

BENEATH STILL WATERS

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Music: Beneath Still Waters by Emmylou Harris 3:42 RPM 51 or as desired
CD: The Very Best Of Emmylou Harris Track # 8
Footwork: Opposite, directions for man except as noted (W in parentheses)
Rhythm: Bolero Phase IV+1 Half Moon Degree of Difficulty: AVG
Sequence: INTRO A B C B A(1-8) END 8/19/2017

INTRO

1 **CP WALL WAIT P/UP NOTES (START ON WORD WATERS);**

PART A

1-4 **BASIC;; TRNG BASIC;;**

1-2 Sd L, -, slip bk R, fwd L; Sd R, slip fwd L, bk R;

3-4 Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, rec R;

5-8 **RT PASS; FWD BRK; NYER 2X;;**

5 Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwd L to fc WALL; (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds;)

6 Sd & fwd R, -, fwd L, bk R;

7-8 Sd L, -, thru R fac LOD, bk L to fc; sd R, -, thru L to fc RLOD, bk R to fc;

9-12 **FNC LINE; AIDA (RLOD); AIDA LINE & SWITCH LUNGE (S S) TO STACKED HNDS; CROSS HND U/ARM TRN;**

9-10 Sd & fwd L, -, lunge thru R, rec L; sd R, -, thru L, sd R to fc;

11 Bk L to aida line, -, sd R to BFLY lunge, - (Bk R to aida line, -, sd L to lunge, -) join hnds R's over L's;

12 Sd L, -, XRib lead W to trn RF und joined hnds, rec L; (Trng RF sd & fwd R, -, fwd L cont RF trn, fwd R to fc LOD;)

13-16 **BRK BK ½ OP MAN HEADLOOP; BOLERO WLK 2X TO FAC;; HIP RK 2 SLOWS;**

13 Sd R raising L hnds and looping over M's head lowering hnds to M's shoulder & releasing both hnds, -, brk bk L, rec R to ½ OP LOD;

14-15 Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R fac partner & wall;

16 Rk sd L roll hip sd & bk, -, rk sd R roll hip sd & bk, -;

PART B

1-4.1 **LF PASS TO HND SHAKE; ½ MOON;; START ½ MOON TO FAC;**

1 Fwd L to sdc start trn partner RF, -, bk R w/slip action, fwd L trng LF COH join R hnds (fwd R trng 1/4 RF w/back to partner, -, sd & fwd strong LF trn, bk R);

2-3 Sd & trn R, -, fwd L, bk R trn fac partner; trn Sd & fwd L, -, trn & bk R, fwd & trn L; (sd & trn L, -, fwd R, bk trn L; trn Sd & fwd R, -, trn & fwd L, bk & trn R;)

4 Sd & trn R, -, fwd L, bk R trn fac partner;

5-8 **U/ARM TRN; REV THE BASIC;; REV U/ARM TRN;**

5 Sd L, -, XRib, Fwd L; (Sd R, -, XLif Trn, Fwd R Trn;)

- 6-7 Sd R, slip fwd L, bk R; Sd L, -, slip bk R, fwd L;
 8 Sd R, -, XLif, bk R; (Sd L, -, XRif trng ½ LF und ld hnds fwd L trng to fc ptr;)

9-13 **CRAB WLK 2X;; U/ARM TRN; NYER 2X;;**

- 9-10 Blend to BFLY sd L, -, XRif, sd L; XRif, -, sd L, XRif;
 11 Sd L, -, XRif, Fwd L; (Sd R, -, XLif Trn, Fwd R Trn;)
 12-13 sd R, -, thru L to fc RLOD, bk R to fc; Sd L, -, thru R fac LOD, bk L to fc;

14-16 **SHLDR TO SHLDR 2X;; FWD BRK;**

- 14-16 Sd R, -, xLif, bk R;(sd L, -, xRib, fwd L;) Sd L, -, xRif, bk L; (sd R, -, xLib, fwd R;) Sd & fwd R, -, fwd L w/contra chk action, bk R;

PART C

1-4 **DBL HNDHOLD OP OUT 4X;;;**

- 1-2 Blend to BFLY sm sd L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL; (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY;) Maintain BFLY sm sd R trng RF, -, lower on R extending L ft to sd & shaping to ptr, rise rotating back to BFLY WALL; (Sd & bk L rotating RF, -, XLib lowering, fwd L to BFLY;)
 3-4 Repeat meas 1-2 part C;;

5-8 **FNC LINE W/ARM SWEEP 2X;; TIME STP 2X;;**

- 5-6 Sd L sweep trailing arms up & over, -, XRif hnds twd LOD, rec L; Sd R sweep arms up & over, -, XLif twd RLOD rec R to low BFLY;
 7-8 Sd L, -, xRib, fwd L; sd R, -, xLib, fwd R;

END

1 **STP APT & PT;**

- 1 Stp apt L, -, point R twd partner & DLW & smile, - ;

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PHASE IV+1

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SLOWS;

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1-4 LF PASS TO HND SHAKE; ½ MOON;; START ½ MOON TO FAC;

5-8 U/ARM TRN; REV THE BASIC;; REV U/ARM TRN;

9-13 CRAB WLK 2X;; U/ARM TRN; NYER 2X;;

14-16 SHLDR TO SHLDR 2X;; FWD BRK;

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END

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