YOU'RE BEAUTIFUL

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Download Rhapsody You’re Beautiful, James Blunt
You’re Beautiful “Single” Footwork: Opposite unless noted
Slow Two-Step, Phase V+2 Speed: 40 rpm or slow for comfort
Sequence: A, A, B, C, A, B, C, INTER, D, C MOD, END Released: 1/06/07

PART A

1-4 BASIC; OPEN BREAK; LADY UNDERARM; MAN UNDERARM;
SQQ 1-2 {Basic} In CP fc wall wait pick-up notes sd L,-, press R ft IB L, recov L; {Open Brk} Sd R,-, rk L to lead hnds joined, recov R;
SQQ 3-4 {Lady Underarm} Sd L,-, press R ft IB L, recov L leading W under lead hnd (W sd R,-, XLIF of R to trn ¼ RF under lead hnds, recov R trn to fc ptr) join trail hnds;
{Man Underarm} Sd R,-, XLIF of R to trn ¼ RF under trail hnds, recov R trn to fc ptr (W sd L,-, press R ft IB L, recov L);

5-8 LADY UNDER TRAILING HND; MAN HEAD LOOP; OPEN BASICS::
SQQ 5-6 {Lady Under Trailing Hnd} Sd L,-, press R ft IB of L, recov L leading W under trail hnd (W sd R,-, XLIF of R to trn ¼ RF under trail hnds, recov R to fc ptr); {Man Head Loop} Sd R bring joined trail hnd over head and place on L shoulder making a head loop,-, XLIB of R like an open basic open body twd LOD in ½ OP, recov R to fc ptr;
SQQ 7-8 {Open Basics} Sd L,-, XRIB of L to ½ LOP fc RLOD, recov L to fc ptr; Sd R,-, XLIB of R to ½ OP fc LOD, fwd R begin to XIF of W;

REPEAT A

PART B

1-4 MAN SWITCH; LADY SWITCH 3 TIMES::
SQQ 1-2 {Man Switch} XIF of W sd L to ½ LOP,-, fwd R, fwd L (W fwd R,-, fwd L, fwd R begin to XIF of M); {Lady Switch} Fwd R,-, fwd L, fwd R (W XIF of M sd L to ½ OP,-, fwd R, fwd L begin to XIF of M);
SQQ 3-4 {Lady Switch Twice} Fwd L,-, fwd R, fwd L (W XIF of M sd R to ½ LOP,-, fwd L, fwd R begin to XIF of M); Fwd R,-, fwd L, fwd R (W XIF of M sd L to ½ OP,-, fwd R, fwd L);

5-8 LUNGE BASIC WITH INSIDE ROLL; RUN 3; LADY OUTSIDE ROLL;
BASIC PICKING-UP:
SQQ 5-6 {Lunge Basic with Inside Roll} Sd L with slight lunge action,-, recov R, XLIF of R end in LOP fc RLOD (W sd R with slight
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lunge action, -, recov L trn under lead hnds LF, bk R cont LF underarm trn); {Run 3} Fwd R, -, fwd L, fwd R;

SQQ 7-8 {Outside Roll} Fwd L, -, fwd R, fwd L to fc ptr (W fwd R start RF trn, -, sd & bk L trn RF under lead hnds, cont RF trn fwd R to fc ptr); {Basic Ending} Sd R, -, open up to fc LOD XLIB of R, fwd R begin to sweep W IF;

9-12 CROSS CHASSE TO SHAKE HNDS; OPEN BRK TO VARSOUVienne BASICS;;;

SQQ 9-10 {Cross Chasse to Shake Hnds} Fwd L cont sweep W IF, -, sd & fwd R trn body to fc DC, XLIB of R to shake hnds (W bk R, -, sd & bk L, XRIF of L);

SQQ 11-12 {Open Brk to Varsouv} Sd R, -, rk apt L, recov R start to fc wall;

SQQ 13-16 M'S DBL UNDERARM TRN; LADY'S UNDERARM TO SHAKE HND OPEN BRK; DBL INSIDE UNDERARM TRN; CHG HNDS OPEN BRK;

SQQ 13-14 {M's Dbl Underarm Trn} Fwd L start LF trn under joined L hnds, -, cont LF trn under joined R hnds rk sd & bk R, recov L joined R hnds high fc DRW (W fwd R, -, trn RF to fc COH rk sd L, recov R to fc DC); {Lady's Underarm Shake Hnd Open Brk} Lead W under joined R hnds fwd R trn LF to fc ptr release L hnds, -, rk apt L to look twd W & DC, recov R (W fwd L IF of M trn RF under R hnds release L hnds, -, rk apt R, recov L);

