- ,-, 1 {Wait} M fc Wall with tr. ft. free & pointed RLOD with ld. hands joined & tr. arms ext. twd RLOD wait 1 measure ;
1,2,- 2 {Hinge} Thru LOD R, sd & fwd L keeping joined ld hands, trng upper body LF lower into left leg, - (thru LOD L,
(1,2,3) sd R comm trng body LF, place left ft under body then lower on L leg while ext rt ft twd RLOD) ;
-,2,3 3 {Rec-Hov} No wt lead W to step fwd, Rec R rising & brush L to R, Fwd L blending to SCP-DLW
(1,2,3) (Rec-Fwd R, sd & fwd L rising comm trng RF, cont trng RF sd & fwd R blending to SCP) ;
4 {Maneuver} Fwd R comm RF upper body turn, sd L cont turn to fc RLOD, cl R in CP (Sm fwd L, sd R, cl L) ;

PART A.

1-5 OVERSPIN TURN; DOUBLE RISING LOCK; DOUBLE TELESPIN (TO SCP);;

- 1 {Overspin Turn} Bk L pivoting 1/2 RF to fc LOD, fwd R between woman's feet heel lead cont turn to fc DRW,
rec sd & bk L in CP-DRW (Fwd R between M's feet heel lead pivoting 1/2 RF,
bk L cont turn to fc DLC, sd & fwd R) ;
1,2&3& 2 {Dbl Rising Lock} Bk R trng LF, cont trn Fwd L/LkRIB, cont trn Fwd L/LkRIB to CP-DLC ;
1,2,3 3-5 {Dbl Telespin} Fwd L comm LF trn, fwd & sd R cont LF trn, sd & bk L with partial wt keeping left sd in twd W /
1,2,3 with partial wt comm LF body turn ; Fwd & sd L cont LF trn, fwd & sd R cont LF trn, sd & bk L
1,2,3 with partial wt keeping left sd in twd W / with partial wt comm LF body turn ; Taking full wt Fwd L trng LF,
sd & fwd R cont LF trn, cont LF trn sd & fwd L blending to SCP-DLW ;
(1,2,3&) (Bk R comm LF trn, bring L to R starting a heel turn & gradually chg wt to L cont LF trn, fwd R cont LF
(1,2,3&) trn / keeping rt sd in twd M fwd L ; Fwd R comm LF trn, bring L to R starting a heel trn & gradually chg wt to
(1,2,3) L cont LF trn, fwd R cont LF trn / keeping rt sd in twd M fwd L ; Fwd R comm LF toe spin, cont toe spin cl L,
sd & fwd R blending to SCP-DLW ;)

6-9 OPEN NATURAL; OUTSIDE SPIN; RT TURNING LOCK (SCP); VIENNESE CROSS;

- 6 {Op Natural} Fwd R trng RF, sd L cont turn to fc RLOD, bk R in BJO-DRC (Sm fwd L, sd R, fwd L to BJO) ;
7 {Outside Spin} Comm RF body trn toeing in with rt sd lead sm Bk L trng strongly RF,
fwd R heel to toe cont RF trn, sd & bk L to CP fc RLOD
(Fwd R comm RF trn heel to toe, cl L on toes of both feet cont turn, cont trn fwd R between M's feet to CP) ;
1&2,3 8 {Rt Turning Lock} Bk R backing LOD cont RF trn / XLIF to fc COH, cont to trn upper body RF sd & fwd R
between W's feet cont to trn RF, fwd L to SCP-DLC
(Fwd L comm RF trn / XRIB, fwd & sd L staying well into M's rt arm cont RF trn, fwd R to SCP) ;
1,2,3& 9 {Viennese Cross} Thru R, fwd L comm LF turn, sd R cont trn / XLIF fcg DRW
(1,2,3&) (Thru L trng LF to CP, bk R cont LF trn, sd L cont turn / cl R) ;

10-13 BACK & CHASSE TO SCP; CHAIR & SLIP; DOUBLE REVERSE (DLW); HOVER TELEMAR;

- 1,2&3 10 {Bk-Chasse} Bk R trng LF, sd L / cl R, sd L blending to SCP-DLW ;
11 {Chair-Rec-Slip} Check thru R with lunge action, rec L, slip R beh L trng LF blending to CP-DLC ;
1,2,- 12 {Dbl Rev} Fwd L comm LF turn, fwd & sd R cont LF turn, cont LF turn to CP-DLW touch L to R
(1,2&3) (Bk R, cl L with heel turn / cont LF turn sd & sl bk R, XLIF) ;
13 {Hov Telemark} Fwd L, Fwd R between W's feet trng sl RF, Fwd L blending to SCP-DLW ;

PART A., CONT'D

- 14-16 NATURAL PREP (FC COH); SAMEFOOT LUNGE; CHANGE SWAY;**
1,2,- 14 {Nat Prep} Fwd R comm RF trn, sd & fwd L cont trn to fc COH, touch R to L
(1,2,3) (*Fwd L comm RF trn, cl R cont turn, sd & bk L to CP with W sl turned to rt*);
1,-,- 15 {Samefoot Lunge} Sd and sl fwd R looking rt w/ rt sd stretch, - , -
(1,-,-) (*Bk R well under body and looking well to left, - , -*);
-,-,& 16 {Chg Sway} Chg to left sd stretch to open W's head to her rt, - , - / with partial wt on L comm LF body turn
(-,-,-&) (*- , - , - / Rec-Fwd L*);

PART B.

