

Smiling Through

Choreographers: Casey & Sharon Parker
Address: 11168 Loduca Dr, Manteca, CA. 95336 (209) 234-6844
Rhythm & Phase: WZ - V+0+1 (open cross hover)
Music: Smiling Through, by Phil Coulter (3:04 length)
download itunes, from the album "Forgotten Dreams"
Speed: As downloaded
Sequence: Intro - A - A - A (1-16) - End

email: trustme@pacbell.net
Web Page: www.dyca.org
Difficulty: Average

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vers 1.1

Introduction

1-8 Wait 1 meas; Raise Arms; Balance Rt; Roll 3 to half op;

- 1-2 fcg ptr M fcg wall trailing ft free arms crossed in front of body Wait 1 meas; Raise arms out and up to side;
3 sweeping lead arm in front of body Sd R, XLIBR (XRIBL), Rec R;
4 rolling solo twd lod Sd & Fwd L trng LF, Sd & Bk R cont trn, cont trn to half op fcg lod Sd & Fwd L (Sd & Fwd R trng RF, Sd & Bk L cont trn, cont trn to half op fcg lod Sd & Fwd R);

5-8 Op In & Out Runs 3X;;; Lady Fold to Sd Draw;

- 5 Fwd R beginning to cross in front of W & trng RF, cont trn Fwd & Sd L, Fwd R to left half op lod (Fwd L, Fwd R, Fwd L);
6 Fwd L leading W to roll across in front of M, Fwd R, Fwd L to half op lod (Fwd R beginning to cross in front of M & trng RF, cont trn Fwd & Sd L, Fwd R to half op lod);
7 Fwd R beginning to cross in front of W & trng RF, cont trn Fwd & Sd L, Fwd R to left half op lod (Fwd L, Fwd R, Fwd L);
8 leading W to fold in front of M Fwd L, Sd R with R sd stretch, Draw L to R cp dlc (Fwd R folding RF in front of M, Sd L with L sd stretch, Draw R to L);

Part A

1-4 1 LF Trn; Hover Corte; Bk Bk/Lk Bk; Slow Outside Swivel;

- 1 Fwd L trng LF, cont trn Sd R, Cls L cp rlod;
2 Bk R begin LF trn, Sd & Fwd L with hovering action cont body trn, Rec R sd leading to bjo (Fwd L trng LF, Sd & Fwd R with hovering action, Rec L with L sd leading to bjo);
3 Bk L, Bk R/XLIFR (XRIBL), Bk R;
4 Bk L, cross R in front of L with no weight leading W to swivel to scp, - (Fwd R, swivel RF on ball of R ft ending scp, -);

5-10 Wing; Trn LF & Chasse bjo; Outside Chg scp; Manu; Spin Trn; Box Fin;

- 5 Fwd R leading W to begin movement around M, Draw L twd R, Tch L to R trng upper part of body LF with L sd stretch (Fwd L beginning to cross in front of M trng slightly LF, Fwd R around M cont trn, Fwd L around M complete slight LF trn to scar);
6 Fwd L trng Lf, Sd R/Cls L, Sd R to bjo drc;
7 Bk L, Bk R trng LF, Sd & Fwd L to scp dlw (Fwd R, Fwd L trng LF, Sd & Fwd R to scp);
8-10 Fwd R trng RF, Sd L to cp rlod, Cls R; Commence RF body trn Bk L pivoting RF, Fwd R between W's ft cont RF trn, Sd & Bk L cp dlw (Fwd R between M's ft pivoting RF 1/2, Bk L cont trn brush R to L, Fwd R); Bk R trng LF, Sd L to cp dlc, Cls R;

11-16 Op Rev; Bk to a Hinge Line; Extend the Hinge; Hover Exit; Nat Weave scp;;

- 11 Fwd L trng LF, cont LF trn Sd R, Bk L to bjo rlod;
12 Bk R commence LF trn, Sd & slightly Fwd L leading W to cross her L ft bhd her R keeping L sd in to ptr, relaxing L knee and trng R knee to sway R to look at W (Fwd L commence to trn LF, Sd R with R sd stretch and swiveling LF, cross L in Bk of R relaxing L knee head to L with shoulders almost parallel to ptr no weight on R);
13 extend the hinge by holding and lowering slightly no weight chg, - , - (extend W's L arm out to sd no weight chg, - , -);
14 rise on L leading W to rec, trng R fc sd R cont rise, Sd & Fwd L to scp dlw (rec R begin RF trn, Sd L cont rise & trn, Sd & Fwd R);
15-16 Fwd R commence RF trn, Sd L with L sd stretch, with R sd lead back R twd dlc; Bk L in bjo, Bk R commence LF trn passing through cp, Sd & Fwd L to scp dlw; (Fwd L, Fwd R, Fwd L; with L sd stretch Fwd R in bjo outside ptr, Fwd L, Sd & Fwd R to scp dlw;)