SQQ 15-16 {Dbl Inside Underarm Trn} Trning RF sd L while trning W under R hds LF, -, to RLOD sd R, XLIB of R (W start LF underarm trn sd & bk R, -, fwd L cont LF underarm trn, cont trn bk R fc ptr & COH);

SQQ {Open Brk} Chg to lead hnds sd R, -, rk apt L, recov R;

PART C

1-4 INTERRUPTED RIGHT SPOT TRN;;;;

SQQ 1-2 {Interrupted Right Spot Trn} Like a natural top come tog to CP sd L start RF trn, -, XRIB of L, sd L to fc COH (W fwd R btwn M's ft, -, sd L, XRIF of L); Sd R let go of W to lead hnds joined ronde L CCW, -, press LIB of R, recov R (W sd L ronde R CW, -, press RIB of L, recov L);

SQQ 3-4 {Interrupted Right Spot Trn} Like a natural top come tog to CP sd L start RF trn, -, XRIB of L, sd L to fc wall (W fwd R btwn M's ft, -, sd L, XRIF of L); Sd R let go of W to lead hnds joined ronde L CCW, -, press LIB of R, recov R (W sd L ronde R CW, -, press RIB of L, recov L);

5-8 CONT INTERRUPTED RIGHT SPOT TRN;; CHG SIDES UNDERARM
TRN; OPEN BREAK HAND SHAKE:

**5-6 Interrupted Right Spot Trn** Like a natural top come tog to CP
sd L start RF trn,-, XRIB of L, sd L to fc COH (W fwd R btwn
M’s ft,-, sd L, XRIF of L); Sd R let go of W to lead hnds joined
ronde L CCW,-, press LIB of R, recov R (W sd L ronde R CW,-,
press RIB of L, recov L);

**7-8 Chg Side Underarm Trn** Fwd L trn RF pass ptr to fc wall lead
W in LF underarm trn,-, sd R, XLIF of R to CP wall (W fwd R
pass ptr in LF underarm trn fc COH,-, sd L, XRIF of L);

**Open Brk Shake Hds** Sd R,-, rk apt L, recov R shake hnds;

9-12 MAN WRAP; WHEEL; LADY INSIDE UNDERARM; MAN HEAD
LOOP OPEN BASIC PICKING-UP;

**9-10 Man Wrap** Fwd L twd W trn LF,-, sd & bk R to M’s skaters,
bk L starting RF bk wheel with R sd well bk into W’s arm (W
fwd R,-, fwd L, fwd R start RF wheel); **Wheel 3** Wheel bk R,-,
bk L, bk R to fc COH;

**11-12 Inner Side Underarm** Bk L cont wheel prepare W to trn under L
hnds,-, small sd R as lead W to inside trn, in pl L fc COH (W fwd
R start LF underarm,-, sd & bk L cont LF trn, fwd R fc ptr);

**M’s Head Loop Open Basic** Sd R loop L hnds over head to his R
shoulder,-, open body to RLOD XLIB of R to ½ OP, recov R
begin sweep W IF;

13-16 LEFT TRN INSIDE ROLL BASIC ENDING PICKING UP;; TRAVELING
CROSS CHASSE; PASSING CROSS CHASSE;

**13-15 Left Trn Inside Roll** Cont to sweep W IF fwd L to RLOD start
¼ LF trn,-, sd & fwd R lead W to LF underarm trn , XLIF of R fc
wall (W bk R chg sds twd wall,-, fwd L trn LF under lead hnds,
cont trn LF bk R to fc ptr); **Basic Ending** Sd R,-, open up to
XLIB of R fc LOD, recov R start sweep of W IF;

**15-16 Traveling Cross Chasse** Come to dbl hnd hold low as you step
fwd L LOD bring R sd fwd,-, diag sd R DW, XLIF of R (W XRIF
of L);

**Passing Cross Chasse** Sd R bring L sd strongly fwd,-, pass W
on inside of the circle sd L, XRIF of L (W XLIF of R) to end fc
RLOD in low dbl hnd hold;

17-19 BK TRAVELING CROSS CHASSES TO FC WALL;; SWAY L & R;

