

Thunderball

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Music: "Thunderball" (from 'James Bond's Thunderball',
Download Casa Musica, 3:10min
Artist: Hollywood Movie Strings, Album: Ballroom Bond
<https://casa-musica.com/de/47703-thunderball-from-james-bond-thunderball-slow-waltz-28-.html>

Footwork: Opposite unless indicated (woman's footwork in parentheses)

Rhythm: Waltz RAL Phase: V+1 (telespin) Speed: 45 (as downloaded)

Sequence: Intro A B A** B** A B C A B C* End

INTRO

OP FCG/WALL - wait;; roll 3; PU, sd, lock;

- 1-2 OP fcg/WALL, no hnds jnd, ld ft free – wait 2 meas;;
- 3 [roll 3] sd L comm LF roll, sd R cont roll, sd L cont LF trn;
- 4 [PU, sd, lk] thru R, sd fwd L blend to CP LOD, XRib of L trn 1/8 LF twd DLC;(W:thru L comm LF trn, fwd & sd in front of M to CP, XLif;)

PART A

CP DLC – telespin to BJO;; manuv; hes change;

dbl rev spin; change of direction; clsd telemark; manuv;

- 1-2 [telespin BJO] fwd L comm LF trn [with R sd stretch], fwd & sd R cont LF trn, sd & bk L with partial weight keeping L sd in twd W/with partial weight comm LF body trn; taking full weight on L spn LF [no sway], sd R cont trn, cont LF trn sd & fwd L to BJO DLW; (W: bk R comm LF trn, bring L to R start heel trn and chg weight to L cont LF trn, fwd R cont LF trn/keeping R sd in twd M fwd L; fwd R comm LF toe spin, cont toe spin cl L, sd bk R to BJO;)
- 3 [manuv] fwd R outsd ptr comm RF trn, cont trng RF sd L, cl R; (W: bk L comm RF trn, cont trng RF sd R, cl L;)
- 4 [hes chg] comm RF upper body trn bk L, sd R cont RF trn to CP DLC starting to draw L to R and cont drawing L to R over the remainder of the meas,-;
- 5 [dbl rev spin] fwd L comm LF trn, trng LF sd & slightly fwd R DRC, spin LF ½ bringing L ft under body beside R no weight flexed knees end in CP DLW; (W: bk R comm LF trn, cl L trng on L heel transfer wgt L foot/bk R cont LF trn, cont trn LF XLif;)
- 6 [chg dir] fwd L DLW, fwd R DLW R shldr leading trn LF starting to draw L to R and cont draw L to R over the remainder of the meas end in CP DLC,-;
- 7 [clsd tele] fwd L comm LF trn, fwd & sd R around W cl to W's ft trng LF, fwd & sd L to end in a tight BJO; (W: bk R comm LF heel trn on R heel bring L beside R with no weight, cont LF trn on R heel & chg wegt to L, bk & sd R;)
- 8 [manuv] Repeat Part A, meas 3;

PART B

CP RLOD – spin trn; box fin; mini telespin;; contra check, rec, switch; nat weave;; nat tele;

