

I HOPE YOU DANCE

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BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235
CD: "I Hope You Dance" – Lee Ann Womack "I Hope You Dance" Track #2 **SPEED:** Slow 38 to 30mpm
WEB SITE: www.curtandtammy.com **E-Mail:** cworlock@tampabay.rr.com
SEQUENCE: Intro, A, B, C, A, B, C, B (1-10), Ending **RELEASED:** February 2024
RHYTHM: Slow Two-Step **PHASE:** V **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 - 5 WAIT; WAIT; CIRCULAR TRIPLE TRAVELER;; TO BFLY;

- 1-2 - After some intro notes wait 2 measures in BFLY SEMI POS FCING LOD lead foot free for both pointed bk twd RLOD behind trail foot w/knees connected;;
 - 3 - Fwd L LOD raising lead hands,-, fwd & sd R, fwd & across L (fwd R DLC in front of M, spiral $\frac{3}{4}$ LF, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands) to end in LEFT OPEN POS V-SHAPE LOD;
 - s-- (sqq) 4 - Fwd & across R twd COH, slowly turn LF on R under joined lead hands, as you lead W like a lariat (fwd & sd L shaping RF to M,-, strongly curving RF around M fwd R, fwd L) to end in L OPEN V-SHAPE RLOD;
 - 5 - Fwd & across L RLOD,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R) sill in V-shape L OPEN POS FCING RLOD;
- ### **6 - 8 LUNGE BASIC w/RIFF TURN; TWISTY BASICS;;**
- 6 - Trng LF Sd R to BFLY WALL flexing knee,-, rec L, cl R to L (trng RF sd L flexing knee,-, rec R toe pointing DLC/spin RF 1 full trn, cl L to R) to BFLY FCING WALL;
 - 7 - Trng slightly RF sd L,-, XRIB of L, rec L (trng slightly RF sd R,-, XLIF of R, rec R);
 - 8 - Trng LF sd R,-, XLIB of R, rec R (trng LF sd L,-, XRIF of L, rec L) still in BFLY;

PART A

1 - 5 UNDERARM TURN: OPEN BREAK TO: ADVANCED SLIDING DOORS 4 MEASURES;;

- 1 - Sd L raising joined lead hands,-, XRIB of L, rec L taking R hands down (sd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn);
- 2 - Sd R RLOD,-, apart L extending L arm out to sd, rec fwd & across R to offset w/partner W to your R;
- 3 - Taking W's lead hand down & to R to change it into your R hand leading W to trn LF fwd L,-, fwd R DRW w/slightly flexed knee, rec L (fwd R trng LF into M's R arm w/R hands joined behind your R hip,-, bk L, rec R comm RF trn);
- 4 - Bk R changing back to lead hand hold,-, bk L, rec R (cont RF trn bk L,-, bk R, rec L) to end LEFT OPEN FCING ptr & WALL;
- 5 - Taking W's lead hand down & to R to change it into your R hand leading W to trn LF fwd L,-, fwd R DRW w/slightly flexed knee, rec L (fwd R trng LF into M's R arm w/R hands joined behind your R hip,-, bk L, rec R comm RF trn);

6 - 9 KEEP RIGHT HANDS; LADY SPIRAL CROSS CHASSE w/M'S HEAD LOOP; TRAIL HANDS OPEN BREAK & FWD 3; M CIRCLE UNDER LEFT;

- 6 - Keeping R hands joined bk R,-, bk L, rec R (cont RF trn bk L,-, bk R, rec L) to end OPEN FCING ptr & WALL w/R hands joined;
- 7 - Raising joined R hands fwd L trng $\frac{1}{4}$ RF to fc RLOD leading W to spiral while scooping ptr up w/L arm,-, sd R COH taking R hands over head & release, XLIF of R (fwd R, spiral $\frac{3}{4}$ LF to fc LOD under joined R hands, sd L COH, XRIF of L) blending to LEFT $\frac{1}{2}$ OPEN FCING COH;
- 8 - Trng LF sd R COH joining trail hands,-, apart L extending L arm out to sd, rec fwd & across R to offset w/partner W to your R to end w/trail hands joined M FCING ptr & RLOD;
- 9 - Curving $\frac{1}{2}$ LF under trail arm fwd L twd WALL, fwd R, fwd L LOD (fwd R LOD,-, fwd L, fwd R);

10 - 12 OPEN BASIC; SWITCH & OPEN BASIC;;

