

# Contentment (P)

拍數: 36      牆數: 0      級數: Partner  
編舞者: Barbara Grimshaw (UK)  
音樂: 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**