- 1-4 TELESPIN ENDING (SCP-DLC); RUNNING OP NAT; BK TO TUMBLE TURN; BK & CHASSE (BJO);**
1 {Telespin Ending} Fwd L RLOD trng LF, fwd & sd R cont LF trn, cont trn sd & fwd L blending to SCP-DLC
(*Fwd R comm LF toe spin, cont toe spin cl L, sd & fwd R blending to SCP-DLC*);
1&2,3 2 {Running Op Nat} Thru R comm RF trn / sd & sl bk L cont RF trn, bk R, bk L in BJO-DRW ;
(*Thru L comm RF upper body trn / fwd R, fwd L, fwd R outside prtnr in BJO*);
1&2,3 3 {Bk to Tumble Turn} Bk R trng LF blending to CP & keeping left sd in twd prtnr / sd & fwd L, fwd R
outside partner rise rotate upper body LF bringing W in front of M, fwd L lowering with LF piv action CP-DRW
(*Fwd L trng LF blending to CP / sd & bk R, bk L under body, bk R lowering with LF pivoting action*);
1,2&3 4 {Bk-Chasse} Bk R trng LF, sd L / cl R, sd L blending to BJO-DLW ;
- 5-8 MANEUVER; BK TIPPLE CHASSE TO FACE LOD; TRAV CONTRA CHECK;**
MAN CHASSE-LADY ROLL LEFT TO SKATERS;
5 {Mvr} Fwd R comm RF upper body turn, sd L cont turn to fc RLOD, cl R in CP (*Bk L comm trng RF, sd R, cl L*);
1,2&3 6 {Bk-Tipple Chasse} Bk L trng RF, cont trn sd R / cl L, sd R to CP-LOD ;
7 {Trav Contra Chk} Fwd L using contra body motion with upper body turned to the left, cl R trng RF & rise to toes,
fwd L blending to SCP-LOD (*Bk R, cl L trng RF & rise to toes, fwd R blending to SCP-LOD*);
1,2&3 8 {M Chasse-W Roll} Thru R, sd L / cl R, sd & fwd L to Skaters-LOD (*Thru L trng LF, cont trn sd & bk R,*
(1,2,3) *cont trn sd & fwd L to M's rt sd in Skaters-LOD*); Note: Next 4 meas. will start on same footwork.
- 9-12 SKATER RT TURNS 2X;; SHAD SYNC WHISK; THRU FACE CLOSE TO BFLY-LADY TOUCH;**
9-10 {Skater Rt Turns} Fwd R comm RF trn, cont trn sd L, cont trn bk R fc RLOD ;
cont RF trn Bk L, cont trn sd & fwd R, finish trn fwd L fc LOD in Skaters ;
1&2,3 11 {Shad Sync Whisk} In Shadow Thru R rotating RF / cl L, sd R,
with RF body trn XLIB but not tightly ending both fc Wall still in shadow ;
1,2,3 12 {Thru-BFLY} Thru R twd LOD, sd L twd LOD, cl R in BFLY-Wall
(1,2,-) (*Rotating body LF Fwd R twd LOD, Fwd L trng LF to fc prtnr, touch R to L in BFLY*);
- 13-16 DOUBLE EGGBEATER TURN;; WITH WRAPPED RT LUNGE; SIDE TO A HINGE;**
13-15 {Dbl Eggbeater Turn w/ Wrap Rt Lunge} Sd L raising ld hands but also taking trailing hands thru twd LOD
at shoulder level, XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to
release hand hold & immediately re-join under M's R arm while trng W under trailing hands to finish in
BFLY-Wall / cl R
(1,2,3&) (*Trng RF sd & fwd R, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing
hands to fc prtnr in BFLY / cl L*);
1,2,3 Sd L raising lead hands but also taking trailing hands thru twd LOD at shoulder level,
XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to release hand hold
& immediately re-join under M's R arm while trng W under trailing hands to finish in BFLY-Wall
(1,2,3) (*Trng RF sd & fwd R, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing
hands to fc prtnr in BFLY*);
1,-,- Sd R w/ lunging action leadng W to trn RF, - , -
(&1,-,-) (*Sd & fwd L trng RF 1/2 / sm sd R with lunging action in wrapped pos-Wall, - , -*);
Note: Timing for meas. 13-15 may be adjusted for individual dancer preferences.
1,-,- 16 {Hinge} Sd & fwd L joining ld hands, trng upper body LF lower into left leg, - , - (*Sd LOD L comm LF trn,*
(1,2,3) *sd R LOD cont LF trn to fc RLOD, place L ft under body then lower on L leg while ext rt ft twd RLOD*);

PART A (MOD.)