- 10 - Trng LF sd R scooping ptr up w/R arm to V-shape $\frac{1}{2}$ OPEN POS FCING RLOD,-, XLIB of R, rec R comm RF trn;
- 11 - Fwd L DRC changing sides release ptr from trail arm & sharply trng RF scooping ptr up w/L arm,-, fwd & sd R, fwd & across L (fwd R,-, fwd & sd L, fwd & across R) to end V-shape L $\frac{1}{2}$ OPEN POS FCING RLOD;
- 12 - Trng LF sd R release ptr from lead arm & scoop ptr up w/R arm to V-shape $\frac{1}{2}$ OPEN POS FCING LOD,-, XLIB of R, rec R comm RF trn;

PART A (CON'T)**13-16 RIGHT TURN OUTSIDE ROLL O.T.; M CHANGE SIDES & FORWARD BREAK TO HIP CATCH;**
LADY SPIRAL CROSS CHASSE TO BFLY; BASIC ENDING;

- 13 - Fwd L DLW trng RF to fc COH,-, leading W to trn RF under joined lead hands sd & fwd R LOD, fwd DLC starting to chg sides behind W (fwd R LOD comm RF trn,-, fwd L trng RF under joined lead hands, fwd R LOD cont RF trn);
- 14 - Fwd R LOD now having changed sides,-, releasing lead hand & placing R hand at back of W's R hip to catch & check her fwd L flexing knee slightly, rec R (cont RF trn bk L LOD,-, bk R, rec L) ;
- 15 - Bk L trng RF leading W w/R hand to trn LF,-, sd R RLOD, XLIF of R (fwd R trng LF ¾,-, sd L, XRIF of L) to BFLY POS M FCING WALL;
- 16 - Sd R,-, XLIB of R, rec R still in BFLY;

PART B**1 - 4 RIGHT TURN OUTSIDE ROLL M ROLL TO R HANDS; OPEN BREAK; TRADE PLACES**
TWICE; RIGHT HANDS;

- 1 - Fwd L DLW trng RF to fc COH,-, leading W to trn RF under joined lead hands sd & fwd R LOD cont RF trn, Blk L cont RF trn changing to R hand hold behind back (fwd R LOD comm RF trn,-, fwd L trng RF under joined lead hands, fwd R LOD cont RF trn);
- 2 - Sd R LOD,-, apart L extending L arm out to sd, rec fwd & across R to offset w/partner W to your R M FCING COH;
- 3 - Pull by ptr releasing R hand hold passing R shoulders fwd L trng ½ RF,-, join L hands apart R extending R arm out to sd, rec L M FCING WALL;
- 4 - Pull by ptr releasing L hand hold passing L shoulders fwd R trng ½ LF,-, join R hands apart L extending L arm out to sd, rec R M FCING COH;
- 5 - 8 CHG SIDES LADY INSIDE TURN & ROLL; BASIC LADY SPOT TURN TO VARSOUVIENNE;**
FORWARD TUCK TO ILLUSION TURN; M FORWARD CHECK & BREAK;
- 5 - Fwd L twd COH trng ½ RF leading W under joined R hands,-, sd R RLOD, XLIF of R leading W under R hands again (fwd R twd WALL trng ½ LF under joined R hands,-, trng LF fwd L RLOD, fwd R trng LF under R hands again);
- 6 - Trng LF sd & bk R,-, XLIB of R leading W w/R hands to trn LF, rec R joining L hands (sd & fwd L RLOD,-, fwd & across R trng LF, rec L) to end in VARSOUVIENNE POS FCING LOD;
- 7 - Fwd L leading W slightly in front w/LF trn,-, fwd R w/R hand higher than L hands lead W to trn RF first under L hand, allowing L hands to break thru W's R forearm & re-join as W continues trn now under R hands, fwd L taking L hand over W again (fwd & across R trng slightly LF in front of M,-, fwd L LOD trng 1 full RF trn under L hands first allowing L hand to break thru your R forearm & re-join L hands, fwd R cont RF trn);
- 8 - Fwd R LOD checking & starting to bring all hands down,-, bk L, rec R (cont RF trn bk L LOD,-, bk R, rec L) to end hands now stacked L over R M FCING ptr & LOD;

9-12 LADY SPIRAL CROSS CHASSE w/M'S HEAD LOOPS; OPEN BASIC; 2 SWITCHES;

