

IF YOU'LL JUST SMILE

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Music: Smile (Slow Fox) by the Ballroom Diamonds Orchestra
From the CD album Ballroom All Hits International Standard
Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B C B Bridge A Ending

..... INTRODUCTION (4 Measures)

CP DLC W/ LEAD FEET FREE WAIT 4 MEASURES;;;;

[1 - 4] In clsd pos fcng DLC with lead feet free wait 4 measures;;;;

..... PART A (16 Measures)

REVERSE TURN 1/2 - CHECK & WEAVE;;;; THREE-STEP; CURVED FEATHER CHKNG;
BK LILT 4; WEAVE ENDING; CHNG OF DIRECTION; CURVING THREE-STEP; BACK
CURVING THREE-STEP; THREE-STEP; NATURAL TELEMAR; CROSS HOVER SEMI;
THRU FC CL; TWIRL VINE 3; PKUP SD CL;

[1 - 3] Fwd L start lf body turn, -, sd R continue turn, bk L line of dance clsd pos; Slip R back under body with slight contra check action, -, fwd L commence lf turn, sd R with right side lead and slight right side stretch preparing to lead W outside partner; With right side stretch bk L in CBMP continue lf turn of the weave, bk R to momentary clsd pos continue lf turn, sd & fwd L with left side stretch, with left side stretch fwd R DLW in CBMP outside partner; [4] Starting a blnd to clsd pos fwd L, -, fwd R, fwd L; [5] Fwd R commence rf turn, -, with left side stretch continue rf turn sd & fwd L, continue upper body turn to right with left side stretch fwd R outside partner in CBMP fc DRW chng forward movement; [6] Bk L, cl R to left rising onto toes and keeping knees bent, bk L, cl R to left rising onto toes and keeping knees bent; [7] Bk L in CBMP DLC, bk R commence lf turn and lead W to momentary clsd pos, sd & slightly fwd L DLW, fwd R outside partner to CBMP DLW; [8] Fwd L, -, fwd R with right shoulder leading and slight lf turn, draw L to right end clsd pos; [9] Fwd L commence lf turn, -, fwd R passing well under body with right side stretch continue lf turn, with right side stretch banking into the curve fwd L well under the body; [10] Bk R commence lf turn, -, bk L passing well under body with left side stretch continue lf turn, with left side stretch banking into the curve bk R well under the body; [11] Fwd L, -, fwd R, fwd L; [12] Fwd R commence rf turn, -, sd L with left side stretch, continue rf turn sd & fwd R small step to end sdcar pos DLW; (W bk L commence rf turn, -, cl R to left heel turn with right side stretch, staying well into M's right arm continue rf turn sd & slightly bk L end sdcar pos;) [13] XLIF of right, -, sd R with slight rise commence lf turn, toward LOD rec fwd L semi-clsd pos; [14] Toward LOD thru R commence rf turn to fc partner, -, sd L complete turn to fc partner, cl R; [15] With M's left and W's right hands joined sd L, -, XRIB, sd L; (W sd & fwd R turning 1/2 rf under joined hands, -, sd & bk L turning 1/2 rf, sd R;) [16] Toward LOD thru R picking up W clsd pos, -, sd L, cl R;

..... PART B (16 Measures)

DIAMOND TURN;;;; 2 LT TURNS FC WALL;;; BOX;; WHISK; WING; OPN TELEMAR;
THRU SD BHND; ROLL 3; THRU FC CL; 2 SD CLOSES; WALK & PKUP;

[1 - 4] Fwd L turning lf on diag, -, continue lf turn sd R, bk L with partner outside M in CBMP; Staying in CBMP and turning lf bk R, -, sd L, fwd R outside partner in CBMP; Fwd L turning lf on diag, -, sd R, bk L with partner outside M in CBMP; Bk R continue lf turn, -, sd L, fwd R DLC; [5 & 6] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn clsd pos fcng wall

