

BEAUTIFUL

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CD: 2005 CAP-Sounds CD Title "The Most Beautiful Songs For Dancing - Heavenly Steps" (Artist: Vio Friedmann) Track 8
"Beautiful" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:52

RHYTHM: Waltz RAL PHASE IV + 1 [Curved Feather]

DEGREE OF DIFFICULTY: DIFFICULT

SEQUENCE: INTRO-A-B-C-A-B-BRIDGE-B-C-ENDING

MEAS:

INTRODUCTION

1-4 BFLY SCAR DRW WAIT 2 MEAS;; FWD LADY DEVELOPE; BACK CHASSE TO BJO:

1-2 Wait in BFLY SCAR DRW w/ lead ft free;;

3 {**Fwd Lady Developpe**} BFLY SCAR DRW Fwd L outsd W checking, -, - (W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd);

4 {**Back Chasse to BJO**} BFLY SCAR Bk R, sd L trn slightly LF/cl R, sd & slightly fwd L to BJO DLW (W fwd L, sd R trn slightly LF/cl L, sd & slightly bk R);

5-8 CLOSED WING; CROSS HOVER BJO; CROSS HOVER SCAR; CHANGE OF DIRECTION:

5 {**Closed Wing**} BJO DLW Fwd R, draw L to R w/ LF upper bdy trn, tch L to SCAR DLW (W bk L, sd R acrs M, fwd L);

6 {**Cross Hover to BJO**} SCAR DLW XLif (W XRib), sd R w/ slight rise trn LF, rec L to BJO DLC;

7 {**Cross Hover to SCAR**} BJO DLC XRif (W XLib), sd L w/ slight rise trn RF, rec R to SCAR DLW;

8 {**Change of Direction**} SCAR DLW Fwd L, fwd R w/ R shldr ld & trn LF, draw L to R & brush to CP DLC (W bk L, bk R w/ L shldr ld & trn LF, draw R to L & brush);

PART A

1-4 DIAMOND TURN;;;:

1-4 {**Diamond Turn**} CP DLC Fwd L trn LF, cont trn sd R, bk L to BJO DRC (W bk R trn LF, cont trn sd L, fwd R); Staying in BJO bk R trn LF, sd L, fwd R to BJO DRW (W fwd L trn LF, sd R, bk L); Still in BJO fwd L trn LF, sd R, bk L to BJO DLW (W bk R trn LF, sd L, fwd R); Bk R cont LF trn, sd L, fwd R to BJO DLC (W fwd L trn LF, sd R, bk L);

5-8 TELEMAR TO SCP; CURVED FEATHER; SLOW OUTSIDE SWIVEL; THRU HOVER BJO:

5 {**Telemark to SCP**} BJO DLC Fwd L stg to trn LF, sd R cont trn, sd & slightly fwd L to tight SCP DLW (W bk R stg to trn LF bring L beside R no wgt, trn LF on R heel & chg wgt to L, sd & slightly fwd R);

6 {**Curved Feather**} SCP DLW Fwd R in CBMP stg RF trn, w/ L sd stretch cont RF trn sd & fwd L, cont upper bdy RF trn w/ L sd stretch fwd R outsd W to BJO DRW (W fwd L stg LF trn, w/ R sd stretch sd & bk R cont trn, bk L in BJO);

7 {**Slow Outside Swivel**} BJO DRW Bk L, XRif no wgt to SCP DRW (W fwd R, swvl RF on ball of R to end in SCP), -;

8 {**Thru Hover to BJO**} SCP DRW Thru R, fwd L w/ rise, rec R to BJO DRW (W thru L, fwd R w/ rise trn LF & brush L to R, rec L to BJO);

9-12 OUTSIDE CHANGE TO SCP; THRU CHASSE TO SCP; IN & OUT RUNS;;

9 {**Outside Change to SCP**} BJO DRW Bk L, bk R trn LF, sd & fwd L to SCP LOD (W Fwd R, fwd L trn LF, sd & fwd R to SCP);

10 {**Thru Chasse to SCP**} SCP LOD Fwd R trn to fc, sd L/cl R, sd L to SCP LOD;

11-12 {**In & Out Runs**} SCP LOD Fwd R stg RF trn, sd & bk DLW on L to CP, bk R to contra BJO RLOD (W fwd L, fwd R between M's ft, fwd L in contra BJO); Bk L trn RF, sd & fwd R between W's ft cont RF trn, fwd L to SCP LOD (W fwd R stg RF trn, fwd & sd L cont trn, fwd R to SCP);

13-16 CROSS PIVOT TO SCAR; CROSS SWIVEL FC RLOD; BACK PASSING CHANGE; BACK CHASSE TO SCP:

13 {**Cross Pivot to SCAR**} SCP LOD Fwd R in frnt of W begin RF trn, sd L cont trn, fwd R to SCAR LOD (W fwd L sm stp commence RF trn, fwd R between M's ft heel to toe pvt 1/2 RF, sd & bk L to fc RLOD);

