

SIMPLE AND GRACEFUL

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BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235

MUSIC: "Simple And Graceful" by the Bulgarian Film Orchestra CD: The Ballroom Mix 9 - Track #19

SEQUENCE: Intro, A, B, C, A, B, C, Ending **SPEED:** Slow from 58 to 46mpm

WEB SITE: www.curtandtammy.com **E-MAIL:** cworlock@tampabay.rr.com **RELEASED:** October 2020

RHYTHM: Viennese Waltz **PHASE:** Soft VI **FOOTWORK:** Described for M - W opp (or as noted)

INTRO

1 - 4 WAIT;; SIDE CROSS POINT; FACE TOUCH;

- 1-2 - Wait 2 meas nothing touching in OPEN POS side by side FCING LOD w/lead foot free for both;;
- 1-- 3 - Side L twd COH taking back of lead wrist to center of lower back, XRIF of L to point R twd DLC looking at ptr, as you take trail arm out to side palm up as if to present ptr (sd R twd WALL, XLIF of R to point L twd DLW looking at ptr, as you take both arms out to side palms up as if to present yourself);
- 1-- 4 - Trng RF tog fwd R leaving lead arm behind your back, to fc ptr & WALL, tch L to R still nothing touching;

5 - 8 CANTER TOUCH w/ARM TO; BOW & CURTSY; RISE UP; CANTER TOUCH TO BFLY;

- 1-- 5 - Sd L LOD sweeping trail arm CW (CCW) quickly in front across body, continue arm sweep up, tch R to L;
- 6 - Cont arm sweep out to side, as you bend over fwd at the waist, complete arm sweep to end across waist (cont arm sweep out to sd, as you lower in R knee, and bring L ft behind R lowering head);
- 7 - Straighten from waist to stand up tall lead arm still behind your back (rise on R to stand up tall);
- 1-- 8 - Sd R RLOD, draw L to R, tch L to R blending to BFLY POS M FCING WALL;

PART A

1 - 4 VIENNESE RUN; STEP SWING; VIENNESE RUN; STEP SWING;

- 1 - Trng LF taking trail hands thru to LOD fwd L, R, L;
- 1-- 2 - Taking trail hands back thru to RLOD fwd R to touch lead palms, as you swing lead leg fwd to look at ptr, to end like a BFLY Semi POS;
- 3 - Trng LF taking trail hands thru to LOD fwd L, R, L;
- 1-- 4 - Taking trail hands back thru to RLOD fwd R to touch lead palms, as you swing lead leg fwd to look at ptr, to end like a BFLY Semi POS;

5 - 8 SOLO TURN AWAY TO FACE; BALANCE RIGHT; ROLL 3; THRU FACE CLOSE TO BFLY;

- 5 - Sd L twd COH, XRIF of L trng strongly LF, rec L to fc ptr & WALL;
- 6 - Sd R, sweeping both arms across in front of body XLIB of R, rec R;
- 7 - Comm LF trn fwd L LOD, fwd R cont LF trn, cont LF trn sd & fwd L;
- 8 - Thru R LOD, trng RF sd L, cl R to L blending to BFLY POS M FCING WALL;

9-12 CANTER TWIRL; SIDE SWAY; TO REVERSE VINE 5; & TOUCH TO CLOSED;

- 1-3 9 - Sd L, raising joined lead hands to turn W under, cl R to L (sd R toe pointed DLC, spin RF on R, cl L to R);
- 1-- 10 - Sd L, draw R to L swaying RF, tch R to L blending to BFLY POS M FCING WALL;
- 11 - Sd R, XLIB of R, sd R;
- 12- 12 - XLIF of R, together & sd R, tch L to R blending to CP WALL;

13-16 CANTER PREP; SAME FOOT LUNGE; CHANGE SWAY; PICKUP DLW M CANTER;

