

# Contentment (P)

Count: 36

Wand: 0

Ebene: Partner

Choreograf/in: Barbara Grimshaw (UK)

Musik: Any Slow To Moderate Tempo Country Waltz Track



Position: Double Hand Hold. Man Facing OLOD, Lady Facing ILOD, Opposite (Mirror image) footwork

## BEHIND ROCK/SIDE (TWICE)

- 1-3            **MAN:** Step left behind right, rock weight forward onto right, step left to left side  
                  **LADY:** Step right behind, etc
- 4-6            **MAN:** Step right behind left, rock weight forward onto left, step right to right side  
                  **LADY:** Step left behind

## CHANGE PLACES (HANDS: MAN'S LEFT IN LADY'S RIGHT)

- 1-3            **MAN:** Step left forward (under lady's right arm), pivoting  $\frac{1}{2}$  to left step on right, step left next to right  
                  **LADY:** Step right forward, pivoting  $\frac{1}{2}$  to right step on left, step right next to left
- 4-6            **MAN:** Step in place on right, left, right  
                  **LADY:** Full turn right in place on left, right, left - under man's left arm

## BACK AWAY, ROLLING TURN (1 & $\frac{1}{4}$ )

- 1-3            **MAN:** Step back on left, step right next to left, step left in place  
                  **LADY:** Step back on right, step left next to right, step right in place

### Release hands

- 4-6            **MAN:** Step right  $\frac{1}{4}$  to right, step left back  $\frac{1}{2}$  to right, step right  $\frac{1}{2}$  to right  
                  **LADY:** Step left  $\frac{1}{4}$  to left, step right back  $\frac{1}{2}$  to left, step left  $\frac{1}{2}$  to left

## TWINKLES (CHANGING HANDS)

### Man's left in lady's right

- 1-3            **MAN:** Step left across front of right, step right to right side, step left next to right  
                  **LADY:** Step right across, etc

### Man's right in lady's left

- 4-6            **MAN:** Step right across front of left, step left to left side, step right next to left  
                  **LADY:** Step left across, etc

## TURN/POINT/HOLD, FORWARD/POINT/HOLD

### Man's left in lady's right

- 1-3            **MAN:** Step left forward  $\frac{1}{4}$  right into LOD, point right toes to right side, hold  
                  **LADY:** Step right  $\frac{1}{4}$ , etc
- 4-6            **MAN:** Step forward on right, point left toes to left side, hold  
                  **LADY:** Step left forward, etc

## TURN WALTZ TO STARTING POSITION

- 1-3            **MAN:** Step left to left side, step right next to left, step left in place  
                  **LADY:** Half turn left - slightly forward on right, left, right (under man's left arm)

### Man facing LOD, lady facing RLOD

- 4-6            **MAN:** Step right  $\frac{1}{4}$  to right side, step left next to right, step right in place  
                  **LADY:**  $\frac{3}{4}$  Turn left on left, right, left (under man's left arm)

Back into starting position (man facing OLOD, lady facing ILOD - double hand hold)

REPEAT

