AMAZING GRACE

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Music: Footwork:	Amazing Grace by Phil CoulterCD: TranquilityOpposite, directions for man (Lady as noted)Released: March 2009
Rhythm:	Waltz Phase: IV
Sequence:	INTRO – ABC – A MODIFIED – END

INTRODUCTION

MEAS:

1-4

WT 1 MEAS HANDS FOLDED IN FRONT LEAD FT FREE; RAISE ARMS; LUNGE THRU RECOVER STEP SIDE; SLOW SIDE LOCK;

- 1-2 Wt 1 meas **OP/FCG** hnds folded in front lead ft free for both; Raise arms;
- 3-4 X LIFR (W X RIFL), rec R, stp sd L; Thru R (W thru L starting LF trn), sd

& fwd L to **CP/LOD** (W sd & bk R cont LF trn to CP), X RIBL (W X LIFR) **CP/DLC**;

PART A

1-4 [CP/DLC] DIAMOND TRN;;;;

- 1-2 Fwd L trng LF on the diag, cont LF trn sd R, bk L to BJO; Bk R trng LF, sd L, fwd R to BJO;
- 3-4 Fwd L trng LF on the diag, cont LF trn sd R, bk L to BJO; Bk R trng LF, sd L, fwd R to BJO/DLC;

5-8 <u>TELEMARK TO SCP; HOVER FALLAWAY; SLIP PIVOT; CHECK FORWARD LADY</u> <u>DEVELOPE;</u>

- 5-6 Fwd L commence to trn LF (W Bk R commencing to trn L bringing L beside R), fwd & sd R cont LF trn (trn LF on R heel (heel turn) & chg weight to L), sd & slightly fwd L to end in **SCP/DLW**; Fwd R, fwd L with hovering action, rec bk on R;
- 7-8 Bk L, bk R trng LF, fwd L (W Bk R starting LF pivot on Ball of Foot, fwd L cont LF trn placing L ft near man's R ft, bk R to BJO); Fwd R outsd ptr with ckg action (W bk L, bring R ft up L leg to inside of L knee, extend R ft fwd), -,-;

9-12 BACK HOVER TO SCP; MANEUVER SIDE CLOSE; CLOSED IMPETUS; BOX FINISH;

- 9-10 Bk L, bk & sd R with hovering action, fwd L **SCP/DLW**; Fwd R commence RF upper body turn, cont RF trn to fc partner sd L, close R;
- 11-12 Bk L commencing RF upper body trn, cl R to L [heel trn] cont trn, sd & bk L to **CP/LOD**; Bk R trn LF, sd L, cl R;

13-16 OPEN REVERSE TURN; OPEN FINISH; HOVER TELEMARK; THRU FACE CLOSE;

- 13-14 Fwd L trng LF, sd & bk R cont LF trn, bk L outsd ptr ending **BJO/RLOD**; Bk R trng LF, sd & fwd L, fwd R outsd ptr to **BJO/DLW**;
- 14-16 Fwd L, diag sd & fwd with hovering action trng 1/8 RF, fwd L to SCP; Thru R trng to fc ptr, sd L, cl R;

PART B

1-4 [CP/WALL] WHISK; PICKUP TO SIDECAR; CROSS HOVER BJO; MANEUVER;

- 1-2 Fwd L, fwd & sd R, X LIBR to SCP; Fwd R (W fwd L trng ¼ LF to CP/LOD), sd L to SCAR, cl R SCAR/DLW;
- 3-4 X LIFR (W X RIBL), sd R with hovering action, fwd L DLC; Fwd R commence RF upper body trn, sd L cont RF trn to fc ptr, cl R **CP/LOD**;

5-8 IMPETUS TO SCP; WEAVE 6 SCP; ; PICKUP TO SCAR;

- 5-6 Bk L com RF upper body trn, cl R [heel trn] cont RF trn, fwd L SCP/DLC; Fwd R, fwd L trng LF to CP, Sd & slightly bk R to BJO/RLC;
- 7-8 Bk L trng Woman to CBMP, bk R trng body LF to CP, sd & fwd L DLW trng woman to **SCP/DLC**; Fwd R commence RF trn (W fwd L), sd L cont turn to SCAR, cl R **SCAR/DLW**;

