

THE PRAYER

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MUSIC: Vio Friedmann - The Most Beautiful Songs 2000 For Dancing - "The Prayer" - Track #1

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SEQUENCE: Intro, A, B, C, Ending **SPEED:** Slow from 29 to 28mpm **RELEASED:** July 2023

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

INTRO

1 - 4 WAIT 2 MEASURES;; WALTZ AWAY; & TOGETHER;

- 1-2 - Wait 2 meas in BFLY POS M FCING WALL with feet together & lead foot free for both;;
- 3 - Release lead hands trng LF bringing trail hands thru to LOD fwd L, cont slight LF trn fwd R, cl L to R (trng RF fwd R, cont slight RF trn fwd L, cl R to L) to end in bk to bk V-shape M fcing DLC & W fcing DLW;
- 4 - Bring trail hands bk twd RLOD fwd R trng RF (LF), cont RF (LF) trn sd L, cl R to L to BFLY WALL;

5 - 9 ROLL 3 TO SEMI; THRU HOVER TO BOLERO BJO; BACK CHECK & WHEEL; SYNCOPATED WHEEL 2 MEAS; M FACE DRC & CHECK;

- 5 - Fwd L LOD comm LF trn releasing hand holds, fwd R cont LF trn, sd & fwd L blend to SCP LOD;
- 6 - Thru R LOD, fwd L trng W LF & placing W's R hand on L shldr, sd & bk R extending L arms out to sd to end BOLERO BJO DLW;
- 7 - Looking twd ptr bk L DRC checking, comm RF wheel fwd R, L;
- 1&2&3& 8 - Cont RF wheel fwd R/L, R/L R/L;
- 1&2&3 9 - Cont RF wheel fwd R/L, R/L, completing 2 ½ RF rotations fwd R DRC checking still in BOLERO BJO;

PART A

1 - 4 HESITATION CHG w/SWAY; TRAVELING CONTRA CHK; OPEN NAT; OUTSIDE SPIN TO;

- 12- 1 - Bk L DLW, trng RF sd & fwd R w/L sway twd DRC (head to R), draw L to R to end CP near LOD;
- 2 - Relax R knee and take a strong step fwd LOD well across body w/R side leading, trng RF w/abrupt R sway (head now well to L) almost cl R to L then straighten legs & body, sd & slightly fwd L to SCP LOD;
- 3 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to CBJO DRC;
- 4 - Using strong RF rotation small bk L toe turned in, fwd R around W heel lead rising to toe cont RF trn, cont RF trn bk & slightly sd L (fwd R around M, cl L to R for toe spin, fwd R between M's feet) to CP RLOD;

5 - 8 RIGHT TURNING LOCK TO SEMI; WEAVE 6; TO SEMI; CHAIR & SLIP;

- 1&2&3 5 - Bk R LOD with R sd leading/XLIF of R cont RF rotation hips almost COH, still trng RF sd & slightly fwd R between W's feet rise to CP trng RF, sd & fwd L to SCP DLC;
- 6 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to BJO DRC;
- 7 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DLW;
- 8 - Lower in L knee lunge fwd R w/fwd poise, rec L comm LF trn rise thru body trng W square, bk R to CP DLC;

9-12 TELESPIN; TO BJO; CURVED FEATHER; BK RIGHT TIPPLE CHASSE PIVOT TO;

- 12- 9 - Fwd L comm LF trn, fwd & sd R past ptr cont LF trn (cl L heel turn), sd & slightly bk L LOD partial wgt to face DRW (fwd R LOD head closed to L);
- (123) 10 - Cont LF trn thru hip & upper body to lead W fwd/transfer full wgt fwd L cont LF trn to CP, fwd & sd R past ptr
- (&123) cont LF trn, sd & fwd L (fwd L heel lead moving around the M on his L side/fwd & sd R trng LF square to M at end of step, cl L to R toe trn, sd & bk R) to BJO DLW;
- 11 - Fwd R outside ptr comm RF trn, fwd L twd WALL, cont RF trn fwd R outsd ptr to BJO DRW;
- 12&3 12 - Bk L comm RF trn, w/slight R sway cont RF trn sd R toe pointing DLC/cl L to R then lose sway, cont slight RF trn fwd R LOD between W's feet and pivot 3/8 RF to CP DRW;

