

Perfect

Choreography: Monika Gründer, Aktienstr. 18, D - 47057 Duisburg - E-Mail: monikagruender@gmx.de

Music: „Perfect“ - Dancelife, Album: “This Will Be...” or Download Casa Musica, 1:57 min.

Rhythm & Phase: JV, Phase III (ECTA STEP Level B-18)

Timing: 1,2,3a,4; 1a,2, except where noted (reflects actual weight changes)

Footwork: opposite unless noted (Woman's footwork in parentheses)

Sequence: Intro – A – B – C – B

Oct. 2023

INTRODUCTION

1-4 WAIT 1 MEAS ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ; SLOW ROCK THE BOAT :

- 1 {wait 1} In SCP LOD w/lift free wait 1 meas ;
- 2 {2 fwd trpls (1a,2,3a,4;)} In SCP LOD stp fwd L/cl R, fwd L, fwd R/cl L, fwd R ;
- 3 {swvl wlks 4 (1,2,3,4;)} Staying in SCP LOD & w/each stp plcg free ft directly in front of the other swvl RF on R stp fwd L, swvl LF on L stp fwd R, swvl RF on R stp fwd L, swvl LF on L stp fwd R ;
- 4 {slo rk the boat (1,-,3,-;)} In SCP LOD stp fwd L w/straight knee leang fwd, -, with rockg motion & relaxed knees cl R to L leang bwd, - ;

PART A

1-3 CHANGE PLACES RIGHT TO LEFT – LINK ROCK ; ; ;

- 1-3 {chg plcs R-L} In SCP rk bk L, rec R to fc ptr, sd L/cl R, sd L start trng LF & leadg W to trn RF undr jnd lhdnds ; Sd & fwd R/cl L, sd R to LOP FCG LOD,
(W in SCP rk bk R, rec L to fc, sd R/cl L, fwd R start trng RF undr jnd lhdnds ;
Cont trng RF sd & bk L/cl R, sd & bk L to fc ptr,){link rk} In LOP FCG LOD rk apt L, rec R ; Triple nearly in plc L/R, L trng to CP WALL,
(W rk apt R, rec L ; Sm triple fwd R/cl L, fwd R to fc,) sd R/cl L, sd R to CP WALL ;

4-6 RIGHT TURNING FALLAWAY – FALLAWAY ROCK ; ; ;

- 4-6 {R trng falwy} Rk bk L to SCP LOD, rec fwd R to CP WALL, trng ¼ RF over next 3 stps sd L/cl R, sd L ; Trng ¼ RF over next 3 stps sd R/cl L, sd R to CP COH,
{falwy rk} Rk bk L to SCP RLOD, rec R to CP COH ; Sd L/cl R, sd L, sd R/cl L, sd R to CP COH ;

7-8 DOUBLE ROCK ; SIDE, TOUCH & RIGHT CHASSE :

- 7 {dbl rk (1,2,3,4;)} Rk bk L to SCP RLOD, rec fwd R, rk bk L, rec fwd R to fc ptr & COH ;
- 8 {sd, tch & R chasse (1,-,3a,4;)} Stp sd L, tch R to L, twd LOD sd R/cl L, sd R still CP COH ;

9-11 CHANGE PLACES RIGHT TO LEFT – LINK ROCK ; ; ;

- 9-11 Repeat meas 1-3 of Part A from CP COH to CP COH ; ; ;

12-14 RIGHT TURNING FALLAWAY – FALLAWAY ROCK ; ; ;

- 12-14 Repeat meas 4-6 of Part A from CP COH but end BFLY WALL ; ; ;

15-16 PROGRESSIVE ROCK ; SIDE, TOUCH & RIGHT CHASSE :

- 15 {prog rk (1,2,3,4;)} In BFLY progressing down LOD rk apt L, XRif, rk apt L, XRif to CP WALL ;
- 16 {sd, tch & R chasse (1,-,3a,4;)} Fcg WALL repeat meas 8 of Part A ;

PART B

1-4 DOUBLE ROCK ; 2 FORWARD TRIPLES ; SLOW ROCK THE BOAT ; 2 FORWARD TRIPLES TO FACE ;

- 1 {dbl rk (1,2,3,4;)} Repeat meas 7 of Part A from CP WALL to SCP LOD;
- 2 {2 fwd trpls (1a,2,3a,4;)} Repeat meas 2 of Intro ;
- 3 {slo rk the boat (1,-,3,-;)} Repeat meas 4 of Intro ;
- 4 {2 fwd trpls (1a,2,3a,4;)} Repeat meas 2 of Intro but end CP WALL ;

5-7 SIDE, TOUCH & RIGHT CHASSE ; DOUBLE ROCK ; KICK BALL CHANGE 2X ;

- 5 {sd, tch & R chasse (1,-,3a,4;)} Fcg WALL repeat meas 8 of Part A ;
- 6 {dbl Rk (1,2,3,4;)} Blendg to SCP LOD repeat meas 7 of Part A ;
- 7 {kbchng 2x (-a,2,-a,4;)} Kick L fwd/take weight on ball of L ft, cl R, repeat actions 1-3 staying SCP LOD ;

