

# Embraced (P)

Count: 32

Wand: 0

Ebene: Partner

Choreograf/in: Jeff Mills (UK) & Thelma Mills (UK)

Musik: But for the Grace of God - Keith Urban



**Position: Double Open Hand Position. Man facing OLOD. Lady facing ILOD**

## **MAN:**

### **BASIC CHA-CHA PATTERN PLUS FULL TURN**

- 1 Step left to left side
- 2-3 Step & rock back onto right, recover forward onto left
- 4&5 Chasse right right-left-right (release open position and man's to pick up lady's right hand with his right hand)
- 6-7 Step forward left, pivot  $\frac{1}{2}$  turn right (man to raise and turn under his right arm)
- 8&1  $\frac{1}{2}$  triple turn right left-right-left

### **ROCK STEP, CHASSE, $\frac{1}{4}$ ROCK STEP $\frac{1}{2}$ TRIPLE TURN**

- 2-3 Step & rock back onto right, recover forward onto left (return into double open hand position)
- 4&5 Chasse right right-left-right
- 6 Cross rock left over right making  $\frac{1}{4}$  turn right to face RLOD
- 7 Recover back onto right
- 8&1  $\frac{1}{2}$  triple turn left left-right-left to face LOD (release man's left and lady's right hand)

### **WALK TWICE, SHUFFLE, REPEAT**

- 2-3 Walk forward right-left
- 4&5 Right shuffle forward right-left-right
- 6-7 Walk forward left-right (raise man's right, lady's left hand)
- 8&1 Left shuffle forward left-right-left

### **WALK TWICE, SHUFFLE $\frac{1}{4}$ TURNS TWICE, $\frac{1}{4}$ CHASSE**

- 2 Step forward right
- 3 Step forward left (release man's right, lady's left hand)
- 4&5 Right shuffle forward right-left-right (rejoin man's left, lady's right hand)
- 6-7 Step forward left  $\frac{1}{4}$  turn left, make  $\frac{1}{4}$  turn left stepping back onto right (man to complete hand change behind his back)
- 8&1  $\frac{1}{4}$  left chasse turning left left-right-left (return into double open hand position)

**You have now started the dance again at count 1**

**In place of full turn lady can walk backwards left, right**

## **REPEAT**

## **LADY:**

### **VARIATION ON THE BASIC CHA-CHA**

- 1 Step right to right side
- 2-3 Step & rock forward onto left, recover back onto right
- 4&5 Chasse left left-right-left (release open position and man's to pick up lady's right hand with his right hand)
- 6-7 Step & rock back onto right, recover forward onto left (man to raise and turn under his right arm)
- 8&1 Triple step right-left-right

### **ROCK STEP, CHASSE, $\frac{1}{4}$ ROCK STEP SHUFFLE**

- 2-3 Step & rock forward onto left, recover back onto right (return into double open hand position)
- 4&5 Chasse left left-right-left
- 6 Cross rock right behind left making  $\frac{1}{4}$  turn right to face LOD
- 7 Recover forward onto left
- 8&1 Right shuffle forward right-left-right down LOD (release man's left and lady's right hand)

**WALK TWICE, SHUFFLE, CROSS  $\frac{1}{2}$  TURN SHUFFLE**

- 2-3 Walk forward left-right
- 4&5 Left shuffle forward left-right-left
- 6-7 Step forward and cross right over left, pivot  $\frac{1}{2}$  turn right stepping back onto left (raise man's right, lady's left hand)
- 8&1 Right shuffle backwards right-left-right

**$\frac{1}{2}$  PIVOT TURNS TWICE, SHUFFLE, WALK TWICE,  $\frac{1}{4}$  CHASSE**

- 2 Pivot  $\frac{1}{2}$  turn left stepping forward onto left
- 3 Pivot  $\frac{1}{2}$  turn left stepping back onto right (release man's right, lady's left hand)
- 4&5 Left shuffle backwards left-right-left (rejoin man's left, lady's right hand)
- 6-7 Walk back right, walk back left (man to complete hand change behind his back)
- 8&1  $\frac{1}{4}$  right chasse turning right right-left-right (return into double open hand position)

**In place of full turn lady can walk backwards left, right**

**REPEAT**

---