

BELINDA

Music: Sweet People
www.amazon.com/a_wonderful_day
Track # 2 Time 2:30 Slow Down w/ -5%
Available from choreographer

Rhythm: Slow Two Step
Phase: IV+2 (Triple Trav + Horseshoe Turn)
+3U (Trav.R Turn + The Square + Passing X-Chasse)

Footwork: Opposite except where (Noted)

Release Date: Augst 19
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Sequence: INTRO ABC AB(1-10) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC to Pickg-Up ; ;
{Wait} BFLY POS WALL Id ft free wt 2 meas ; ; {Full Basic to PU} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib),
rec R (W sd L, -, XRib, rec L starting to fold ifo M) to BFLY WALL & Pickg-up ;

PART A

01-04 LEFT TURN w/ OUTSIDE ROLL ; BASIC ENDING to Manvrg ; TRAVELING RIGHT TURN w/ OUTSIDE ROLL to Manvrg ; ;
{Left Trn w/ Insd Roll} Fwd L comm LF trn raisg jnd Id-hnds to Id W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm
LF trn, -, sd L trng LF undr Id-hnds, contg LF trn sd R) to BFLY COH ; {Basic Ending to Manvrg} Repeat meas 4 Intro to
Manvrg ; {Traveling Right Turn w/ Outsd Roll} Trng RF Xg ifo W sd & bk L to fc LOD, -, XRib, twist trn RF 5/8 on both ft
to fc DRW, fwd L to RLOD (W fwd R btw M's ft com RF trn, -, contg RF trn fwd L twd WALL, contg trn fwd R twd RLOD) to
BJO DLW ; Fwd R cont RF trn to fc COH raising jnd Id-hnds, -, sd L, XRif (W sd & bk L com RF trn undr jnd Id-hnds, -, cont
trn RF sd & fwd R, sd L) end in LOP M fcg COH & Manvrg ;

05-08 RIGHT TURN w/ INSIDE ROLL ; BASIC ENDING ; LUNGE BASICS w/ ARMS ; ;
{Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd Id-hnds to Id W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R
com RF twrl undr Id-hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {Basic Ending} Repeat
meas 4 Intro to BFLY WALL ; {Lunge Basics w/ Arms} Sd L [stretch Id-arm to side], -, rec R, XLif (W XRif) ; Sd R [stretch tl-
arm to side], -, rec L, XRif to BFLY WALL ;

09-12 ALTERNATING UNDERARM TURN W – M & W INTO RONDE LARIAT ; ; ; ;
{W Underarm Turn} Sd L, -, bk R, rec L (W sd R, -, fwd & across L trng RF under jnd Id-hnds, fwd R cont RF trn to fc M)
raisg tl-arms ; {M Underarm Turn} [join trailing-hnds] Sd R comm RF trn undr jnd trail-hnds, -, XLif cont RF tnr ½, rec
R compg full trn to fc ptr (W sd L raisg jnd trail-hnds palm-to-palm, -, XRib, recl L) ; {W Underarm Turn} [join lead-hnds]
Sd L, -, bk R, rec L (W sd R, -, fwd & across L trng RF under jnd Id-hnds, fwd R cont RF trn to M's r-shoulder) ; {Ronde
Lariat} Release tl-hnds fwd & sd R btwn W's feet trng upper body RF to lead W to ronde CW, -, swivel LF on R under
raised jnd Id-hnds to OP LOD, hold (W sd L, ronde R CW, -, XRib, sd & fwd L to fc LOD) ;

13-16 OUTSIDE ROLL ; BASIC ENDING to Pickg Up ; LEFT TURN ; OP BASIC ENDING ;
{Outside Roll} Comm trn LF bk L, -, sd R, XLif cont trn (W fwd R comm roll RF under jnd Id-hnds, -, bk L cont roll, fwd R
comp roll to fc ptr) to BFLY COH ; {Basic Ending to PU} Repeat meas 4 Intro to BFLY COH & Pickg-Up ; {Left Turn} In BFLY
Fwd L comm LF trn raisg jnd Id-hnds to Id W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L, XRif) to
BFLY WALL ; {OP Basic Ending} Sd R trng to ½ OP LOD, -, XLib (W XRib), rec R starting to fold ifo W ;

PART B

01-04 THE SQUARE ; ; ; ;
{The Square} [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd COH in L ½ OP, XLif (W fwd R, -, sd L twd COH,
XRif starting to Xif of M) ; Fwd R, -, sd L twd RLOD, XRif starting to Xif of W (W [like a switch] Xif of M sd L, -, trng RF to
step sd R twd RLOD in ½ OP, XLif) ; [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd WALL in L ½ OP, XLif (W
fwd R, -, sd L twd WALL, XRif starting to Xif of M) ; Fwd R, -, sd L twd LOD, XRif (W [like a switch] Xif of M sd L, -, trng RF
to step sd R twd LOD in ½ OP, XLif to loose CP WALL) ;