- 8-11 **CHANGE PLACES RIGHT TO LEFT – CHANGE PLACES LEFT TO RIGHT ;;;**
ROCK APART, RECOVER, KICK BALL CHANGE :
- 8-10 {chg plcs R-L} Repeat 1st figure of Part A ; ; ;
{chg plcs L-R} In LOP FCG LOD rk apt L, rec R ; Leadg W to trn LF undr jnd lhdnds trng RF
nearly in plc sm stp sd L/cl R, sd L, sd R/cl L, sd R to LOP FCG WALL ;
(W rk apt R, rec L ; Trng LF undr jnd lhdnds fwd R/cl L, fwd R to fc ptr, sd L/cl R, sd L to LOP FCG ;)
11 {rk apt, rec, kbchg (1,2,-a,4;)} Rk apt L, rec R, kick fwd L M outsd ptr/take weight on ball of L, cl R ;
- 12-16 **LINK ROCK – JIVE WALKS ;;; SWIVEL WALK 4 ; SLOW ROCK THE BOAT :**
- 12-14 {link rk} In LOP FCG WALL rk apt L, rec fwd R, triple twd ptr fwd L/cl R, fwd L ;
To RLOD sd R/cl L, sd R to CP WALL,
{JV wlks} Rk bk L to SCP LOD, rec fwd R ; Fwd L/cl R, fwd L, fwd R/cl L, fwd R still in SCP LOD ;
15 {swvl wlks 4 (1,2,3,4;)} Repeat meas 3 of Intro ;
16 {slo rk the boat (1,-,3,-;)} Repeat meas 4 of Intro ;

PART C

- 1-3 **CHANGE PLACES RIGHT TO LEFT – CHANGE PLACES LEFT TO RIGHT ;;;**
1-3 Repeat meas 8-10 of Part B ; ; ;
- 4-6 **LINK ROCK – RIGHT TURNING FALLAWAY ;;;**
- 4-6 {link rk} In LOP FCG WALL rk apt L, rec fwd R, triple twd ptr fwd L/cl R, fwd L ;
To RLOD sd R/cl L, sd R to CP WALL,
{R trng falwy} Blendg to SCP LOD rk bk L, rec fwd R to CP WALL ; Trng ¼ RF over next 3 stps
sd L/cl R, sd L, trng ¼ RF over next 3 stps sd R/cl L, sd R to CP COH ;
- 7-8 **DOUBLE ROCK; CHASSE LEFT & RIGHT;**
7 {dbl rk (1,2,3,4;)} Repeat meas 7 of Part A ;
8 {chasse L & R (1a,2,3a,4;)} In CP COH sd L/cl R, sd L, to LOD sd R/cl L, sd R to CP COH ;
- 9-11 **CHANGE PLACES RIGHT TO LEFT – CHANGE PLACES LEFT TO RIGHT ;;;**
9-11 Repeat meas 8-10 of Part B to opposite directions ; ; ;
- 12-14 **LINK ROCK – RIGHT TURNING FALLAWAY ;;;**
12-14 Repeat meas 4-6 of Part C to opposite directions endg fc WALL ; ; ;
- 15-16 **DOUBLE ROCK; SIDE, TOUCH & RIGHT CHASSE;**
15-16 From SCP LOD repeat meas 7-8 of Part A endg CP WALL ; ;

Suggested Cues:

- Intro Wait 1 meas; 2 Fwd Triples; Swvl 4; Slow Rk The Boat;
- A Chg R to L – Link Rk; ; ;
R Trng Falwy – Falwy Rk; ; ; Dbl Rk; Sd, Tch & R Chasse;
Chg R to L – Link Rk fc COH; ; ;
R Trng Falwy – Falwy Rk to BFLY; ; ; Prog Rk 4; Sd, Tch & R Chasse to CP;
- B Dbl Rk; 2 Fwd Triples; Slow Rk The Boat; 2 Fwd Triples to Fc;
Sd, Tch, R Chasse; Dbl Rk; Kick Ball Chg 2x;
Chg R to L – Chg L to R; ; ; Rk Apt, Rec, Kick Ball Chg;
Link Rk – Jive Walks; ; ; Swvl 4; Slow Rk The Boat;
- C Chg R to L – Chg L to R; ; ; Link Rk – R Trng Falwy; ; ;
Dbl Rk; Chasse L & R;
Chg R to L – Chg L to R; ; ; Link Rk – R Trng Falwy; ; ;
Dbl Rk; Sd, Tch & R Chasse;
- B Dbl Rk; 2 Fwd Triples; Slow Rk The Boat; 2 Fwd Triples to Fc;
Sd, Tch, R Chasse; Dbl Rk; Kick Ball Chg 2x;
Chg R to L – Chg L to R; ; ; Rk Apt, Rec, Kick Ball Chg;
Link Rk – Jive Walks; ; ; Swvl 4; Slow Rk The Boat;