

AMAZING GRACE V

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Record : "Amazing Grace" Download: Hayley Westenra at Amazon.com

Rhythm : Waltz ph V+2 (Throwaway Oversway, Cont Hover Cross)

Speed : +15% 30MPM Date : September 2017 Ver.1.0

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - A - B - Amod - Ending



Meas

INTRO

1~ 8 Wrapped/DW R foot free for both Wait 1 meas;

Stp Sd W Roll Out to OP; X Ck & Hold; W Sync Roll Bk w/Pickup Lk;

Telemark to Throwaway Oversway;; Slow Rise; R Lunge Rec Slip(CP/DC);

- 1— 1 Wrapped position fc DW right foot free for both Wait 1 meas;
(123) 2 (W Roll Out to OP) Sd R lead W roll out, -, -(W sd & fwd R commence roll RF, cont roll sd & bk L, cont roll fc DW sd R) OP/DW;
1— 3 (Cross Ck & Hold) Ck XLIF of R, hold, -;
123 4 (W Sync Roll Bk w/Pickup Lk) Rec R lead W roll bk commence LF trn, cont LF trn sd L,
(12&3) XRIB of L(W rec R commence roll LF, cont roll sd & fwd L/cont roll sd R, XLIF of R) CP/DC;
123 5- 6 (Telemark to Throwaway Oversway) Fwd L commence LF trn, sd R cont LF trn, sd & slightly
— bk L swivel LF on L; Relax knee and body trn left fc DW keeping right sd and point R
bk, -, -(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel
and change weight to L, sd & fwd R swivel LF on R to bring L leg under body; Extend bk
L leg twd DW, -, -);
— 7 (Slow Rise) Rise on L, -;
8 (R Lunge Rec Slip) Sd and slightly fwd R keeping left sd leaving L extended, rec L straight
up, LF trn on L and slip bk R fc DC;

Meas

PART A

1~ 8 Rev Fallaway & Slip; Double Rev Spin(CP/Wall); Contra Ck & Hold;

Rec Hi-Line & Slip; OP Telemark; Cont Hover Cross;;

- 123& 1 (Rev Fallaway & Slip) Fwd L commence LF trn, sd R cont LF trn, XLIB with right sd lead fallaway
position cont LF trn/cont trn slip R past L toeing in with small stp bk on R left foot stays
fwd(W bk R commence LF trn, sd & bk L cont LF trn, XRIB with left sd lead fallaway position
cont LF trn/cont trn slip L past R fwd L) CP/LOD;
12- 2 (Double Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L
(12&3) foot under body beside R no weight fc Wall(W bk R commence LF trn, cl L to R heel trn
cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R) CP/Wall;
1— 3 (Contra Ck & Hold) Commence upper body LF trn flexing knees with strong R sd lead ck fwd
L, hold, -;
4 (Rec Hi-Line & Slip) Rec R, sd L trning body RF strong R sd stretch, LF trn on L and slip
bk R fc DC;
5 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W
bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight
to L, sd & fwd R);
6- 8 (Cont Hover Cross) Fwd R commence RF trn, sd L cont RF trn, cont trn sd R fc DC(W bk
L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd L);
Fwd L across R to Scar with right sd stretch, cl R, bk L in Bjo(W bk R to Scar, sd L to
CP, fwd R to Bjo);
Bk R to CP with no sway, sd & fwd L with a left side lead, fwd R in Bjo(W fwd L to CP,
sd & bk R, bk L in Bjo) fc DC;

9~16 OP Rev Trn; Outsd Ck; Bk Passing Chg; L Tipple Chasse Pivot;

Bk to Slow Hinge;; Hover Trans SCP; Slow Sd Lk(CP/DC);

- 9 (Op Rev Trn) Fwd L commence LF trn, cont LF trn sd R, bk L contra Bjo fc RLOD;
10 (Outsd Ck) Bk R commence LF trn, sd L cont RF trn, ck fwd R fc RDW;
11 (Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo;
12&3 12 (L Tipple Chasse Pivot) Bk R commence LF trn, cont LF trn sd L slight right sd stretch/
cl R, sd & slightly fwd L cont LF trn fc RDC;
12- 13-14 (Bk to Slow Hinge) Bk R commence LF trn, cont LF trn sd L, hold left sd stretch leading
(123) W XLIB of R (W fwd commence LF trn L, cont LF trn sd R, XLIB of R);
— relaxing L knee and veering R knee to sway R(W relaxing L knee head to L), -, -;

- 23 (123) 15 (Hover Trans SCP) Hold lead W rec, rec R, sd & fwd L twd LOD(W rec R, sd & fwd L commence RF trn, cont RF trn sd & fwd R) SCP/LOD;
- 16 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;

Meas

PART B

1~ 8 Mini Telespin;(CP/RDC); Contra Ck & Switch; Manuv; Spin Overtrn; Double R Trning Lk;(SCP/DC); Chair & Slip;