- 1 [spin trn] bk L pivoting RF, fwd R twd LOD cont RF pivot, sd & bk L DRC; (W: fwd R LOD pivoting RF, bk L twd LOD cont RF pivot, fwd R;)
- 2 [box fin] bk R comm LF trn, sd L trng LF, cl R end CP DLC;
- 3-4 [mini telespin] fwd L comm LF trn, sd R trn 3/8 LF between stp 1 & 2, bk & sd L no weight light pressure insd edge of toe keeping L sd into woman/trn body LF no weight to lead W to CP comm spin LF; fwd L cont spin LF on L drawing R to L under body, cl R flexing knees, end in CP DRC-; (W: bk R comm LF trn, L ft cl R heel trn trng ½ LF between steps 1 & 2, fwd R keeping R sd into M/fwd L trng LF twd ptr head to the R; fwd R to CP head to the L spinning LF drawing L to R under body, cl L flexing knees,-;)
- 5 [contra chk, rec, switch] lower on R fwd L across body chk with R sd fwd hd to R, rec R strong trn RF on R, sm stp bk on L to CP DLW; (W: lower on L bk R across body chk with L sd bk, rec L comm RF trn leaving R ft almost in pl, cont RF trn fwd R between M's ft with soft knees throughout with up to 5/8 RF trn;)
- 6-7 [nat weave] fwd R comm RF trn, trng RF sd & bk L, bk R BJO/DRW; bk L, sd & bk R trng LF CP/Wall, trng LF sd & fwd L to BJO DLW; (W: bk L comm RF trn, R ft cls to L heel trn, fwd L outsd ptr to BJO DRW; fwd R, fwd & sd L comm LF trn CP/WALL, sd & bk R in BJO;)
- 8 [nat tele] fwd R comm RF trn, sd L, cont RF trn sd & fwd R small stp end SCAR DLC; (W: bk L comm RF trn, R ft closes to L heel trn trng 3/8 RF, staying well in M's R arm cont RF trn sd & slightly bk L;)

PART A**

SCAR DLC – 2 L trns;; hov tele; start in & out run 3; cont in & out run 3;; outsd spin DLW; box fin;

- 1-2 [L trns] fwd L comm LF trn, cont trn LF sd R heading to CP, cl L; bk R comm LF trn, cont trn LF sd L, cl R;
- 3 [hov tele] fwd L, diag sd & fwd R with hovering action, fwd L small stp on toes to SCP; (W: bk R, diag sd & bk L with hovering action & body trng RF, fwd R small stp on toes to SCP;)
- 4-6 [in & out runs 3x] fwd R starting RF trn, sd & bk DLW L, bk R leading to BJO; bk L trn RF, sd & fwd R between W's ft cont RF trn, fwd L, fwd R starting RF trn, sd & bk DLW L, bk R leading to BJO; (W: fwd L, fwd R between M's ft, fwd L outsd ptr with L sd leading to BJO; fwd R starting RF trn, fwd & sd L cont trn, fwd R; fwd L, fwd R between M's ft, fwd L outsd ptr with L sd leading to BJO;)
- 7 [outsd spin] trn body RF then sm bk L toe in, cont RF trn fwd R, sd & bk L end CP DLW; (W: fwd R around M trng RF, cl L toe spin, sd fwd R;)
- 8 [box fin] Repeat Part B, meas 2;

PART B**

CP DLC – tele to SCP LOD; sync vine; weave 6 SCP;; quick whiplash & hold; back hov SCP; sync vine; PU, side, lock;

- 1 [tele SCP] fwd L comm LF trn, trng LF sd & slightly fwd R DRC, cont trn LF sd & fwd L to SCP LOD; (W: bk R comm LF trn, cl L to R trng on L heel transfer wgt L, cont LF trn sd & fwd R;)
- 2 [sync vn] thru R/sd L, X Rib, sd L; (W: thru L/sd R, XLib, sd R;)
- 3-4 [weave 6] thru R, sd & fwd L comm LF trn picking W up, trng LF sd & bk R BJO DRC; bk L, sd & bk R trng LF CP RLOD, trng LF sd & fwd L end in SCP LOD; (W: thru L, trng LF to pick-up sd & bk R, trng LF sd & fwd L BJO; fwd R outsd ptr, fwd L trng LF CP, trng LF sd & fwd R;)
- 5 [qk whiplash & hold][1&,2,3] thru R/sharp body RF trn fc pt L, hold ending in BJO-,-; (W: thru L/ qk swvl on L to fc ptr & pt R hold ending in BJO-,-;)
- 6 [bk hov SCP] bk L, sd & bk R rise to ball off ft, rec L to SCP LOD; (W: fwd R outsd ptr, sd & fwd L with a slight rise & brush R with RF trn, rec R;)

- 7 [sync vn] Repeat Part B**, meas 2;
8 [PU, sd, lk] Repeat Intro, meas 4;

