

# Sweet and Gentle

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**MUSIC:** "Sweet and Gentle" by Ben E.King - CD "Pure Latin Vol 2" - Track # 7 (length 02.14)  
Available as a **single track Download** from Casa Musica -SLOW FOR COMFORT (suggest 42 rpm)

**FOOTWORK:** Opposite, unless noted (woman's footwork in parentheses)

**RHYTHM:** **CHA CHA PH IV** **Timing:** QQQ&Q (1,2,3&,4) unless noted, reflects actual weight changes

**SEQUENCE:** **Intro A,B, Interlude, B, End** **Difficulty Level:** Average **June 2014 version 1.0**

## INTRO

**1-4** **(LOP fc prtner/WALL) WAIT ; WAIT; NEW YORKER; UNDERARM TRN to a;**  
 1-2 LOP Fcing partner/Wall (lead hands joined)- lead ft free Wait 2 meas;;  
 3 **[New Yorker ]** Stp thru L w/straight leg to fc RLOD, rec R, BFLY sd L/cl R, sd L;  
 4 **[Underarm turn ]** xRib, rec L, sd R/cl L, sd R leading W to M's right side  
 (W xLif trng under lead hands, rec fwd R trng fc ptr, sd L/cl R, fwd L to M's right side);

**5-8** **LARIAT TO BFY/WALL;; 2 QK CUCHARACHAS; SD,CL, PT, - ;**  
 5 **[start Lariat]** with lead hnds joined lead W to Lariat Sd L, Rec R, in pl L/R, L  
 ( W walk around M CW Fwd R, Fwd L, Fwd R/lk Lib , Fwd R);  
 6 **[cont Lariat to Bfy/WALL ]** Sd R, Rec L, in pl R/L, R to Bfy/WALL  
 (W cont around M Fwd L, Fwd R, Fwd L/ lk Rib, Fwd L to fce ptr Bfy/WALL);  
 (1&2 3&4) 7 **[2 Qk Cucarachas]** rk sd L/ rec R, cl L , rk sd R/ rec L, cl R ;  
 (1 2 3 -) 8 **[Sd, Cl,Point Sd & Hold]** sd L, cl R, point L sd to LOD, & Hold-;

## PART A

**1-4** **BASIC;; FENCELINE TWICE;;**  
 1 **[BASIC]** (BFY/Wall) fwd L, rec R, sd L/cl R, sd L;  
 2 bk R, rec L, sd R/cl L, sd R;  
 3 **[Fenceline twice]** X lunge thru L with soft knee , rec R to fc ptr, sd L/ cl R, sd L;  
 4 X lunge thru R with soft knee, rec L, sd R/cl L, sdR;

**5-8** **1/2 BASIC; FAN; ALEMANA TO BFY/WALL;;**  
 5 **[1/2 Basic]** (BFY/Wall) fwd L, rec R, sd L/cl R, sd L;  
 6 **[Fan]** Bk R, rec L leading W trn LF, releasing R-hnd hold sd R/L, R to fc WALL  
 (W fwd L, rec R trng LF to fc RLOD, bk L/xRif, L fcg RLOD in FAN position) ;  
 7 **[Alemana]** fwd L, rec R, sd L/cl R, inpl L raising joined M's L & W's R hnds to  
 indicate RF trn for W (W cl R, fwd L, fwd R/xLib, fwd R swivel RF to fc M);  
 8 xRib, rec L, sd R/cl L, sd R (W xLif of R comm RF trn, fwd R cont trn,  
 sd & fwd L /cl R, sd L) to Bfy/Wall;

**9-12** **BREAK BK toTRIPLE CHAS FWD;; RK FWD REC to TRIPLE CHAS BK to fc;;**  
 9 **[Break bk to Triple Chas Fwd]** Rk bk L to fc LOD, rec R to OP/LOD, fwd L/lk R, fwd L;  
 (1&2 3&4) 10 fwd R/lk L,fwd R, fwd L/lk R, fwd L;  
 11 **[Rk Fwd, Rec to Triple Chas Bk]** Rk fwd R, rec L, bk R/lk L, bk R;  
 (1&2 3&4) 12 bk L/lk R, bk L, bk R/lk L, bk R to face partner/Wall;

**13-16** **1CUCARACHA WITH ARMS to BFY/WALL; CUCARACHA;  
SPOT TRN IN 4 TO BFY/WALL; SD,CL, POINT SD, & HOLD- ;**  
 13 **[Cucaracha with arms]** circling lead arms out & up, arnd & bk to Bfy  
 rk sd L, rec R, step in pl L/R, L;  
 14 **[Cucaracha]** rk sd R, rec L, step in pl R/L, R;  
 (1 2 3 4) 15 **[Spot trn in 4]** XLIF of R trng ½ RF, rec R trng RF to fc ptr, sd L , rec sd R to Bfy/WALL;  
 (1 2 3 -) 16 **[Sd, Cl,Point Sd & Hold]** sd L, cl R, point L sd to LOD, & Hold-;

## PART B

**1-4** **1/2 BASIC; FAN; HOCKEYSTICK to BFY/DRW;;**  
 1 **[1/2 Basic]** (BFY/Wall) fwd L, rec R, sd L/cl R, sd L;  
 2 **[Fan]** Bk R, rec L leading W trn LF, releasing R-hnd hold sd R/L, R to fc WALL  
 (W fwd L, rec R trng LF to fc RLOD, bk L/xRif, L fcg RLOD in FAN position) ;  
 3 **[Hockeystick]** Fwd L, rec R, in place L/R, L (W cl R, fwd L, fwd R/lk L, fwd R) ;  
 4 sm bk R, rec L trng 1/8 RF, fwd R/lk L, fwd R (W fwd L, fwd R trng 5/8 LF undr jnd ld hnds,  
 bk L/lk R, bk L); to end BFLY/DRW ;

