

Contentment (P)

拍数: 36 墙数: 0 级数: Partner
编舞者: Barbara Grimshaw (UK)
音乐: Any Slow To Moderate Tempo Country Waltz Track



Position: Double Hand Hold. Man Facing OLOD, Lady Facing ILOD, Opposite (Mirror image) footwork

BEHIND ROCK/SIDE (TWICE)

- 1-3 **MAN:** Step left behind right, rock weight forward onto right, step left to left side
 LADY: Step right behind, etc
- 4-6 **MAN:** Step right behind left, rock weight forward onto left, step right to right side
 LADY: Step left behind

CHANGE PLACES (HANDS: MAN'S LEFT IN LADY'S RIGHT)

- 1-3 **MAN:** Step left forward (under lady's right arm), pivoting $\frac{1}{2}$ to left step on right, step left next to right
 LADY: Step right forward, pivoting $\frac{1}{2}$ to right step on left, step right next to left
- 4-6 **MAN:** Step in place on right, left, right
 LADY: Full turn right in place on left, right, left - under man's left arm

BACK AWAY, ROLLING TURN (1 & $\frac{1}{4}$)

- 1-3 **MAN:** Step back on left, step right next to left, step left in place
 LADY: Step back on right, step left next to right, step right in place

Release hands

- 4-6 **MAN:** Step right $\frac{1}{4}$ to right, step left back $\frac{1}{2}$ to right, step right $\frac{1}{2}$ to right
 LADY: Step left $\frac{1}{4}$ to left, step right back $\frac{1}{2}$ to left, step left $\frac{1}{2}$ to left

TWINKLES (CHANGING HANDS)

Man's left in lady's right

- 1-3 **MAN:** Step left across front of right, step right to right side, step left next to right
 LADY: Step right across, etc

Man's right in lady's left

- 4-6 **MAN:** Step right across front of left, step left to left side, step right next to left
 LADY: Step left across, etc

TURN/POINT/HOLD, FORWARD/POINT/HOLD

Man's left in lady's right

- 1-3 **MAN:** Step left forward $\frac{1}{4}$ right into LOD, point right toes to right side, hold
 LADY: Step right $\frac{1}{4}$, etc
- 4-6 **MAN:** Step forward on right, point left toes to left side, hold
 LADY: Step left forward, etc

TURN WALTZ TO STARTING POSITION

- 1-3 **MAN:** Step left to left side, step right next to left, step left in place
 LADY: Half turn left - slightly forward on right, left, right (under man's left arm)

Man facing LOD, lady facing RLOD

- 4-6 **MAN:** Step right $\frac{1}{4}$ to right side, step left next to right, step right in place
 LADY: $\frac{3}{4}$ Turn left on left, right, left (under man's left arm)

Back into starting position (man facing OLOD, lady facing ILOD - double hand hold)

REPEAT