PART C

CP DLC – drag hes; bk, bk/lk, bk; impetus SCP; thru hov BJO; back whisk; weave 6 SCP;; PU, side, lock;

- 1 [drag hes] fwd L, sd R, trng body LF draw L to BJO DRC,-;
2 [bk, bk/lk, bk] bk L, bk R/XLib, bk R; (W: fwd R, fwdL/XRib, fwd L;)
3 [imp SCP] comm RF trn bk L, cl R heel trn, cont RF trn fwd L fwd to SCP; (W: comm RF trn fwd R, trng RF sd & fwd L, cont RF trn fwd R twd to SCP;)
4 [thru hov BJO] thru R, fwd L with rise, rec bk R to end BJO; (W: thru L, fwd & sd R with rise & brush L trng LF to BJO, fwd L;)
5 [bk whisk] bk L, bk & sd R, XLib to SCP/LOD; (W: fwd R, trn ½ LF fwd & sd L, XRib to SCP/LOD;)
6-7 [weave 6] Repeat Part B**, meas 3-4;;
8 [PU, sd, lk] Repeat Intro, meas 4;

PART C*

CP DLC – drag hes; bk, bk/lk, bk; impetus SCP; thru hov BJO; back whisk; weave 6 SCP;; thru, face, close;

- 1 [drag hes] Repeat Part C, meas 1;
2 [bk, bk/lk, bk] Repeat Part C, meas 2;
3 [imp SCP] Repeat Part C, meas 3;
4 [thru hov BJO] Repeat Part C, meas 4;
5 [bk whisk] Repeat Part C, meas 5;
6-7 [weave 6] Repeat Part B**, meas 3-4;;
8 [thru, fc, cl] thru R, sd & fwd to fc ptr L, cl R;

ENDING

CP WALL – roll 3; thru, side prom sway; sl change to oversway;

- 1 [roll 3] Repeat Intro, meas 3;
2 [thru sd prom sway] thru R, sd & fwd to fc ptr L stretching L sd of body slightly upward to look over jnd ld hnds relax L knee,-;
3 [sl chg to oversway] with relaxed L knee slowly rotate body LF R ft pointed,-,-;

Special Thanks to Andrea Hilpert & Alexander Pohl for their support

Suggested head cues

Thunderball

WZ / V + 1

Intro A B A** B** A B C A B C* End

Speed 45

Intro OP fcg/Wall (ld ft) – wait ;; roll 3 ; PU sd lk ;

A telespin BJO ;; manuv ; hes chg ; dbl rev spin ;
chg dir ; clsd tele ; manuv ;

B spin trn ; box fin ; mini telespin ;; DRC
contra chk, rec switch DW ; nat weave ;; nat tele ;

A** 2 L trns ;; hov tele ; in & out run 3 ;; outsd spin (DLW) ; box fin ;

B** tele to SCP LOD ; sync vn ; weave 6 SCP ;;
qk whiplash – hold ; bk hov SCP ; sync vn ; PU sd lk ;

A telespin BJO ;; manuv ; hes chg ; dbl rev spin ;
chg dir ; clsd tele ; manuv ;

B spin trn ; box fin ; mini telespin ;; DRC
contra chk, rec switch DW ; nat weave ;; nat tele ;

C drag hes ; bk, bk/lk, bk ; imp SCP ; thru hov BJO ; bk whisk ;
weave 6 SCP ;; PU sd lk ;

A telespin BJO ;; manuv ; hes chg ; dbl rev spin ;
chg dir ; clsd tele ; manuv ;

B spin trn ; box fin ; mini telespin ;; DRC
contra chk, rec switch DW ; nat weave ;; nat tele ;

C* drag hes ; bk, bk/lk, bk ; imp SCP ; thru hov BJO ; bk whisk ;
weave 6 SCP ;; thru fc cl ;

Ending roll 3 ; thru sd prom sway ; sl chg to oversway ;