**17-18 Bk Traveling Cross Chasses** Bk L bring R sd bk,-, diag sd R
DC, XLIF of R (W XRIF of L); Bk R bring L sd strongly bk to
lead W to come in front of man to fc wall,-, sd L, XRIF of L (W
XLIF of R);

**Sway L & R** Using upper body to lead sd L sway twd LOD,-,
recov R sway twd RLOD blend to CP,-;

**REPEAT A**
**REPEAT B**
**REPEAT C**
INTERLUDE

1-2 OPEN BASICS;;:
SQQ 1-2 {Open Basics} Sd L,-, open up to fc RLOD in ½ LOP XRIB of L, recov L to fc ptr; Sd R,-, open up to fc LOD in ½ OP XLIB of R, fwd R start to XIF of W;

PART D

1-4 THE SQUARE;;;
SQQ 1-2 {The Square} Like a switch M XIF of W sd L,-, trn RF to step sd R twd COH in ½ OP, XLIF of R (W fwd R,-, sd L twd COH, XRIF of L start to XIF of M); Fwd R,-, sd L twd RLOD, XRIF of L start to XIF of W (W like a switch XIF of M sd L,-, trn RF to step sd R twd RLOD in ½ LOP, XLIF of R);
SQQ 3-4 {Cont The Square} Like a switch M XIF of W sd L,-, trn RF to step sd R twd wall in ½ OP, XLIF of R (W fwd R,-, sd L twd wall, XRIF of L start to XIF of M); Fwd R,-, sd L twd LOD, XRIF of L (W like a switch XIF of M sd L,-, trn RF to step sd R twd LOD in ½ LOP, XLIF of R);

5-8 OPEN BASICS;; UNDERARM TRN; OPEN BREAK;
SQQ 5-6 {Open Basics} Sd L,-, open up to fc RLOD in ½ LOP XRIB of L, recov L to fc ptr; Sd R,-, open up to fc LOD in ½ OP XLIB of R, recov R;
SQQ 7-8 {Underarm Trn} Sd L prepare to lead W under joined hnds,-, press RIB of L, recov L (W sd R prepare to trn RF under joined hnds,-, XLIF of R trn ¾ RF, fwd R trn to fc ptr); {Open Brk} Sd R,-, rk apt L, recov R;

PART C MOD

REPEAT MEAS 1-15 PART C

16-20 TRAVELING CROSS CHASSES;; PASSING CROSS CHASSE; BK TRAVELING CROSS CHASSES TO FC WALL;;:
SQQ 16-17 {Traveling Cross Chasses} Step fwd R LOD bring L sd fwd,-, diag sd L DC, XRIF of L (W XLIF of R); Fwd L LOD bring R sd fwd,-, diag sd R DW, XLIF of R (W XRIF of L);
SQQ 18-20 {Passing Cross Chasse} Sd R bring L sd strongly fwd,-, pass W on inside of the circle sd L, XRIF of L (W XLIF of R) to end fc RLOD in low dbl hnd hold; {Bk Traveling Cross Chasses} Bk L bring R sd bk,-, diag sd R DC, XLIF of R (W XRIF of L); Bk R bring L sd strongly bk to lead W to come in front of man to fc wall,-, sd L, XRIF of L (W XLIF of R);
ENDING

1-4  **BASICS;; TRAVELING RIGHT TRN WITH OUTSIDE ROLL;;**

SQQ  1-2  **{Basics}** In CP sd L,-, press R ft IB L, recov L; Sd R,-, XLIB R
SQQ  open twd LOD, recov fwd R start to XIF of W;
SQQ  3-4  **{Traveling Rt Trn with Outside Roll}** XIF of W sd & bk L to fc
SQQ  RLOD,-, XRIB of L, twist trn RF 5/8 on both ft to fc DW & shift wgt to L (W fwd R btwn M’s ft,-, fwd L, fwd R arnd M RF); Fwd R in BJO trn slgt RF trn to fc wall raise jnd lead hnds to lead W to trn RF,-, sd L, XRIF of L (W bk L start trn RF under jnd lead hnds,-, cont trn RF R, L) end in ½ LOP fc wall;

5-7  **LUNGE BASICS;; LUNGE;;**

SQQ  5-6  **{Lunge Basics}** Lunge sd L,-, recov R, XLIF of R end in ½ OP;
SQQ  Lunge sd R,-, recov L, XRIF of L end in CP;
S    7  **{Lunge}** Lunge sd L in oversway line looking twd RLOD;