

# THE GENTLE MAIDEN

**Music:** Phil Coulter  
[www.amazon.com/Peace And Tranquility](http://www.amazon.com/Peace And Tranquility)  
Track # 2 Time 3:33 Slow Down w/ -7% Available from choreographer

**Rhythm:** Waltz **Phase:** IV

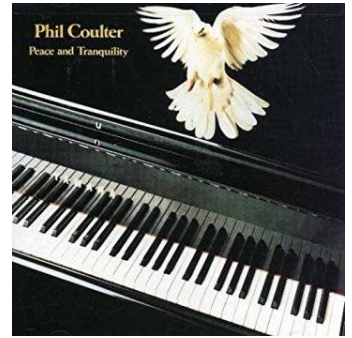
**Footwork:** Opposite except where (Noted)

**Release Date:** Jan 20

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence:** INTRO AB AB AB(1-12) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL VINE ; SLOW SIDE LOCK :

{Wait} BFLY POS WALL Id ft free wt 2 meas ; ; {Twirl Vine} Sd L, XRib, sd L (*W full RF trn undr jnd Id hnds sd & fwd R, sd & bk L, fwd R*) to SCP LOD ; {Slow Sd Lk} Thru R, fwd & sd L rising trng LF, cl R (*W Thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

## PART A

### 01-04 DIAMOND TURN w/ HIP TWIST ; ; X-BODY to SCAR DRC ; DIAMOND TURN w/ HIP TWIST ; ; X-BODY to CP DLW ;

{Diamond Turn w/ Hip Twist } Fwd L trng LF CP, sd R trng ¼ LF, bk L in BJO twistg W RF (*W Fwd R twistg ¼ RF*) to SCP DRC ; {Cross Body to SCAR} Bk R blendg to CP, fwd L w/ r-shoulder lead, fwd R (*W Fwd L, R, L CCW around M*) in SCAR DRC ; {Diamond Turn w/ Hip Twist } Repeat meas 1 Part B to DLW ; {Cross Body to CP} Bk R blendg to CP, fwd L w/ r-shoulder lead, fwd R (*W Fwd L, R CCW around M, bk L*) to CP DLW ;

### 05-08 HOVER TELE ; NATURAL HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR :

{Hover Tele} Fwd L, fwd R rising & lft-shldr lead, sd & fwd L to SCP LOD ; {Natural Hover Fallaway} Fwd R, fwd L risg & trng RF, rec R (*W fwd L, trng RF fwd R, rec L*) to SCP DRW ; {Slip Pivot} Bk L, bk R, fwd L (*W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M's R ft, bk R*) to BJO DLW ; {Cross Pivot to SCAR} Fwd R comm RF trn, sd L cont RF trn, cont trn sd R (*W bk L comm RF trn, cl R [heel trn] with rt-sd stretch, cont RF trn sd L*) to SCAR DLW ;

### 09-12 3 CROSS HOVERS BJO SCAR & SCP ; ; THRU SYNCOPATED VINE :

{Cross Hover to BJO & SCAR} XLif, sd R & fwd hvrg, rec L to BJO ; XRif, sd & fwd L sd hvrg, rec R to SCAR ; {Cross Hover to SCP} XLif, sd R & fwd hvrg, rec L (*W XRib, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; {Thru Syncop Vine} [1,2&3] Thru R, sd L/XRib (*W XLif*), sd L to SCP LOD ;

### 13-16 WEAVE 6 to BJO ; ; OP NATURAL ; HESITATION CHANGE :

{Weave 6 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, ontg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ; {OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd Id (*W bk L trng RF, fwd R betwn M's ft, fwd L*) to BJO DRC ; {Hesitation Chng} [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

## PART B

### 01-04 REVERSE WAVE ; ; IMPETUS to SCP ; START 3 IN & OUT RUNS :

{Reverse Wave} Fwd L starting ¼ LF bdy trn, sd R LOD, back L (*W Bk R starting ¼ LF bdy trn, cl L to R [heel trn], fwd R*) CP M fcg COH ; Bk R to WALL comm curving left face, bk L curving LF, bk R to end fcg RLOD (*W fwd L comm curving LF, fwd R curving LF, fwd L to end fcg LOD*) CP RLOD ; {Impetus to SCP} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; {Start 3 In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R betwn M's ft, fwd L*) to BJO RLOD ;

### 05-08 FINISH 3 IN & OUT RUNS ; ; BACK & CHASSE to SCAR DLW ; \* FORWARD CHECK/W DEVELOPE ~ :

{Finish 3 In & Out Runs} Trng RF bk L, cont trn fwd R betwn 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 ; Repeat meas 4 Part B ; {Bk & Chasse to SCAR DLW} [1,2&3] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R DLW lose shape pvt RF to SCAR DLW ; {Fwd Ck/W Develope} [1--] Fwd L out L-sd W checkg, -, - (*W bk R, bring L ft up R-leg to insd of R-knee, extend L ft fwd*) to BJO DLW ~ ;

### 09-12 OP FINISH ; VIENNESE TURNS ; ; HOVER TELE :

{OP Finish} Bk R trng LF, sd L cont trn to fc DLC, fwd R to BJO DLC ; {Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; {Hover Tele} Repeat meas 5 Part A ;

**13-16 CROSS HESITATION ; BACK BACK/LOCK BACK ; SPIN TURN ; BOX FINISH ;**

**{Cross Hesitation}** [1,-,-/123] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of R ft ckg (*W fwd L stg LF trn, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ; **{Bk Bk/Lock Bk}** (1,2&3) Bk L, bk R/lk Lif, bk R to BJO ; **{Spin Turn}** Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R betwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R betwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R betwn M's ft*) to CP DLW ; **{Box Finish}** Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

**ENDING**

**01-04 THRU to PROMENADE SWAY ; CHANGE to OVER SWAY ; HOVER EXIT to SCP ; THRU CHASSE to SCP ;**

**{Thru Prom Sway}** [1,2-] Thru R, sd & fwd L stretch left sd look over jnd ld-hnd, - ; **{Chg Oversway}** [1--]Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W (*W look L*) ; **{Hover Exit SCP}** [1,-,2] Rec R straight up comm RF trn, -, fwd L to SCP LOD ; **{Thru Chasse to SCP}** [1,2&3] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ;

**05 CHAIR & HOLD**

**{Chair}** [1--] Strong fwd R in lunge action bending knee, -, - ;

**\*~ Long Measure**