



## **Waltz from *La La Land***

Danced by Ryan Gosling and Emma Stone

Choreographed by Mandy Moore

Reconstruction and description by Richard Powers

Soundtrack music available on iTunes, CDs, YouTube and elsewhere

### **Cross-Step Waltz: Co-Waterfall**

Lead: Starting in inside lane, facing LOD, in waltz position, slightly offset with partner at your right side.

1) Cross R over L, toward LOD

2) Side L, LOD

3) R slights falls back, LOD

...all while rotating CW 180°, with long steps, especially count 1.

Follow: Starting in outside lane, facing against LOD (backing), in offset waltz position.

1) Step back L, diagonally LOD, like rocking back.

2) Rock forward R, diagonally LOD, like rocking forward.

3) L foot slightly walks forward LOD

...all while rotating CW 180°, with shorter steps, to let your partner pass by you.

4,5,6) The Lead does exactly what the Follow did, and vice versa.

### **La La Land Dream Fantasy Waltz**

Easier version

Music: La La Land Soundtrack: Epilogue, at 4:33

#### **Part 1**

Bars

1, 2 Co-Waterfall rotating CW

3 Co-Waterfall not rotating, like a promenade (Follow stays in the right lane)

4 Follow's Outside Underarm Turn. The Follow steps forward R, side L, back R.

#### **Part 2: Repeat Part 1**

### Part 3

- 1-3 3 Co-Waterfalls, with the Follow coming into the inside lane at the end.
- 4 The Lead releases the Follow toward LOD and she half-turns CW to travel LOD, passing him by and taking opposite swingout hands (his R and her L).

### Part 4

- 1 In opposite swingout position the Follow crosses L over R, with weight and holds for 2 counts. The Follow shifts back onto her L on count 3, starting to come back in.
- 2 Follow's Free Spin, pivoting L, R, L.
- 3 The Lead catches the Follow with his R arm around her waist and his L hand behind her neck / shoulder blade, as she throws her R arm around his neck/back and her L hand extends downward.
- 4 Rise and take waltz position.

That's all. You may repeat those four parts. Or continue into this variation:

### Part 5

Repeat Part 1

### Part 6

Walk forward around each other in low-hand Wedding Cake Position for 4 bars, R arms around partner's waist. The Lead's L arm hangs down; the Follow's L arm is extended to the side, palm down.

Transition into it: After turning her under he brings her R hand down to his lower left ribcage, to initiate the walkaround. Exit out of it: he reverses that, taking her R hand from his ribcage back to waltz position, on the final bar of music.

### Part 7

- 1 Co-Waterfall rotating CW
- 2 Co-Waterfall rotating CW (Advanced version: Follow's Outside Underarm Turn)
- 3 Co-Waterfall rotating CW
- 4 He lifts her, in the inside lane to a spot in front of him (LOD). He cups his L palm low; she braces her R arm into that palm. She jumps as much as he lifts. Jump up on count 1, land on count 3. He is still lifting her as she lands (don't drop her).
- 5, 6 She separates to reverse swingout handhold, as in Part 4, and holds on the 6th bar.
- 7 Same free-spin dip as in Part 4.