13-16 BK PREP FACE COH; SAME FOOT LUNGE CHG SWAY; & TURNING HOVER TO SEMI DLC; SLOW SIDE LOCK;

- 1-- 13 - Trng RF bk L LOD/swvl 1/4 RF on L, tch R to L, hold (fwd R outsd ptr/swvl 3/8 RF on R, small sd & bk L, hold)
- (12-) to PREP POS M fcing COH & W fcing DRW;
- 1-- 14 - Lower on L with slight L sway/reach sd R toe pting DLC transfer all weight to R w/soft knee, stretch upward & sway R, change sway using L hip trng RF twd W (XRIB of L well underneath body keeping wgt off heel, head well to L, allow M to rotate you RF & change head to R);
- 123 15 - Trng LF thru hip & upper body to lead W fwd/fwd L DRW, fwd & sd R trng LF to CP DLW, sd & fwd L (fwd L
- (&123) around the M on his L side/fwd & sd R trng LF square to M at end of step, bk & sd L, sd & fwd R) to SCP DLC;
- 16 - Thru R, fwd & sd L comm LF trn leading W to swing in front, cont trng LF lk RIB of L (lk LIF of R) to CP DLC;

PART B**1 - 4 DOUBLE REVERSE OVERSPIN TO; SLOW OPEN HINGE; EXTENDING LEFT ARMS; HOVER HER OUT TO SEMI;**

- 12-& 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R completing full trn to CP DLC/small fwd L (12&3&8) pivot 3/8 LF (bk R comm LF trn, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R completing full LF trn/small sd & bk R pivot 3/8 LF) to CP RLOD;
- 12- 2 - Bk R comm LF trn, cont LF trn sd & fwd L facing WALL rotate slightly LF, lower slightly to extend the line (123) (fwd L comm LF trn, fwd & sd R cont LF trn, XLIF of R lowering slightly & head to L);
- 3 - Cont to relax L knee & extend the line through meas w/slight sway R as you both extend L arms out to sd looking twd & over W (head now well to L);
- 23 4 - Comm to rise leading W to rec out of hinge, trng slightly RF sd R cont rising, sd & fwd L (rec R comm to (123) rise trng RF, sd L cont rise trng RF placing L arm around M, sd & fwd R) re-joining lead hands to SCP;

5 - 8 RUNNING OPEN NAT; QK BACK TO THROWAWAY OVERSWAY IN 6;; LINK TO SEMI DLC;

- 1&23 5 - Fwd R comm RF trn/fwd & sd L cont RF trn, cont RF trn sd & bk R, bk L (fwd L, fwd R between M's feet/sd & fwd L, fwd R) to BJO DRC;
- &1-- 6 - Bk R/trng LF sd & fwd L toe pting DLW to brief SCP LOD, using hips to trn W LF to CP LOD, then softening in L knee (fwd L/sd & fwd R, allow M to swvl you LF on R ft to CP, collect L foot next to R foot & start to soften in R knee);
- 7 - Develop the throwaway oversway by trng slightly LF and extend line over measure by bringing R sd thru to W leaving R ft bk to RLOD (keeping L toe on floor extend L ft bk towards LOD trng head well to L);
- 23 8 - Rise on L ft collecting W to CP DLW, stretching L sd cont rising on L keeping W's head to L & cl R to L on toes, at the very last moment correct sway sd & fwd L to SCP DLC;

9-12 QUICK OPEN REVERSE; QK LOCK SLOW LOCK; TOPSPIN; HOVER CORTE;