9-12 CROSS HOVER BJO; CROSS HOVER SCAR; CROSS HOVER SCP; WING;

- 9-10 X LIFR (W X RIBL), sd R with hovering action, fwd L DLC; X RIFL (W X LIBR), sd L with hovering action, fwd R DLW;
- 11-12 X LIFR (W X RIBL), sd R with hovering action, fwd L **SCP/DLC**; Fwd R, draw L to R (W fwd R around M cont a slight LF trn), touch L trng upper body LF (W fwd L around man) to end in **SCAR/DLC**;

13-16 <u>TURN LEFT & RIGHT CHASSE; OUTSIDE CHANGE BJO; MANEUVER; HESITATION</u> <u>CHANGE;</u>

- 13-14 Fwd L commence LF upper body trn, sd R trn LF/cl L, sd & bk R **BJO/RLOD**; Bk L, bk R trng LF, sd & fwd to BJO;
- 15-16 Fwd R commence RF upper body trn, sd L cont RF trn to fc ptr, cl R; Bk L commence RF upper body trn, sd R cont RF trn, draw L to R **CP/DLC**;

PART C

1-4 [CP/DLC] OPEN REVERSE TURN; OPEN FINISH; HOVER TELEMARK; FWD HOVER TO BJO;

1-2 See A meas 13-14

3-4 Fwd L, diag sd & fwd R with hovering action trng 1/8 RF, fwd L to SCP; Fwd R, fwd L with hovering action (W fwd L, fwd R pivoting 1/2 LF, fwd L BJO), bk R **BJO/LOD**;

5-8 <u>SLOW OUTSIDE SWIVEL; IN & OUT RUNS;; PICKUP SIDE CLOSE;</u>

- 5-6 Bk on L with RF upper body trn (W fwd R swiveling RF on ball of R foot), -, to scp; Fwd R trng RF, sd & bk on L to CP/DRLC, bk R to CBMP;
- 7-8 Bk L trng RF, sd & fwd R between woman's feet cont RF trn, fwd L to **SCP/DLC**; Fwd R (W fwd L trng ¼ LF), sd L, cl R **CP/LOD**;

9-12 DRAG HESITATION; BACK, BACK LOCK, BACK; CLOSED IMPETUS; BACK TO LEFT WHISK;

- 9-10 Fwd L beginning LF trn, sd & bk R continuing LF trn, draw L toward R ending in **BJO/RLOD**; Bk L, bk R/X LIFR, bk R;
- 11-12 Bk L commence RF upper body trn, cl R [heel turn] continue RF trn, sd & bk L; Bk R slight RF upper body trn, bk & sd L, X RIBL chg weight to R ft and leading lady to reverse SCP fcg DLW;

13-16 UNWIND 1 TO A HOVER ENDING; THRU FACE CLOSE; HOVER; SLOW SIDE LOCK;

- 13-14 Chg weight to L ft unwind to fc wall, sd R with hovering action, fwd L **SCP/DLC** (W fwd R unwinding M, sd L with hovering action, fwd L SCP); Thru R trng to fc ptr, sd L, cl R to L;
- 15-16 Fwd L, sd & fwd R with hovering action, fwd L **SCP/DLC**; Thru R (W thru L starting LF trn), sd & fwd L to **CP/LOD** (W sd & bk R cont LF trn to CP), X RIBL (W X LIFR) **CP/DLC**

PART A MODIFIED

MEAS 1-15 SEE PART A MEAS 1-15

MEAS 16 SLOW SIDE LOCK;

16See Introduction Meas 4

<u>END</u>

1-4 <u>DIAMOND TRN;;;;</u> 1-4 See A meas 1-4

5-8 <u>TELEMARK SCP; HOVER FALLAWAY; SLIP PIVOT; CHECK FWD LADY DEVELOPE;</u> 5-6 See A Meas 5-8

9-10 BK HOVER TO SCP; THRU TO PROMENADE SWAY & CHANGE OF SWAY;

9 See A Meas 9

10 Thru R, fwd L with R sd stretch staying up and & looking DLW, chg from R sd stretch to L sd stretch with a small rotation in the upper body to the left & slightly lowering into R knee while looking over the W's head, hold.