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cl R; [7 & 8] Fwd L, -, sd R, cl L; Bk R, -, sd L, cl R; [9] Fwd L, -, fwd & sd R commence rise to ball of foot, XLIB of right continue to full rise on ball of foot end semi-clsd pos; [10] Fwd R, -, draw L toward right, tch L to right turning upper body lf with left side stretch; [11] Fwd L commence lf turn, -, sd R continue lf turn, sd & slightly fwd L to end loose semi-clsd pos; [12] Toward LOD thru R, -, sd L, XRIB; [13] Turning lf (W rf) roll three steps down LOD L, -, R, L to end fcng partner; [14] Thru R starting rf turn to fc partner, -, sd L complete turn to fc partner, cl R blndng clsd pos; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD fwd L, -, fwd R picking up W clsd pos, -;

..... PART C (16 Measures)

REVERSE WAVE;; BK FEATHER; BK FEATHER FINISH; HOVER TELEMAR; OPN NATURAL; OUTSIDE SPIN; BK [LEFT] TURNING LOCK; MANUV; IMPETUS SEMI; FWD HOVER BJO; BK HOVER SEMI; RIPPLE CHASSE; THRU & SEMI CHASSE TWICE;; PKUP SD CL;

[1 & 2] Fwd L start lf body turn up to 3/8, -, sd R line of progression, bk L diag; Bk R line of progression, -, bk L, bk R curving lf to end fcng reverse line of progression; (W bk R start lf body turn up to 3/8, -, cl L to right [heel turn], fwd R diag; Fwd L, -, fwd R, fwd L curving to end fcng line of progression;) [3] Bk L, -, bk R with right shoulder leading, bk L to CBMP; [4] Crossing in front of W bk R commence lf turn, -, sd & fwd L toward DLW, fwd R outside W crossing right leg in front of left at thighs to CBMP; [5] Fwd L, -, diag sd & fwd R rising or hovering slightly with body turning 1/8 to 1/4 rf, fwd L small step on toes to semi-clsd pos; [6] Commence rf upper body turn fwd R heel to toe, -, sd L across line of dance, continue slight rf upper body turn bk R leading partner to step outside to bjo pos; [7] Preparing to lead W outside partner commence rf body turn toeing in with right side lead bk L small step approx 3/8 rf turn, -, fwd R in CBMP heel to toe continue rf turn, sd & bk L to end clsd pos fc RLOD; (W commence rf body turn with left side lead staying well into M's right arm fwd R outside partner heel toe, -, cl L to right pivot on toes of both feet, continue rf turn fwd R between M's feet end clsd pos;) [8] Bk R with right side lead and right side stretch/XLIF of right, bk & slightly sd R commence to turn lf, sd & slightly fwd L to CBMP DLW; [9] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [10] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn, complete turn fwd L semi-clsd pos LOD; [11] Fwd R, -, fwd L with slight rise, rec bk R bjo pos; [12] Bk L, -, sd & bk R with slight rise, rec fwd L semi-clsd pos; [13] Thru R, -, sd & slightly fwd L with slight left side stretch/continue left side stretch into a right sway as you cl R to left looking to right holding sway, sd & fwd L losing sway blnd semi-clsd pos; [14 & 15] Toward LOD thru R, -, fwd L/cl R, fwd L; Fwd R, -, fwd L/cl R, fwd L; [16] Fwd R picking up W clsd pos, -, sd L, cl R;

..... BRIDGE (2 Measures)

SLOW RK FWD & REC; SLOW RK BK & REC;

[1] In clsd pos LOD rk fwd L, -, rec bk R, -; [2] Rk bk L, -, rec fwd R, -;

..... ENDING (4 Measures)

2 LT TURNS FC WALL;; SLOW FWD; SLOW RIGHT LUNGE;

[1 & 2] Same as measures 5 & 6 of Part B;; [3] In clsd pos fcng wall step fwd L, -, -, -; [4] With soft or flexed knee step sd & fwd R into slow lunging action, -, -, -;