

ANTICIPATION

Choreography: Lesley Laskett
Formation: Circle on floor

Music: CD 'Winter Poems' by Secret Garden. Track: Anticipation

A $\rightarrow \rightarrow \rightarrow$ B $\leftarrow \rightarrow \leftarrow \leftarrow$
 $\left(\begin{array}{c} R L R L \\ \underline{P} \underline{P} \underline{P} \underline{P} \end{array} \right) \times 2$ $\left(\begin{array}{c} R L R L \\ \underline{S} \text{xb rep sw} \end{array} \right) \times 2$
 pause arms swing to R arms swing to L

C \uparrow $\left(\begin{array}{c} R L R L \\ \underline{P} \underline{P} \underline{P} \underline{P} \end{array} \right) \left(\begin{array}{c} L R L L \\ \underline{P} \underline{P} \underline{P} \underline{P} \end{array} \right)$ \downarrow $\left(\begin{array}{c} R L R L \\ \underline{b} \underline{b} \underline{b} \underline{b} \end{array} \right) \left(\begin{array}{c} L R L L \\ \underline{b} \underline{b} \underline{b} \underline{b} \end{array} \right)$
 arms up high arms down

$\rightarrow \rightarrow \rightarrow$ \circlearrowleft $\leftrightarrow \rightarrow \rightarrow$
 $\left(\begin{array}{c} R L R L L R L L \\ \underline{P} \underline{P} \underline{P} \underline{P} \underline{P} \underline{P} \underline{P} \underline{P} \end{array} \right) \left(\begin{array}{c} R L R L L R L L \\ \underline{b} \underline{b} \underline{P} \underline{P} \end{array} \right) \times 2$
 arms swing gently arms down

Sequence: A B A B C $\leftarrow \rightarrow$ A $\rightarrow \leftarrow$ A B A B
 $\underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}}$
 sw sw sw cl

C $\leftarrow \rightarrow$ A B A B D $\leftarrow \rightarrow$ $\rightarrow \leftarrow$ $\leftarrow \rightarrow$
 $\underline{\underline{B}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}}$ $\underline{\underline{R}} \underline{\underline{L}}$ $\left(\begin{array}{c} R L R L \\ \underline{S} \text{xb rep sw} \end{array} \right) \times 3$
 sw sw sw cl S cl arms to R arms to L

To finish: \uparrow Stand ~ Arms up for 4 x \equiv , arms down for 4 x \equiv