PERFECT
Music: Ed Sheeran
[www.amazon.de/Perfect] Shortened to 3:38
Emma Heesters & Kurt Hugo Schneider (Lyrics Ed Sheeran)
[www.amazon.com/]
Time 3:31  Slow Down w/ -5%
Available from choreographer
Rhythm: Slow Two Step
Phase: IV+2 (Horseshoe + Triple Traveler) +2 U (Trav.R Turn + The Square)
Footwork: Opposite except where (Noted)
Release Date: Jan 18
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
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Sequence: ABC BRIDGE ABC END

LOOSE CP WALL LEAD FOOT FREE START ON THE WORD “LOVE”

PART A

01-04  FULL BASIC ; ; OP BASICS ; ;
[Full Basic] In Loose CP WALL Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib), rec R ; [OP Basics] Sd L trng to ½ LOP RLOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ OP LOD, -, XRib (W XRib), rec R starting to fold in frt of W ;

05-08  THE SQUARE ; ; ; ;
[The Square] In ½ OP LOD Fwd L trng RF moving in front of W, -, sd R twd COH, XLib (W fwd R, -, sd L twd COH, XRif) to end in left ½ OP fcg COH ; Fwd R, -, sd L twd RLOD, XRif (W fwd L trng RF moving in front of M, -, sd R twd RLOD, XLib) to end in ½ OP fcg RLOD ; Fwd L RF moving in front of W, -, sd R twd WALL, XLib (W fwd R, -, sd L twd WALL, XRif) to end in left ½ OP fcg WALL ; Fwd R, -, sd L twd LOD, XRif (W fwd L trng RF moving in front of M, -, sd R twd LOD, XLib) to ½ OP WALL ;

09-12  3 ALTERNATING UNDERARM TURNS W - M & W ; ; TO A LARIAT ;
[3 Alternating Underarm Turns W – M & W] Trng to fc ptr Sd L raisj jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLib cont RF trn ½, rec R cmpg full trn to fc ptr) ; [join trailing hnds] Sd R comm RF trn undr jnd trail hnds, -, XLib cont RF trn ½, rec R cmpg full trn to fc ptr (W sd L raisj jnd trail hnds palm-to-palm, -, XRib, rec L) ; [join lead hnds] (W sd R com RF trn undr jnd ld hnds, -, XLib cont RF trn ½, rec R cmpg full trn to fcg LOD) ; [To a Lariat ] Small sd & fwd R chkg leading W around w/ lead hands together, -, rec L with hip roll, rec R trng ¼ LF (W fwd L around M, -, fwd R, fwd L fc) to LOP LOD ;

13-16  OUTSIDE ROLL ; HORSESHOE TURN ; ; BASIC ENDING to Picking Up:
[Outsd Roll] Fwd L trng ¾ LF to fcg ptr, -, sd R, XLib (W fwd R to LOD starting full RF trn under jnd ld hands, -, fwd & sd L contg trn, fwd & sd R compg trn) to BFLY COH ; [Horseshoe Turn] Sd R trng RF to fc LOD, -, fwd L w/ checking action, pull R behind L (W sd L trng LF to fc LOD, -, fwd R w/ checking action, pull L behind R) end LOP LOD ; Fwd L comm circular walk CCW, -, raising jnd lead hnds fwd R cont circular walk, fwd L completing circular walk to fc WALL (W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd lead hnds, -, sd L twd COH, XRif) end to CP WALL ; [Basic Ending to PU] Sd R, -, XLib (W XRib), rec R (W sd L, -,XRib, rec L starting to fold in frt of M) to picking-up ;

PART B

01-04  TRIPLE TRAVELER ; ; ; TO BASIC ENDING to Maneuver ;
[Triple Traveler] Fwd L comm LF trn raisj jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLib (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to LOP LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W fwd L, -, f.Window R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLib (W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to BFLY COH ; [Basic Ending to Maneuver] Repeat meas 16 Part A to Maneuver ;

05-08  TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ; LUNGE BASICS w/ ARMS to PU ;
[Traveling Right Turn w/ Outsd Roll] Cont trn RF crossing IF of W sd & bk L to fc RLOD, -, XRib, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwm M's ft, -, fwd L, R around M RF) end CP M fcg DLW ; Fwd R slightly trng RF to fc RLOD raising jnd lead hnd to lead W tm RF, -, sd L, XLib (W sd & bk L comm LF trn RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L) end in LOP M fcg COH ; [Lunge Basics w/ Arms to PU] Sd L extg lead arm sd, -, rec R, XLib (W XRif) ; Sd R extg trail arm sd, -, rec L, XRif (W XLib) to COH & Picking Up ;
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09-12 TO RLOD TRIPLE TRAVELER ; ; ; BASIC ENDING to BFLY ;