**PART B cont'd****5-8 SHOULDER TO SHOULDER TWICE;; NEW YORKER to OP/LOD;  
WALK 2 & CHA;**

- 5 [Sh to Sh Twice] Fwd L to BFLY SCAR, rec R to fc, sd L/clR, sdL;  
6 Fwd R to BFLY BJO, rec L to fc, sd R/clL, sdR;  
7 [New Yorker to Op/LOD ] XLif, rec R, sdL/clR, sdL trng to Op/LOD ;  
8 [Wlk 2 & cha] Fwd LOD R, L , fwd R/ lk Lib of R, fwd R ;

**9-12 SLIDING DOORS TWICE;; CIRCLE AWAY 2 & CHA ;  
TOG 2 & CHA /LADY IN 4 TO VARSOUVIENNE/LOD;**

- 9 [Sliding Door twice] Rk apt L, rec R, *release jnd hnds slide beh W* Lif /sd R, xLif of R  
(W rk apt R, rec L, *slide in front of M* xRif /sd L, xRif ) to LOP LOD;  
10 Rk apt R, rec L, *release jnd hnds slide beh W* xRif /sd L, xRif of L  
(W rk apt L, rec R, *slide in front of M* XLif /sd R, XLif ) to OP LOD ;  
11 [Circle away 2 & cha] *Circ LF awy twd COH (W circ RF awy twd WALL)*  
fwd L, R, fwd L/lk Rib of L, fwd L;  
12 [Tog 2 & cha/Lady in 4] *Cont LF circ twd ptr* fwd R, L, fwd R /lk Lib, fwd R  
(W 1 2 3 4) (W cont RF circ in 4 fwd L, R, L, R) to Varsouviennne /LOD ;

**BOTH M & W NOW HAVE L FEET FREE****13-16 PARALLEL CHASE ;; LF LARIAT /with L trans in 4 to BFY/WALL;;**

- 13 [(L FT) PARALLEL CHASE] *Note: Identical footwork for bth thru meas 13-14*  
Rk fwd L LOD trng RF, rec R cont RF trn to L VARS RLOD, fwd RLOD L/lk Rib, fwd L;  
14 Rk fwd R RLOD trng LF, rec L cont LF trn to VARS LOD, fwd LOD R/lk Lib of R, fwd R;  
15 [LF Lariat ] *Maintaining both hnds joined lead W to LF Lariat* Sd L, Rec R, in pl L/R, L  
( W walk around M CCW Fwd L, Fwd R, Fwd L/lk RIB , Fwd L);  
16 [ cont Lariat /Lady trans in 4] Sd R, Rec L trn RF ¼ to Wall in pl R/L, R *chg hnds to BFY*  
(Lady cont around M Fwd R, Fwd L, Fwd R, Fwd L to fce ptr Bfy/WALL);  
(W 1 2 3 4)

**INTERLUDE****1-4 CHASE WITH UNDERARM PASS to COH;; FENCELINE; CUCARACHA;**

- 1 [Chase with Underarm Pass to Bfy/COH] Fwd L trng ½ RF to COH  
*keep lead hands joined, fwd R COH, fwd L/XRIB, fwd L*  
(W rk bk R, rec L, fwd twd COH R/lk Lib, fwd R) ;  
2 Rk bk R *lead W to pass by, & turn under lead hands* rec L, sd R/cl L, sd R  
(W fwd L, fwd R *to pass by M under lead hands trng LF fc M, sd L/cl R/ sd L*) to Bfy/COH;  
3 [Fenceline] X lunge thru L with soft knee, rec R to fc ptr, sd L/ cl R, sd L;  
4 [Cucaracha] Sd R, rec L, step in pl R/L, R;

**5-8 CHASE WITH UNDERARM PASS to WALL;; 2 QK CUCHARACHAS;  
SD,CL, PT, - ;**

- 5 [Chase with Underarm Pass to Bfy/WALL] Fwd L trng ½ RF to WALL  
*keep lead hands joined, fwd R WALL, fwd L/XRIB, fwd L*  
(W rk bk R, rec L, twd WALL fwd R/lk Lib, fwd R) ;  
6 Rk bk R *lead W to pass by, & turn under lead hands* rec L, sd R/cl L, sd R  
(W fwd L, fwd R *to pass by M under lead hands trng LF fc M, sd L/cl R/ sd L*) to Bfy/WALL;  
7 [2 Quick Cucarachas] repeat meas 7 of INTRO;  
8 [Sd, Cl,Point Sd & Hold] repeat meas 8 of INTRO;

**REPEAT PART B****ENDING****1-4 CUCARACHA TWICE ;; RUMBA SPOT TRN; RUMBA AIDA ;**

- 1-2 [Cucaracha twice] MAINTAINING BFY/WALL(*no arm work*) Repeat measures 13 &14 Part A  
3 [Rumba Spot Trn] Thru L RLOD with straight leg , rec R to fc, sd L,- to BFLY;  
(1,2,3,-) 4 [Rumba Aida] thru R trng RF, sd L cont RF turn, bk R to V bk to bk pos,-;