

GRACE AND GRATITUDE

Music: Olivia Newton-John
Cd: WRD The Ultimate Ballroom 24 - I'm Having a ball
<https://wrddmusic.com/the-ultimate-ballroom-album-24-2cd>
Cd.:1 Track # 10 Time 3:25 Available from choreographer

Rhythm: Waltz Phase: V+2(Split Ronde + Fallaway Ronde & Slip)

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB B END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; TWIRL/VINE ; CHAIR & SLIP ;

{**Wait**} Bfly Pos Wall ld ft free wt 2 meas ; ; {**Twirl/Vine**} [Raisg jnd ld hnds] Sd L, XRib, sd L (W sd R start trng RF on ball of R under ld hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; {**Chair & Slip**} Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fwd L) to CP DLC ;

05-08 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{**Diamond Trn ½**} Fwd L comm trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & cont trng LF bk R, compg ¼ LF trn sd L, fwd R ; {**Qk Diamond 4**} [1,2&3] Fwd L stg to trn LF, sd R contg LF trn/bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; {**Dip Bk & Rec**} [1,2,-] Bk L w/ flexed knee, -, rec R swiv RF to CP DLC ;

PART A

01-04 DOUBLE REVERSE SPIN to DLW ; HOVER TELE ; NATURAL WEAVE END to SCP ; ;

{**Dbl Reverse Spin to DLW**} [1,2-/W1&2,3] Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, XLif) to CP DLW ; {**Hover Tele**} Fwd L, fwd R risg w/ rt shldr lead, sd & fwd L to SCP LOD ; {**Natural Weave End SCP**} Fwd R trng RF, sd L, bk R (W fwd L, R btwn M's ft, fwd L) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn fwd L to SCP DLW ;

05-08 IN & OUT RUNS ; ; FORWARD SYNCOPATED TWISTY VINE ; CURVED FEATHER ;

{**In & Out Runs**} Trng RF ifo W Fwd R, sd & bk L to CP RLOD, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R) to SCP LOD ; {**Fwd Sync Twisty Vine**} [1,2&3] Thru R trng RF to fc ptr & Wall, sd L cont LF trn to BJO DRC/XRib trng LF to fc ptr & Wall, sd & fwd L cont LF trn to BJO DLW ; {**Curved Feather**} Staying in BJO thru out fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong rt sd ld, bk L) ckg to BJO DRW ;

09-12 THREE BACK CROSS HOVERS ; ; HOVER CORTE ;

{**Three Bk Cross Hovers**} XLib (WXRif), sd & bk R rise, bk L to SCAR DLW ; {**Bk Cross Hover to BJO**} XRib (WXLif), sd & bk L rise, bk R BJO DLC ; Repeat meas 9 Part A ; {**Hover Corte**} Bk R, trng LF sd & fwd L LOD leavg R leg in pl, compg ½ LF trn rec R (W fwd L, trng LF sd & fwd R & brush L to R, fwd L) to BJO DLW ;

13-16 BACK & CHASSE to SCAR DRW ; FWD CHECKG/W DEVELOPE ; BACK CHASSE/W SYNC REVERSE TWIRL SCP ; CHAIR & SLIP ;

{**Bk & Chasse to SCAR DRW**} [1,2&3] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R DRW lose shape pvt RF to SCAR DRW ; {**Fwd Ck/W Develope**} Fwd L outsd W checkg, -, - (W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd) to DRW ; {**Bk Chasse/ W Sync Rev Twirl SCP**} [1,2&3] Bk R comm LF trn comm lead W LF trn under ld hnds, cont LF trn sd L/cl R, sd & fwd L (W fwd L comm LF trn under ld hnds, sd R cont LF trn/sd & fwd L, cont LF trn sd & fwd R) SCP DLW ; {**Chair & Slip**} Repeat meas 4 Intro ;

PART B

01-04 TELEMAR to SCP ; WEAVE SIX to SCP ; ; SLOW SIDE LOCK ;

{**OP Telemark**} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW ; {**Weave 6 to SCP**} Fwd R, fwd L stg LF trn, contg trn sd & bk R to fc DRC (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L) ; Bk L, bk R trng LF trn, sd & fwd L (W fwd R outsd ptr, fwd L, fwd R) to SCP DLW ; {**Slow Sd Lock**} Thru R, fwd & sd L risg trng LF, cl R (W thru L trng LF, sd R trng LF, lk Lif) to CP DLC ;

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05-08 DOUBLE REVERSE SPIN ; SPLIT RONDE ; TURNING WHISK ; THRU SYNCOPATE VINE ;

{Dbl Rev Spin} [1,2-/W 1,2&3] Fwd L comm LF trn, cont trn sd R, spin LF on ball of R bring L ft under body beside R no weight fc DC (*W bk R comm LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLif*) ;
{Split Ronde} (&,2,3/W 1,2,3,&) Lower on R ronde L leg CCW comm LF trn, cont LF trn XLib, cont trn slip bk R (*W sd R lower on R ronde L leg CCW comm LF trn, cont trn XLib, cont trn sd R/ slip fwd L*) end CP DRW ; **{Trng Whisk}** Fwd L 1/8 LF trn, sd R, XLib (*W XRib*) to SCP LOD, - ; **{Thru Sync Vine}** [1,2&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ;

09-12 OP NATURAL ; BACK BACK/LOCK BACK ; OUTSIDE SPIN INTO TURNING LOCK to BJO ; ;

{OP Natural} Thru R stg RF trn, contg RF trn sd L ifo W, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; **{Bk Bk/Lock Bk}** (1,2&3) Bk L, bk R/lk Lif, bk R to BJO ; **{Outsd Spin Into Trng Lock to BJO}** Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg lft leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DRW ; [1&2,3] Bk R w/ rt sd lead and rt sd stretch/XLif, bk & slightly sd R trn ¼ LF, sd & fwd L to BJO (*W fwd L w/ lft sd lead & lft sd stretch/XRib, fwd & slightly sd L trn ¼ LF, sd & bk R to BJO*) end BJO DLW ;

13-16 CROSS HESITATION ; OUTSIDE SPIN ; BACK & CHASSE to SCP ; THRU to PROMENADE SWAY ;

{Cross Hesitation} [1,-,-/1,2,3] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of R ft ckg (*W bk L stg LF trn, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ; **{Outsd Spin}** Repeat meas 10 Part B ; **{Bk & Chasse to SCP}** [1,2&3] Bk R trng LF, sd L/cl R, sd & fwd L to SCP LOD ; **{Thru to Prom Sway}** [1,2,-] Thru R (*W thru L*), sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ;

17-18 CHANGE to OVERSWAY ; FALLAWAY RONDE & SLIP ; ;

{Chng to Oversway} With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ; **{Fallaway Ronde & Slip}** [1&2,3] Rec R/ronde L CCW (*W CW*), XLib (*W XRib*) & rise comm LF trn, slip R bk cont LF trn on ball of R to CP DLC ;

ENDING

01-05 DIAMOND TURN HALF CHECKING ; ; OUTSIDE CHANGE to SCP ; THRU CHASSE to SCP ; THRU LILT to CHAIR & HOLD ;

{Diamond Trn ½ Checkg} Repeat meas 5,6 Intro checkg ; ; **{Outsd Chg to SCP}** Comm LF trn bk L, bk & sd R cont LF trn, sd & fwd L (*W fwd R, L, R*) to SCP DLW ; **{Thru Chasse to SCP}** [1,2&3] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; **{Thru Lilt to Chair}** [1,&,2] Fwd R/small fwd L w/ rise, strong fwd R lunge action bendg knee, - ;