[To RLOD Triple Traveler] Repeat meas 1-3 Part B ; ; ; [Basic Ending to BFLY] Repeat meas 16 Part A to BFLY WALL ;

13-16 SPOT TURN TWICE ; ; ; SIDE BASIC ; REVERSE UNDERARM TURN to Picking Up ;

[Spot Turn x 2] Sd L, - XRif trn LF ½, rec L cont LF trn to fc prtn ; Sd R, - XLif trn RF ½, rec R cont RF trn to fc prtn ;

[Sd Basic] Sd L, - XRib (W XLlib), rec L ; [Reverse Underarm Turn to PU] Sd R, - XLif, rec R (W sd L comm LF trn undr jnd ld hds, - XRif to line of prog trng ½ LF, rec fwd L contg trn to fc ptr) to Picking Up in Low Bfly LOD ;

PART C

01-05 4 TRAVELING CROSS CHASSE to BFLY WALL ; ; ; SLOW HIP ROCK 2 ;

[Traveling Cross Chasse x 4 to BFLY WALL] Joining both hnds low Fwd L trng LF, -, with rt side leading sd R, XLif (W bk R trng if, -, with lf side leading sd L, XRif) to DLC ; Fwd R trng RF, -, with lf side leading sd L, XRif (W bk L trng RF, -, with rt side leading sd R, XRif) to DLW ; Repeat meas 1 Part C ; Fwd R comm trng RF fcg DLW w/L shld ld, -, sd L cont RF trn to fc prtn, cl R to Low Bfly WALL ;

[SLOW HIP Rk 2] (SS) Rk sd L, -, rk sd R, -;

06-10 DBL HANDBOND UNDERARM TURN to STACKED HNDS ; OP BREAK to FACE ;

[Change Sides/W UNDERARM ; OP BASIC ENDING to Picking Up ;

[Db Handhold Underarm Trn to Stcked Hnds] With both hands joined above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked Lft over Rt hands (W fwd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hnds L over R) fcg ptr to WALL ;

[Open Break to Fc] With stacked hnds Sd R, -, rk apt L, rec R to r-sd-by-r-sd ; [Change Sides / W Underarm] Fwd L to WALL trng ½ RF lead W trn under stacked hds, -, sd R, XLif (W fwd R to COH LF trn under stacked hds chg sds, -, sd L, XRif) to BFLY COH ;

[OP Basic Ending] Sd R trng to ½ OP RLOD, -, XLib (XRib), rec R to COH & PU ;

11-13 LEFT TURN w/ INSIDE ROLL ; AIDA PREPARATION ; AIDA LINE & HIP ROCKS ; SWITCH CROSS to 1/2 OP LOD ;

[Left Turn w/ Insd Roll] Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compq ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to loose CP WALL ;

[Aida Preparation] Sd R trng RF to LOD, -, thru L, trng LF sd R to fc ptr ; [Aida Line & Hip Rks] Trng LF bk L to V-BK-TO-BK DLW (W DLC), -, xfer wgt to R, xfer wgt to L ;

[Switch Cross] Trn RF to fc ptr ck sd R, -, rec L, XRif (W XLlib) to ½ OP LOD ;

14-17 4 SWITCHES ; ; ;

[Switches to PU] Sd L Xg in frt of W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R manuvg in frt of M) ; Fwd R, -, fwd L, fwd R trng to Fc ptr (W sd L Xg in frt of M, fwd R, fwd L trng to ptr) to ½ OP LOD ; Repeat meas 9, 10 Part B ; ;

BRIDGE

01-03 TIME STEP TWICE ; ; ; SLOW HIP ROCK TWO ;

[Time Step x 2] [Releasg both hands] Sd L, -, XRib hnds extend out to sd, rec L hnds Xif of chest ; Sd R, - XLib hnds extend out to sd, rec R to low bfly WALL ;

[Slow Hip Rk 2] Repeat meas 5 Part C ;

ENDING

01-03 TIME STEP TWICE ; ; ; SLOW HIP ROCK TWO ;

[Time Step x 2] Repeat meas 1,2 Bridge ; ; ; [Slow Hip Rk 2] Repeat meas 5 Part C ;

01-05 SIDE BASIC ; AIDA PREPARATION ; AIDA LINE & ROCK 2 ; SWITCH & WAIT TWIST ;

[Sd Basic] Sd L, -, XRib (W XLlib), rec L ; [Aida Preparation] Repeat meas 15 Part C ; [Aida Line & Hip Rks] Repeat meas 16 Part C ; [Switch Wait & Twist] (SS) Trn RF to fc ptr sd & bk R with soft knee to fc ptr & BFLY WALL, -, wait, trng upperbody to RF to BJO DRW ;