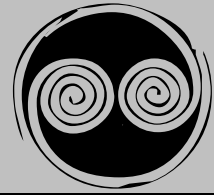


# Silent Waters



| Takt  | Step    | Name       | Anmerkung |
|-------|---------|------------|-----------|
| 1-16  | 1. Step | Icy Lake   |           |
| 17-32 | 2. Step | Dark Pool  |           |
| 33-48 | 3. Step | Quiet Loch |           |

## Icy Lake – (First Step)

| Takt | 1. Hälfte            | 2. Hälfte   | Lokomotion         | Orientierung |
|------|----------------------|-------------|--------------------|--------------|
| 1    | Wash-Step            | In-Toss     | C90.f <sub>5</sub> | D>SR         |
| 2    | Up-Toe               | Snap-Down   | f.1135.            | SR>D>L       |
| 3    | Toss Rear-Swish Down | →           | fl                 |              |
| 4    | Hop-Back             | Shake-Swirl | 1180.S.            | D>L>U>R      |
| 5    | Change               | Toss-Up     | f                  |              |
| 6    | Hop-Up (F)           | Swivel      | f.1180.            | U>R>D>L      |
| 7    | Hop(Le)-Hazel        | Hop-Back    | C90.1145.          | S>L>D>R>D>S  |
| 8    | Side-Down            | Toe-Drum    |                    |              |
| 9-16 | Wiederholung von 1-8 | Pos↑        | Dir↔               | Ori↔         |

## Dark Pool – (Second Step)

| Takt | 1. Hälfte                 | 2. Hälfte    | Lokomotion         | Orientierung |
|------|---------------------------|--------------|--------------------|--------------|
| 1    | Wash-Up                   | In light-    | C45.f <sub>5</sub> | D>D>SR       |
| 2    | -ning On                  | Hop-Straight | f                  |              |
| 3    | Hop-Back                  | Side-Pincers | 1145.S.            | D>R>D>S      |
| 4    | Toss Ball-Box-Back Up (F) | →            | l                  |              |
| 5    | (R) Back-Triple-Rock      | →            |                    |              |
| 6    | Up-Toe                    | Down-Toss-Up |                    |              |
| 7    | (1) Swizzle               | Cross-On     | p.l.               |              |
| 8    | (1) Side-Down             | Hazel-Drum   |                    |              |
| 9-16 | Wiederholung von 1-8      | Pos↑         | Dir↔               | Ori↔         |

## Quiet Loch – (Third Step)

| Takt | 1. Hälfte            | 2. Hälfte       | Lokomotion           | Orientierung |
|------|----------------------|-----------------|----------------------|--------------|
| 1    | Whisk-On             | In-Toss         | 1145.f <sub>5</sub>  | D>D>L        |
| 2    | Up Hop-Up On (1)     | →               | f                    |              |
| 3    | Cast-Bird-Jump On    | →               | f                    |              |
| 4    | Tip-Kick             | Hop-Back(Twist) | p.C45:b <sub>1</sub> | D>L>D>S      |
| 5    | Run-Back(Twists)     | Cross-On        | b.l.                 |              |
| 6    | Phoenix              | Wash-Wash       |                      |              |
| 7    | Up Rear-Drum Down    | →               |                      |              |
| 8    | Side-Down            | Toe-Drum        |                      |              |
| 9-16 | Wiederholung von 1-8 | Pos↑            | Dir↔                 | Ori↔         |

\*\*\*\* Verse \*\*\*\*

|   |  |  |  |
|---|--|--|--|
| Wash Up<br>Toss Heel<br>Step In<br>Hop Heel     | In Toss<br>Swish Down<br>Toss Up<br>Hop Back   | Up Toe<br>Hop Back<br>Hop Up<br>Side Down    | Snap Down<br>Shake Swirl<br>Swi-vel<br>Toe Drum          |
| Wash Up<br>Toss Heel<br>Step In<br>Hop Heel     | In Toss<br>Swish Down<br>Toss Up<br>Hop Back   | Up Toe<br>Hop Back<br>Hop Up<br>Side Down    | Snap Down<br>Shake Swirl<br>Swi-vel<br>Toe Drum          |
| Wash Up<br>Hop Back<br>Down Rock<br>Swiz-zle    | In light-<br>Pin-czrs<br>Rock Rock<br>Cross On | -ning On<br>Toss Ball<br>Up Toe<br>Side Down | Hop Straight<br>Box Back Up<br>Down Toss Up<br>Heel Drum |
| Wash Up<br>Hop Back<br>Down Rock<br>Swiz-zle    | In light-<br>Pin-czrs<br>Rock Rock<br>Cross On | -ning On<br>Toss Ball<br>Up Toe<br>Side Down | Hop Straight<br>Box Back Up<br>Down Toss Up<br>Heel Drum |
| Whisk On<br>Cast Bird<br>Twist Twist<br>Up Rear | In Toss<br>Jump On<br>Cross On<br>Drum Down    | Up Hop<br>Tip Kick<br>Phog-nix<br>Side Down  | Up On<br>Hop Twist<br>Lash Wash<br>Toe Drum              |
| Whisk On<br>Cast Bird<br>Twist Twist<br>Up Rear | In Toss<br>Jump On<br>Cross On<br>Drum Down    | Up Hop<br>Tip Kick<br>Phog-nix<br>Side Down  | Up On<br>Hop Twist<br>Lash Wash<br>Toe Drum              |