- 1-- 13 - Sd L, draw R to L rotating upper body slightly RF, tch R to L (sd R, draw L to R trng 1/8 RF, cl L to R head open to R looking LOD) to end in PREP POS M FCING WALL & W FCING DLC;
- (1-3) 1-- 14 - Lower on L with slight L sway/reach sd R toe pting DRW, cont to transfer all weight to R w/soft knee, stretch upward and sway R (XRIB of L well underneath body keeping wgt off heel allow M to turn your head well to L);
- 15 - Using the measure change sway by turning body slightly RF from L hip stretching R sd to open W's head to R M's head to L;
- 1-3 16 - Sd & fwd L, trng body LF draw R to L, cl R to L (fwd L, sd & bk R, cl L to R) to end in CP DLW;
- (123)

PART B**1 - 4 REVERSE TURN 4; w/LADY INSIDE TURN;; TO FACE WALL;**

- 1 - Comm LF trn fwd L LOD, cont LF trn fwd & sd R, XLIF of R (cl L to R) to end CP DRC;
- 2 - Cont LF trn bk R LOD releasing ptr from frame to turn W under joined lead hands, cont LF trn sd & fwd R, cl R to L as you re-frame W (cont LF trn fwd L LOD, fwd & sd R w/LF spiral action under joined lead hands, cont LF trn fwd L LOD swvl 3/8 LF on L) to end CP DLW;
OPTION: W may leave out this inside turn & dance the normal reverse turn (cont LF trn fwd L LOD, fwd & sd R cont LF trn, XLIF of R) to end CP DLW.
- 3 - Cont LF trn fwd L LOD, cont LF trn fwd & sd R, XLIF of R (cl L to R) to end CP DRC;
- 4 - Cont LF trn bk R LOD, cont LF trn sd L LOD, cl R to L to end CP WALL;

5 - 8 TWISTY BALANCE L & R;; TWISTY VINE 3; FORWARD FACE CLOSE;

- 5 - Trng slightly RF sd L, XRIB of L, rec L to end SDCR DRW;
- 6 - Trng LF sd R, XLIB of R, rec R to end BJO DLW;
- 7 - Trng RF sd L, XRIB of L, trng LF sd & fwd L to end BJO DLW;
- 8 - Fwd R, trng RF sd L, cl R to L to CP POS WALL;

9-12 BALANCE FWD & BK; FACE DLW; & AGAIN; FACE DLC;

- 9 - Fwd L, cl R to L, cl L to R;
- 10 - Trng 1/8 LF bk R, cl L to R, cl R to L to end CP DLW;
- 11 - Fwd L, cl R to L, cl L to R;
- 12 - Trng 1/4 LF bk R, cl L to R, cl R to L to end CP DLC;

13-16 3 FALLAWAYS;; SLIP TO CLOSED FINISH DLW;

- 13 - Fwd L comm LF trn, cont LF trn sd & bk R w/R sd leading, small bk L well under body to SCP RLOD;
- 14 - Trng LF & trng W square bk R to CP RLOD, cont slight LF trn bk & sd L, small bk R well under body (trng LF square to M fwd L, fwd & sd R cont LF trn, cont LF trn small bk L well under body) to RSCP RLOD;
- 15 - Trng LF square to W fwd L to CP LOD, fwd & sd R cont LF trn, cont LF trn small bk L well under body (trng LF bk R, cont slight LF trn bk & sd L, small bk R well under body) to SCP RLOD;
- 16 - Trng LF & trng W square bk R to CP RLOD, cont LF trn sd & fwd L toe pting DLW, cl R to L (trng LF square to M fwd L, cont LF trn sd & bk R, cl L to R) to end CP DLW;

PART C**1 - 4 CLOSED CHANGE; NATURAL TURN 2;; SLOW RUDOLPH RONDE &;**

- 1 - Fwd L comm slight LF trn, sd & fwd R, cl L to R to end CP LOD;
- 2 - Comm RF trn fwd R LOD, cont RF trn fwd & sd L, cl R to L to end CP DRW;
- 3 - Cont RF trn bk L LOD, cont RF trn bk & sd R, cl L to R to end CP DLC;
- 1-- 4 - Keeping L ft bk strong fwd R between W's feet flex R knee trng upper body RF leading W's ronde (bk L DLC flex L knee & swing R leg up & out in a circular CW ronde movement trng RF on L allowing head to open);

5 - 8 CANTER SLIP; REVERSE TURN 2; FACE WALL; CANTER TO BFLY;