14 {**Cross Swivel**} SCAR LOD Fwd L, swvl on L & trn LF pt R to LOD, ck fwd R to contra BJO RLOD (W bk R, swvl on R & trn LF pt L to LOD, ck bk L to RLOD);

15 {**Back Passing Change**} BJO RLOD Bk L, bk R, bk L in BJO RLOD;

16 {**Back Chasse to SCP**} BJO RLOD Bk R, sd L trn slightly LF/cl R, sd & slightly fwd L to SCP LOD (W fwd L, sd R/cl L, sd & slightly fwd R);

PART B

1-4 CHAIR & SLIP; OPEN REVERSE; OUTSIDE CHECK; IMPETUS TO SCP:

- 1 {**Chair & Slip**} SCP LOD Lun thru R, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn to CP DLC (W lun thru L, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP); [the 3rd time the chair & slip starts in SCP DLC]
- 2 {**Open Reverse**} CP DLC Fwd L stg LF bdy trn, cont trn sd R, bk L to contra BJO DRC (W bk R stg LF trn, cont trn sd L, fwd R to contra BJO);
- 3 {**Outside Check**} BJO DRC Bk R trn LF, sd & fwd L, ck fwd R outsd ptr to CBMP BJO RLOD (W fwd L trn LF, sd & bk R, ck bk L outsd ptr to CBMP);
- 4 {**Impetus to SCP**} BJO RLOD Stg RF upper bdy trn bk L, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, sd & fwd L cont trn arnd M brush R to L, fwd R);

5-8 VIENNESE CROSS; OPEN FINISH; WHISK; PROGRESSIVE WING:

- 5 {**Viennese Cross**} SCP DLC Thru R w/ LF upper bdy rotation, fwd L stg LF trn, sd R cont trn/ XLif fc RLOD (W thru L trn LF to CP, bk R stg LF trn, sd L cont trn/ cl R);
- 6 {**Open Finish**} CP RLOD Bk R trn LF, sd & fwd L, fwd R outsd W to CBMP BJO DLW (W fwd L trn LF, sd & bk R, bk L to CBMP);
- 7 {**Whisk**} BJO DLW Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC (W bk R, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);
- 8 {**Progressive Wing**} SCP DLC Fwd R stg slight LF trn, fwd & sd L cont LF trn, XRib to SCAR DLC (W fwd L stg slight LF trn, fwd R arnd M cont slight LF trn, fwd L arnd M complete LF trn to SCAR);

9-11 TELEMARK TO BJO; MANEUVER; BACK HOVER TELEMARK:

- 9 {**Telemark to BJO**} SCAR DLC Fwd L outsd W, fwd & sd R arnd W close to W's ft trn LF, fwd & sd L to BJO DLW (W bk R stg LF heel trn on R heel bring L beside R no wgt, cont LF trn on R heel & chg wgt to L, bk & sd R);
- 10 {**Maneuver**} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
- 11 {**Back Hover Telemark**} CP RLOD Stg RF upper bdy trn bk L, sd & fwd R cont trn rise slightly [hvr], sd & fwd L sm stp on toes to SCP DLC (W stg RF upper bdy trn fwd R between M's ft trn RF, sd & fwd L cont trn rise slightly [hvr], sd & fwd R on toes to SCP);

12-16 WEAVE TO BJO;; FWD FWD LOCK FWD; OPEN NATURAL; HEEL PULL:

- 12-13 {**Weave to BJO**} SCP DLC Fwd R, fwd L trn LF to CP, sd & slightly bk R to DLC (W fwd L, sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L to DLC); Bk L DLC trn W to CBMP, bk R trn bdy LF to CP, sd & fwd L trn W to CBMP to BJO DLW (W fwd R to CBMP, fwd L to DLC trn bdy LF to CP, sd & bk R to CBMP);
- 14 {**Fwd Fwd Lock Fwd**} BJO DLW Fwd R, fwd L/lk Rib (W lk Lif), fwd L;
- 15 {**Open Natural**} BJO DLW Stg RF upper bdy trn fwd R heel to toe, cont RF trn sd L, cont slight RF upper bdy trn to ld W to stp outsd bk R to contra BJO RLOD (W stg RF upper bdy trn bk L, cl R cont trn [heel trn], fwd L outsd M to contra BJO);
- 16 {**Heel Pull**} BJO RLOD Bk L stg RF trn, cont trn on L heel pull R bk to L transfer wgt to R at end of stp ending sd w/ ft slightly apt CP DLC, - (W fwd R trn RF, cont trn sd L, draw R to L);

PART C

1-4 VIENNESE TURNS FC DLW;; HOVER TELEMARK; WHIPLASH TO CP:

- 1-2 {**Viennese Turns fc DLW**} CP DLC Fwd L stg LF trn, sd R cont trn, XLif 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 to CP DLW (W fwd L cont LF trn, sd R cont trn, XLif);
- 3 {**Hover Telemark**} CP DLW Fwd L, diag sd & fwd R rise slightly [hovering] w/ bdy trn 1/8 RF, fwd L sm stp on toes to SCP LOD (W bk R, diag sd & bk L w/ hvr action & bdy trn 1/8 RF, fwd R sm stp on toes to SCP);
- 4 {**Whiplash**} SCP LOD Thru R, trn bdy RF pt L to CP WALL (W thru L, swvl on L to fc M & pt R), -;

PART C (cont.)