- 1&23 9 - Thru R/fwd L trng LF to CP, cont LF trn sd & bk R, bk L to BJO DRC;
- 1&23 10 - Bk R w/R sd leading/lk LIF of R, bk R, LIF of R (head now open to R) in BJO DRC;
- 1&23 11 - Bk R trng LF/sd & bk L toe pting almost LOD cont LF trn, fwd R LOD outsd ptr comm LF spin keeping knees tog & L ft bk, bk L DLW slightly behind R to complete 3/8 LF spin (fwd L comm LF trn/sd & fwd R, bk L LOD comm LF spin keeping R ft fwd, fwd R DLW slightly in front of L to complete 3/8 LF spin) to end BJO DRC;
- 12 - Bk R DLW comm LF trn, bk & sd L rising w/slight LF trn, sd & bk R to BJO DLW;

13-17 BK & RIGHT CHASSE TO CP DRW; CONTRA CHECK REC TO SEMI LOD; RUNNING FEATHER TO SEMI; THRU PICKUP CLOSE DLW; CHANGE OF DIRECTION;

- 12&3 13 - Bk L DRC comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CP DRW;
- 14 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading (head well to L) rec R trng LF, sd & fwd L to SCP LOD;
- 1&23 15 - Thru R/fwd L stay low lead W to trn LF, fwd R outsd ptr rising to toe trng W bk RF, sd & fwd L (thru L/trng LF sd & bk R, bk L rise trng RF, sd & fwd R) to SCP LOD;
- 16 - Thru R, fwd & sd L w/slight LF rotation leading W to swing in front, cl R to L to CP DLW;
- 12- 17 - Fwd L DLW, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;

PART C**1 - 4 DOUBLE REVERSE TO SPLIT RONDE; DRW; CONTRA CHECK & SWITCH DLC; STEP DOUBLE RONDE TO;**

- 12- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn, (12&3&8) cont LF trn sd & slightly bk R/XLIF of R/small bk & sd R) to CP DLC;
- 23 2 - Lower strongly into R knee & push L fwd on floor w/1/8 LF body rotation ronde L CCW, LF XLIB of R & rise (-2&3) rotating LF releasing R knee from ptr, cont LF trn bk slip R past L foot (lower strongly into R knee & push L fwd on floor, XLIB of R rotating LF/cont LF trn sd R, cont LF trn slip fwd L) completing 1/2 LF trn to CP DRW;
- 3 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L), rec bk R trn 3/8 RF, rec bk L trn another 1/8 RF to CP DLC;
- 1-3 4 - Cont RF rotation fwd R twd LOD comm CW L leg ronde, cont RF trn on R w/L leg ronde, sd L (small fwd L around M trng RF ronde R leg CW, cont RF trn on L w/R leg ronde, XRIB of L) to CP nearly RLOD;

5 - 8 TWIST TURN SEMI LOD; THRU RIPPLE CHASSE; IN & OUT RUN; DLC;

- 23 5 - Lower slightly and hook RIB of L for twist trn/unwind RF, cont RF unwind rising to R toe in CP DLW, sd & fwd (&123) L (run around M fwd L/fwd R, fwd L brush R to L trng RF square to M, sd & fwd R) to SCP LOD;

PART C (Con't)

- 12&3 6 - Thru R, stretch L sd to briefly look twd but over W (head to L) sd & fwd L/cl R to L, correct sway sd & fwd L;
 7 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to CBJO DRC;
 8 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet, w/L sd leading sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;

9-12 BIG TOP; DOUBLE REVERSE; TURN LEFT & RIGHT CHASSE TO BJO; OK OUTSIDE SWIVEL LILT PIVOT TO CP DRW;