- 1-3 5 - Bk L comm LF trn, rise thru body trng W square, bk R (bk R in SCP, rise & trn LF, fwd L) to CP DLC;
- 6 - Fwd L comm LF trn, cont LF trn fwd & sd R, XLIF of R (cl L to R) to end CP DRC;
- 7 - Cont LF trn bk R LOD, cont LF trn sd L LOD, cl R to L to end CP WALL;
- 1-3 8 - Sd L, draw R to L, cl R to L blending to BFLY POS M FCING WALL;

9-12 BALANCE LEFT; REVERSE CANTER TWIRL; BALANCE RIGHT; CANTER TOUCH TO SEMI;

- 9 - Sd L, XRIB of L, rec L;
- 1-3 10 - Sd R, raising joined lead hands to turn W under, cl L to R (sd L toe pointed DRC, spin LF on L, cl R to L);
- 11 - Sd R, XLIB of R, rec R;
- 1-- 12 - Sd & fwd L, draw R to L, tch R to L blending to SCP LOD;

13-16 SLOW OUTSIDE SWIVEL TWICE;; FWD CANTER TWIRL; THRU FACE CLOSE TO BFLY;

- 1-- 13 - Fwd R cking & lead W fwd to swvl LF on L over measure to BJO LOD;
- 1-- 14 - Bk L leaving R ft fwd & lead W fwd to swvl RF on R over measure blending to SCP LOD;
- 1-3 15 - Fwd R LOD, draw L to R, small fwd L almost cl (fwd & across L taking L arm down to side, spiral RF to fc M, cont RF trn small sd & fwd R almost cl);
- 16 - Thru R, trng RF sd L, cl R to L blending to BFLY POS M FCING WALL;

PART A**PART B****PART C****ENDING****1 - 4 DOUBLE CANTER TWIRL;; EXPLODE APART; CANTER ROLL ACROSS;**

- 1-3 1 - Sd L, raising joined lead hands to turn W under, cl R to L (sd R toe pointed DLC, spin RF on R, cl L to R);
- 1-3 2 - Sd L, raising joined lead hands to turn W under, cl R to L (sd R toe pointed DLC, spin RF on R, cl L to R);
- 1-- 3 - Joining trail hands trng LF lunge sd twd COH, sweep lead arm, up and out to side;
- 1-3 4 - Rec R, comm RF roll, fwd L cont RF roll;

5 - 8 EXPLODE APART; CANTER ROLL ACROSS; EXPLODE APART; TOGETHER TOUCH TO BFLY;

- 1-- 5 - Complete RF roll joining lead hands lunge sd twd WALL, sweep trail arm, up and out to side;
- 1-3 6 - Rec L, comm LF roll, fwd R cont LF roll;
- 1-- 7 - Complete LF roll joining trailing hands lunge sd twd COH, sweep lead arm, up and out to side;
- 1-- 8 - Rec R, trng RF to fc ptr, tch L to R to BFLY POS M FCING WALL;

9-12 SOLO ROLL 6 TO BFLY;; VIENNESE RUN TWICE;;

- 9 - Trng LF fwd L LOD releasing from ptr, fwd R cont LF trn, complete $\frac{3}{4}$ LF trn bk L to fc RLOD;
- 10 - Bk R trng LF, cont LF trn sd L LOD, cl R to L to BFLY POS M FCING WALL;
- 11 - Trng LF taking trail hands thru to LOD fwd L, R, L;
- 12 - Taking trail hands back thru to RLOD fwd R, L, R to touch lead palms to end like a BFLY Semi POS;

13-15 CANTER SPIN TO FACE; CANTER TOUCH w/ARM TO; BOW & CURTSY,,

- 1-3 13 - Fwd L LOD, spin LF on L, cl R to L to end fcng ptr & WALL nothing touching & lead arm behind your back;
- 1-- 14 - Sd L LOD sweeping trail arm CW (CCW) quickly in front across body, continue arm sweep up, tch R to L;
- 15 - Cont arm sweep out to side, as you bend over fwd at the waist complete arm sweep to end across waist (cont arm sweep out to sd, as you lower in R knee and bring L ft behind R lowering head),

NOTE: This last measure has just 2 beats.

NOTE: Timing listed on side under measures refers to actual weight changes.