1-2 RECOVER-HOVER TO SCP; PICKUP-DOUBLE LOCK;

- ,2,3 1 {Rec-Hov} Repeat Intro, meas. 3 ;
(1,2,3)
1,2&3& 2 {PU-Dbl Lock} Fwd R comm trng LF, cont trn fwd L/LkRIB, cont trn fwd L/LkRIB to CP-DLC
(1,2&3&) (Fwd L comm trng LF in front of prtnr, blending to CP cont trn bk R/LkLIF, cont trn bk R/LkLIF) ;

3-10 DOUBLE TELESPIN (TO SCP);;; OPEN NATURAL; OUTSIDE SPIN; RT TURNING LOCK (SCP); VIENNESE CROSS; BACK & CHASSE TO SCP;

3-10 Repeat Part A., measures 3-10.

11-13 CONTINUOUS HOVER CROSS;;;

- 11-13 {Cont Hov Cross} Thru R comm RF trn, sd L cont trn to CP, cont with strong RF trn sm sd R fc DLC prep to step outside prtnr ; Fwd L across R to SCAR, cl R comm RF trn, cont trn bk L to BJO ; bk R sl trn LF to CP, sd & fwd L, fwd R in BJO-DLC ; (Thru L, with RF heel trn on L ft cl R then cont trn on R, sd L to CP ; bk R to SCAR, sd L to CP, fwd R to BJO ; fwd L sl trn LF to CP, sd & bk R, bk L in BJO ;)

PART B (MOD.)

1 HOVER TELEMAR (DLC);

- 1 {Hov Telemark} Starting DLC & blending to CP repeat Part A., meas. 13 ending SCP-DLC ;

2-14 RUNNING OP NAT; BK TO TUMBLE TURN; BK & CHASSE (BJO); MANEUVER; BK TIPPLE CHASSE TO FACE LOD; TRAV CONTRA CHECK; MAN CHASSE-LADY ROLL LEFT TO SKATERS; SKATER RT TURNS 2X;; SHAD SYNC WHISK; THRU FACE CLOSE TO BFLY-LADY TOUCH; DOUBLE EGGBEATER TURN;;

2-14 Repeat Part B., measures 2-14.

15 WITH WRAPPED RT LUNGE & SHAPE;

- 1,-,- 15 {Wrap Rt Lunge & Shape} Repeat Part B., meas. 15 end shaping to prtnr W's head on M's rt shoulder ;
(&1,-,-)

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Quick Cues

Waltz - Phase 6+1 Unphased (Double Eggbeater Turn) Choreo.: Jack and Sharie Kenny 1/26/2015
Music: "Honor And Respect" - Alessandro Olivato - Jesi Open 2009, The Music World Vol. 2
Download: casa-musica.de Seq.: Intro-AB-A(Mod)-B(Mod) Recommended Speed: 43.5 "rpm" (-3.3%)

INTRO: WAIT 1X; THRU TO A HINGE; REC-HOVER TO SEMI; MANEUVER;

PART A: OVERSPIN TURN; BK TO DOUBLE RISING LOCK; DOUBLE TELESPIN (SEMI);;
OPEN NATURAL; OUTSIDE SPIN TO RT TURNING LOCK (SEMI);; VIENNESE CROSS;
BACK & CHASSE TO SEMI; CHAIR & SLIP; DOUBLE REV (DLW); HOVER TELEMAR; ;
NATURAL PREP (FC COH); SAMEFOOT LUNGE; CHANGE SWAY;

PART B: TELESPIN ENDING (SEMI-DLC); RUNNING OP NATURAL; BK TO TUMBLE TURN;
BACK & CHASSE TO BJO; MANEUVER; BACK TIPPLE CHASSE TO FC LOD;
TRAVELING CONTRA CHECK; MAN CHASSE-LADY ROLL LEFT TO SKATERS;
2 SKATER RT TURNS;; SHAD SYNC WHISK; THRU-FC-CLOSE TO B'FLY-LADY TOUCH;
DOUBLE EGGBEATER TURN;; w/ WRAPPED RT LUNGE; SIDE TO A HINGE;

PART A (MOD): REC-HOVER TO SEMI; PICKUP-DOUBLE LOCK; DOUBLE TELESPIN (SEMI);;
OPEN NATURAL; OUTSIDE SPIN TO RT TURNING LOCK (SEMI);; VIENNESE CROSS;
BACK & CHASSE TO SEMI; CONTINUOUS HOVER CROSS (DLC);;

PART B (MOD): HOVER TELEMAR; RUNNING OP NATURAL; BK TO TUMBLE TURN;
BACK & CHASSE TO BJO; MANEUVER; BACK TIPPLE CHASSE TO FC LOD;
TRAVELING CONTRA CHECK; MAN CHASSE-LADY ROLL LEFT TO SKATERS;
2 SKATER RT TURNS;; SHAD SYNC WHISK; THRU-FC-CLOSE TO B'FLY-LADY TOUCH;
DOUBLE EGGBEATER TURN;; w/ WRAPPED RT LUNGE & SHAPE;