- 123 9 - Thru R then lead W fwd again while trng LF on R leaving L ft bk and moving it well behind R, press upward
 (1&-3) on ball of L twd COH cont LF trn brushing R to L, cont LF trn small bk R (fwd L/fwd & sd R past M trng LF to square with M, brush L to R on toes while allowing M to continue LF trn, small fwd L) to CP DLW;
 12- 10 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn tch L to R (bk R, cl L to R heel turn/cont LF trn sd &
 (12&3) slightly bk R, XLIF of R) to CP DLW;
 12&3 11 - Cont LF trn fwd L LOD, cont LF trn sd & bk R/cl L to R, sd & bk R to BJO DRC;
 12 - Bk L LOD leaving R ft fwd/lead W to swvl RF to SCP RLOD, fwd R heel lead comm LF trn rising to toe, cont LF trn stretching R sd & trn W square, fwd L toe pointing to DRW (fwd R outside ptr/swvl RF on R to SCP, fwd L heel lead comm LF trn rising to toe, keeping head to R cont to rise allowing M to trn you to CP bk R head still to R) to CP DRW;

13-16 BOX FINISH DLW; WALTZ FORWARD; ROLLING RIGHT LUNGE; CHALLENGE LINE & SLIP;

- 13 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLW ;
 14 - Fwd L, sd & fwd R, cl L to R in CP DLW;
 1-- 15 - Lifting R hip to open W's head lunge sd & fwd R DRW, change sway to roll W's head L, cont sway change;
 -23 16 - Cont to extend right lunge line taking R sd twd W, rec sd & bk L changing shape w/L sd lead & R sd stretch to open W's head, rotate to turn LF brushing R twd L bk R to CP DLC;

ENDING**1 - 4 TELEMARK TO SEMI; WHIPLASH CONTRA BJO; OUTSIDE SWIVEL & THRU TO; PROMENADE SWAY;**

- 1 - Fwd L DLC, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
 1-- 2 - Thru R sharply trn W LF/pt L ft fwd, stand up, to stretch the lead side shaping a line to CBJO DLW;
 1-3 3 - Bk L chking leave R ft fwd, lead W to swvl RF on her R, thru R in SCP LOD;
 1-- 4 - Sd & fwd L stretch body upward, to look over joined lead hands, in SCP LOD;

5 - 8 SLOW CHANGE TO OVERSWAY; FALLAWAY RONDE & SLIP; REVERSE FALLAWAY & SLIP; DRAG HESITATION;

- 5 - Relax L knee slightly keeping R leg extended, with slight LF rotation through R hip stretch L sd of body swiveling W's R ft ¼ LF to CP, look toward & over W cont to sway (head well to L) now in CP DLW;
 6 - Sd & bk R trng slightly RF trning W to SCP & leading her to ronde as you ronde L ft CCW, XLIB of R well underneath body rising and trng LF to trn W square, bk R (sd & fwd L trng RF to SCP as you ronde R CW, XRIB of L well underneath body rising & trng LF on R to CP, small fwd L) to CP DLC;
 1&23 7 - Fwd L comm LF/sd & bk R w/R sd leading, bk L well under body rise trng LF, small step bk R cont LF trn but keep L ft fwd (bk R/bk L, bk R well under body rise trng 5/8 LF, fwd L toward COH cont LF trn) to CP LOD;
 12- 8 - Fwd L LOD cont LF trn, fwd & sd R cont LF trn, cont to slightly rotate LF drawing L twd R to BJO DRC;

9-12 HESITATION CHANGE FC LOD; RUMBA CROSS THREE TIMES;;;

- 12- 9 - Bk L comm RF trn (fwd R outsd ptr), cont RF trn sd & fwd R toe pointing LOD, draw L to R to end CP LOD;
 1&23 10 - Strong step fwd L comm RF trn/XRIB of L cont RF trn to fc WALL, cont RF trn sd & slightly bk L pivot 3/8 RF fwd R LOD between W's feet to CP LOD;
 1&23 11 - Repeat meas 10;
 1&23 12 - Repeat meas 10;

13 SLOW CONTRA CHECK & EXTEND;

- 1-- 13 - Lower keeping hips up to ptr fwd L LOD in contra body movement w/R sd leading and continue bringing R sd thru to extend over meas looking twd but over W (head well to L) in CP LOD;

NOTE: Timing is standard 123 unless noted on side by the measure and refers to actual weight changes.