- 9 - Trng RF sd L twd LOD leading W to spiral first under L hands then R as L hands lower,-, rec R cont RF trn bringing L hands thru twd RLOD as you loop R hands over head & release, XLIF of R raising L hands between you (fwd R twd RLOD, spiral ¾ LF to fc COH, cont LF trn sd & fwd L, XRIF of L);
- 10 - Trng LF (RF) sd & bk R scooping ptr up w/R arm while taking L hands over head & release,-, XLIB of R, rec R to end in V-shape ½ OPEN POS FCING LOD;
- 11 - Fwd L DLW changing sides release ptr from trail arm & sharply trng RF scooping ptr up w/L arm,-, fwd & sd R, fwd & across L (fwd R,-, fwd & sd L, fwd & across R) to end V-shape L ½ OPEN POS FCING LOD;
- 12 - Fwd R leading W across & scooping ptr up w/R arm,-, fwd & sd L, fwd & across R (fwd L DLW changing sides & sharply trng RF,-, fwd & sd R, fwd & across L) to end in V-shape ½ OPEN POS FCING LOD;
- 13-16 TRAVELING RIGHT TURN; w/OUTSIDE ROLL TO BFLY; TWISTY BASICS;**
- 13 - Folding RF in front of W sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end CONTRA BJO M FCING DLW;
- 14 - Fwd R twd LOD outside ptr raising joined lead hands,-, fwd & sd L, fwd & across R hold (bk L,-, trng RF fwd R under joined lead hands, fwd L cont RF trn) blend to BFLY WALL;
- 15 - Trng slightly RF sd L,-, XRIB of L, rec L (trng slightly RF sd R,-, XLIF of R, rec R);
- 16 - Trng LF sd R,-, XLIB of R, rec R (trng LF sd L,-, XRIF of L, rec L);

PART C**1 - 4 2 HAND UNDERARM TURN TO HAMMERLOCK; WHEEL; M CHECK TO LADY INSIDE TURN; BASIC LADY WRAP FACE LINE (TRAIL HANDS):**

- 1 - Sd L raising lead hands but keeping trail hands joined low,-, XRIB of L, rec L (sd R,-, fwd & across L trng RF under lead hands, fwd R cont RF trn) to end lead hands joined out in front of M & trail hands joined at back of W's R hip in HAMMERLOCK POS M FCING WALL;
 - 2 - Wheel RF fwd R, fwd L, fwd R still in HAMMERLOCK POS FCING approximately DLC;
 - 3 - Wheel fwd L twd LOD checking,-, trng RF leading W LF under joined lead hands sd R RLOD, XLIF of R (wheel fwd R twd RLOD,-, fwd L comm LF trn under joined lead hands, fwd R cont LF trn);
 - 4 - Trng LF sd & bk R,-, XLIB of R leading W to trn under lead hands as you join trailing hands, rec R (sd & fwd L RLOD,-, fwd & across R trng LF under joined lead hands, rec L) to end in WRAP POS LOD;
- 5 - 8 FORWARD LADY ROLL OUT TO OPEN; FORWARD LADY ROLL IN; OPEN BASIC TO BFLY; LUNGE BASIC;**
- 5 - Fwd L,-, releasing lead hand hold fwd R leading W to trn R, fwd L (fwd R,-, fwd L/spiral 7/8 RF, cont RF trn fwd R) to end in OPEN POS LOD;
 - 6 - Fwd R,-, fwd L leading W to trn L releasing trail hand hold, fwd R (fwd L,-, fwd R/spiral 7/8 LF, cont LF trn fwd L) to end in OPEN V-SHAPE POS FCING LOD nothing touching;
 - 7 - Trng RF sd L scooping ptr up w/R arm to V-shape LEFT ½ OPEN POS FCING RLOD,-, XRIB of L, rec L comm LF trn;
 - 8 - Trng LF releasing ptr from lead arm sd R flexing R knee to BFLY WALL,-, rec L, XRIF of L;

PART A**PART B****PART C****PART C****PART B (1-10)****ENDING****1 - 5 BFLY SIDE BASICS;; EGGBEATER TURN; TO WRAP & CLOSE LADY ROLL OUT TO OPEN WALL; SLOW SIDE w/ARM TO CROSS LUNGE & EXTEND;**

- 1 - Sd L to BFLY WALL,-, XRIB of L, rec L;
 - 2 - Sd R,-, XLIB of R, rec R still in BLFY POS M FCING WALL;
 - 3 - Trng RF sd L raising lead hands but also taking trailing hands thru twd LOD at shoulder level,-, XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to release hand hold & immediately re-join under M's R arm while trng W under trailing hands (trng RF sd & fwd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing hands);
 - 4 - Sd R leading W under trailing hands again,-, cl L to R releasing lead hands & w/trail hand lead W to roll out, (sd & fwd L RLOD trng ½ RF on L under joined trailing hands,-, cont RF trn sd R RLOD, fwd L trng RF ^{3/4}) to end in OPEN POS FCING WALL;
 - 5 - Sd R twd RLOD sweeping lead arm out to side & up,-, soften R knee XLIF of R flexing L knee bringing lead arm down in front of you & back out to sd as music fades to end in OPEN POS FCING WALL;
- SS (SQQ)**
- SS**

NOTE: Timing on side of measure is reflective of actual weight changes. Unless noted, timing is SQQ.