05-06 FULL BASIC ; ;
{Full Basic} Repeat meas 3,4 Intro ; ;

07-10 STROLLING VINE/W INSIDE ROLL ; ; STROLLING VINE/W OUTSIDE ROLL ; ;

{Strolling Vine /W Insd Roll} [SS; SQQ] Sd L, -, XRib (*W Sd R, -, XLif*), -; Sd & fwd L turng LF raisg Id-hands, -, fwd R, XLif to fc COH (*W fwd R across LOD turng LF, -, roll LF under Id-hands L, R to fc ptr*); **{Strolling Vine /W Outsd Roll}** [SS; SQQ] Sd R, -, XLib (*W Sd L, -, XRif*), -; Sd & fwd R turng RF raisg Id-hands, -, fwd L, XRif to fc WALL (*W fwd L across LOD turng RF, -, roll RF under Id-hands R, L to fc ptr*);

11-14 CROSS BODY ; HORSESHOE TURN ; ; BASIC ENDING to Pickg-Up Low Bfly ;

{Cross Body} Sd L, - slip bk R trng LF, rec L to fc COH (*W sd R, -, fwd L trng LF, fwd & sd R contg LF trn to fc M*) to BFLY COH; **{Horseshoe Turn}** [Release tl-hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checking action, rec R (*W [Release tl-hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, rec L*) end LOP LOD; Fwd L comm circular walk CCW, -, raisg jnd Id-hnds fwd R cont circular walk, fwd L complg circular walk (*W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd Id-hnds, fwd R complete circular walk*) to BFLY WALL; **{Basic Ending to PU in Low Bfly}** Repeat meas 4 Intro to Low Bfly;

PART C

01-04 3 TRAVELING CROSS CHASSE ; ; ; PASSING CROSS CHASSE ;

{3 Trav Cross Chasse} [Joining both hands low] Trng LF fwd L twd DLC, -, w/ r-shldr Id sd & fwd R twd DLW, XLif (*W XRif*); Trng RF sd & fwd R twd DLW, -, w/ lft-shldr Id sd & fwd L twd DLC, XRif (*W XLif*); Trng LF fwd L, -, sd & fwd R, XLif (*W bk R LF trn, -, bk & sd L, XRif*) to DLC; **{Passing Cross Chasse}** Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif of W fc DRW (*W bk L trng RF, -, small sd R fc COH, XLif*);

05-08 W PASSING CROSS CHASSE ; TRAVELING CROSS CHASSE to BFLY WALL ; OP BASICS ; ;

{W Passing Cross Chasse} Bk L trng RF, -, small sd R fc COH, XLif (*W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW*); **{Trav Cross Chasse to WALL}** Fwd R trng RF, -, sd & fwd L to fcg WALL, XRif (*W bk R trng LF, -, bk & sd L to fcg COH, XRif*) to BFLY WALL; **{OP Basics}** Sd L trng to ½ RF rlsng tl-hnds LOP RLOD, -, XRib (*W XLib*), rec L trng to fc; Sd R trng to ½ LF rlsng Id-hnds OP LOD, -. XLib (*XRib*) rec R starting to fold ifo W;

09-12 3 SWITCHES ; ; ; BASIC ENDING to Pickg-Up ;

{3 Switches} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (*W fwd R, -, fwd L, fwd R*); Fwd R, -, fwd L to ½ OP LOD, fwd R (*W sd L Xg ifo M, fwd R to ½ OP, fwd L*) to ½ OP LOD; Repeat meas 9 Part C; **{Basic Ending to PU}** Repeat meas 4 Intro to BFLY COH & Pickg-Up;

13-16 TRIPLE TRAVELER to RLOD ; ; ; BASIC ENDING to Pickg-Up ;

{Triple Traveler to RLOD} Fwd L comm LF trn raisg jnd Id-hnds to Id W's LF trn, -, sd R compg ¼ LF trn, XLif (*W bk R comm LF trn, -, sd L trng LF undr Id-hnds, contg LF trn sd R*) to LOD; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (*W fwd L, -, fwd R, fwd L*); Fwd L bring jnd hnds dwn & bk in cont circ motion to Id W into RF trn, -, fwd & sd R to fc ptr, XLif (*W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr*); **{Basic Ending to Pickg-Up}** Sd R, -, XLib (*XRib*), rec R to BFLY WALL & Pickg-Up;

ENDING

01-04 LUNGE BASICS ; ; SLOW SIDE to PROMENADE SWAY ; SLOW CHANGE to OVER SWAY ;

{Lunge Basics w/ Arms} Repeat meas 5,6 Part A ; ; **{Slow Prom Sway}** [S] Sd & fwd L trng to SCP stretchg body up lookg over jnd Id-hnds & relax L knee , -, -, -: **{Slow Chng to Oversway}** [S] Rotate body LF with L sd stretch (*W rotate LF w/ R sd stretch turning head well to the L*), -, -, -;