5-8 HOVER TO SCP; THRU TO PROMENADE SWAY; CHANGE SWAY TO OVERSWAY; HOVER EXIT TO SCP DLC:

- 5 {Hover to SCP} CP WALL Fwd L, fwd & sd R rise to ball of ft, rec L to tight SCP LOD (W bk R, bk & sd L trn to SCP & rise to ball of ft, rec R);
- 6 {Thru to Promenade Sway} SCP LOD Thru R, sd & fwd L & stretch bdy upward to look ovr ld hnds (W thru R, sd & fwd R & stretch bdy upward to look ovr ld hnds), -;
- 7 {Change Sway to Oversway} Relax L knee leave R leg extended & stretch L sd of bdy (W relax R knee leave L leg extended & stretch R sd look well to L), -, -;
- 8 {Hover Exit to SCP DLC} Hold begin to rise, sd R rise to ball of ft & brush L to R, sd & fwd L to SCP DLC (W hold begin to rise, sd L rise to ball of ft & brush R to L, sd & fwd R to SCP);

9-10 CROSS HESITATION; HESITATION CHANGE:

- 9 {Cross Hesitation} SCP DLC Thru R, stg LF trn on R touching L, cont trn to BJO DRC (W thru L, sd R arnd M trn LF, cont trn cl L);
- 10 {Hesitation Change} BJO DRC Stg RF upper bdy trn bk L, sd R cont trn, draw L to R to CP DLC (W stg RF upper bdy trn fwd R, sd L cont trn, draw R to L);

BRIDGE

1-2 TURN LEFT & RIGHT CHASSE TO BJO; PIVOT TO SCP:

- 1 {Turn Left & Right Chasse to BJO} CP DLC Fwd L trn LF, sd R/cl L, sd & slightly bk R to BJO RLOD (W bk R trn LF, sd L/cl R, sd & slightly fwd L);
- 2 {Pivot to SCP} BJO RLOD Stg RF upper body trn bk L trn RF leave R extended in front, fwd R between W's feet heel to toe trn RF, sd & fwd L to SCP LOD (W stg RF upper body trn fwd R between M's feet heel to toe trn 3/8 RF leave L extended behind, bk L trn 3/8 RF leave R extended in front, sd & fwd R to SCP);

ENDING

1-2 QUICK DIAMOND 4; ROCK BACK & REC TO RIGHT LUNGE:

- 1 {Quick Diamond 4} CP DLC Fwd L stg LF trn, cont LF trn sd R/bk L, bk R to CP RLOD (W bk R stg LF trn, cont LF trn sd L/fwd R, fwd L to CP);
- 2 {Rock Back & Rec to Right Lunge} CP RLOD Rk bk L, flex L knee mv sd & fwd R keep L sd in twd W & as wgt is taken flex R knee & make slight bdy trn to L & look at W (W rk fwd R, flex R knee mv sd & bk L keep R sd in twd M & as wgt is taken flex L knee & make slight bdy trn to L), -;

ABC ABI BC

WAIT
FWD LADY DEVELOPE
CLOSED WING
CROSS HOVER SCAR

WAIT
BACK CHASSE TO BJO
CROSS HOVER BJO
CHANGE OF DIRECTION

A DIAMOND TURN

TELEMARK TO SCP
SLOW OUTSIDE SWIVEL

CURVED FEATHER
THRU HOVER BJO

.....

OUTSIDE CHANGE TO SCP
IN & OUT RUNS
CROSS PIVOT SCAR
BACK PASSING CHANGE

THRU CHASSE TO SCP

CROSS SWIVEL FC RLOD
BACK CHASSE TO SCP

B CHAIR & SLIP
OUTSIDE CHECK
VIENNESE CROSS
WHISK

OPEN REVERSE
IMPETUS TO SCP
OPEN FINISH
PROGRESSIVE WING

.....

TELEMARK TO BJO
BACK HOVER TELEMARK

OPEN NATURAL

.....

MANEUVER
WEAVE TO BJO
FWD FWD LOCK FWD
HEEL PULL

C VIENNESE TURNS FC DLW
HOVER TELEMARK
HOVER TO SCP
CHANGE TO OVERSWAY
CROSS HESITATION

WHIPLASH TO CP
THRU PROMENADE SWAY
HOVER EXIT SCP DLC
HESITATION CHANGE

I TURN LEFT & RIGHT CHASSE

PIVOT TO SCP

END QUICK DIAMOND 4

ROCK BACK & REC TO RIGHT LUNGE

5-1A BEAUTIFUL (ROSS)
(BFLY SCAR DRW LEAD FOOT FREE)