- 123 (123&) 1- 2 (Mini Telespin) Lead Fwd L commence LF trn, fwd & sd R cont LF trn, sd & bk L with partial weight(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn/fwd L LF trn);
- 12- (12-) Spin L taking weight to L, cl R(W Fwd R to CP LF spin, cl L) to CP/RDC,-;
- 3 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R sd lead ck fwd L, rec R commence strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees CP/DW;
- 4 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP/RL0D;
- 5 (Spin Overtrn) Bk L pivot 1/2 RF, fwd R between W's feet heel to toe cont RF trn fc RDW, sd & bk L(W fwd R between M's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R) Bjo/RDW;
- 1&23 6- 7 (Double R Trning Lk) Bk R right sd lead commence RF trn/ XLIF of R to fc COH, slight left sd lead cont trn sd & fwd R between W's feet, cont RF trn sd & fwd L twd DW to CP/RDW (W fwd L commence RF trn/XRIB of L, fwd & sd L cont trn, cont trn fwd R to CP);
- 1&23 Bk R right sd lead commence RF trn/ XLIF of R to fc COH, slight left sd lead cont trn sd & fwd R between W's feet, cont RF trn fwd L(W fwd L commence RF trn/XRIB of L, fwd & sd L cont trn, fwd R to SCP) to SCP/DC;
- 8 (Chair & Slip) Thru R relax right knee, rec L commence LF trn, slip R bk cont LF trn on ball of R(W thru L relax left knee, rec R, swivel LF on R fwd L)end CP/DC;

9~17 Double Rev Spin; Drag Hesitation; Bk Bk/Lk Bk; OP Impetus; Q OP Rev; Bk to Throwaway Oversway;; Slow Rise; R Lunge Rec Slip;

- 12- (12&3) 9 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW (W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);
- 12- 10 (Drag Hesitation) Fwd L commence F trn, sd R cont LF trn, draw L to R Bjo/RDC;
- 12&3 11 (Bk Bk/Lk Bk) Bk L, bk R/XLIF of R, bk R;
- 12 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/LOD fwd L(W fwd R heel to toe pivot 1/2 RF, sd & fwd L cont RF trn around man brush R to L, fwd R);
- 12&3 13 (Q OP Rev) Fwd R commence LF trn, fwd L cont LF trn/sd R & bk cont LF trn, right sd stretch bk L twd DC in contra Bjo;
- 12- 14-15 (Bk to Throwaway Oversway) Bk R commence LF trn, sd & slightly bk L, swivel LF on L(W fwd L commence LF trn, cont LF trn sd & fwd R, swivel LF on R to bring L leg under body; Relax knee and body trn left fc DW keeping right sd and point R bk(W extend bk L leg twd DW),-,-;
- 16 (Slow Rise) Rise on L, —;
- 17 (R Lunge Rec Slip) Sd and slightly fwd R keeping left sd leaving L extended, rec L straight up, LF trn on L and slip bk R fc DC;

Meas

PART Amod

1~ 8 Rev Fallaway & Slip; Double Rev Spin(CP/Wall); Contra Ck & Hold; Rec Hi-Line & Slip; OP Telemark; Cont Hover Cross;;

1- 8 Repeat meas 1-8 of Part A:::;;;

9~16 OP Rev Trn; Hover Corte; Outsd Spin; Manuv; OP Impetus; Prom Weave; Sync Ending; Whisk(SCP/DC);

- 9 (OP Rev Trn) Fwd L commence LF trn, sd R & bk cont LF trn, right side stretch bk L twd LOD in contra bjo;
- 10 (Hover Corte) Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;

- 11 (Outsd Spin) Prepare to lead W outsd partner commence body trn to right with right sd lead bk L small stp 3/8 RF trn, fwd R heel to toe cont 3/8 RF trn, cont 1/4 RF trn sd & bk L to end CP/DW(W commence body trn to right with left sd lead fwd R outsd partner heel to toe, cl L to R on toe 5/8 RF trn between 1 and 2, cont 3/8 RF trn fwd R between M's feet);
- 12 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R CP/RL0D;
- 13 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/DC fwd L(W fwd R heel to toe pivot 1/2 RF, sd & fwd L cont RF trn around man brush R to L, fwd R);
- 123 14-15 (Prom Weave Sync Ending) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R fc RDC(W fwd L, LF trn sd R to CP, commence trn sd & fwd L);
- 12&3 Bk L twd DC contra Bjo, bk R cont LF trn CP, cont LF trn sd & fwd L/fwd R contra Bjo(W fwd R contra Bjo, fwd L twd DC cont LF trn to CP, sd & bk R/bk L contra Bjo) fc DW
- 16 (Whisk) Fwd L, sd & fwd R, XLIB of R SCP/DC;

Meas

ENDING

1~ 6 Sync Whisk; Slow Sd Lk(CP/DC); Mini Telespin;(CP/RDC); OP Contra Ck; Extend;

- 12&3 1 (Sync Whisk) Thru R, cl L blend CP/sd R, XLIB of R SCP/DC;
- 2 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;
- 123 3- 4 (Mini Telespin) Lead Fwd L commence LF trn, fwd & sd R cont LF trn, sd & bk L with partial weight(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn/fwd L LF trn);
- 12- Spin L taking weight to L, cl R(W Fwd R to CP LF spin, cl L) to CP/RDC,-;
- 1- 5 (OP Contra Ck) Commence upper body LF trn flexing knees with strong R sd lead ck fwd L(W right hand on M's left shoulder commence LF upper body trn flexing knees with strong left side lead bk R looking well to left), extend left arms sd & bk,-;
- 6 Extend;