17-20 Thru & Fwd Chasse; Nat Hover Cross sync ending;; Telemark scp;

- 17 in scp dlw Fwd R, Fwd L/Cls R, Fwd L;
18-19 Fwd R commencing RF trn, Sd L with L sd stretch cont trn, cont trn Sd R to scar dlw; with R sd stretch Fwd L outside ptr on toes/Rec R with slight L sd lead, Sd & Fwd L, with L sd stretch Fwd R outside ptr in bjo dlc; (Fwd L, Fwd R commence RF trn, cont trn Sd L to scar; with L sd stretch Bk R on toe/Rec L with slight R sd lead, Sd & Bk R, with R sd stretch Bk L in bjo);
20 Fwd L commence to trn LF, Sd R cont LF trn, Sd & slightly Fwd L to end in tight scp (Bk R comence LF trn, Cls R heel trn, Sd & slightly Fwd R to end in tight scp dlw);

21-25 Thru Fc Cls to mod bfly ; Op Cross Hovers 3X;;; M Cls Lady Inside Turn with Ronde ;

- 21 Thru R, Sd L and slightly apt to fc ptr & slightly dlw (dlc), Close R ending in mod bfly where there is more distance between ptrs and arms are in a more rounded shape;
- 22-24 releasing trailing hnds Fwd L bhd W and leading W to cross in front of M under jnd lead hnds, Sd R hovering, Rec Sd & Fwd L (releasing trailing hnds Fwd R crossing in front on M and under jnd lead hnds, Sd L hovering, Rec Sd & Fwd R); releasing lead hnds and joining trailing hnds Fwd R bhd W and leading W to cross in front of M, Sd L hovering, Rec Sd & Fwd R (releasing jnd lead hnds & joining trail hnds Fwd L crossing in front of M and under jnd trail hnds, Sd R hovering, Rec Sd & Fwd L); releasing trailing hnds and joining lead hnds Fwd L bhd W and leading W to cross in front of M, Sd R hovering, Rec Sd & Fwd L (releasing trailing hnds and joining lead hnds Fwd R crossing in front of M and under jnd lead hnds, Sd L hovering, Rec Sd & Fwd R);
- 25 Cls R leading W to trn LF under jnd lead hnds, - , - to cp dlc (Fwd L moving in front of M and trng LF under jnd lead hnds ronde R ft in a circle, - , tch R);

Ending

1-6 Thru Slow Fan to fc & Caress;; Roll 3 to half op; Op In & Out Runs 3X;;;

- 1-2 Thru R, slow Fan L clockwise (counter clockwise) to fc ptr & wall, cont fan ; tch L, hold caressing ptrs face with L hnd (R hnd);
- 3 rolling solo twd lod Sd & Fwd L trng LF, Sd & Bk R cont trn, cont trn to half op fcg lod Sd & Fwd L (Sd & Fwd R trng LF, Sd & Bk L cont trn, cont trn to half op fcg lod Sd & Fwd R);
- 4 Fwd R beginning to cross in front of W & trng RF, cont trn Fwd & Sd L, Fwd R to left half op lod (Fwd L, Fwd R, Fwd L);
- 5 Fwd L leading W to roll across in front of M, Fwd R, Fwd L to half op lod (Fwd R beginning to cross in front of M & trng RF, cont trn Fwd & Sd L, Fwd R to half op lod);
- 6 Fwd R beginning to cross in front of W & trng RF, cont trn Fwd & Sd L, Fwd R to left half op lod (Fwd L, Fwd R, Fwd L);

7-8 Lady Fold to Sd Draw; Slow Contra Ck & Extend;

- 7 leading W to fold in front of M Fwd L, Sd R with R sd stretch, Draw L to R cp dlc caressing W's cheek with M's L hnd (Fwd R folding RF in front of M, Sd L with L sd stretch, Draw R to L caressing M's cheek with W's R hnd);
- 8 commence LF upper body trn flexing knees with strong R sd lead Ck Fwd L, - , - (commence LF upper body trn flexing knees with strong L sd lead Bk R lookng well to left, - , -);

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Part A

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5-10 Wing; Trn LF & Rt Chasse bjo; Outside Chg scp; Manu; Spin Trn; Box Fin;
11-16 Op Rev; Bk to a Hinge Line; Extend the Hinge; Hover Exit; Nat Weave scp;;
17-20 Thru & Fwd Chasse; Nat Hover Cross sync ending;; Telemark scp;
21-25 Thru Fc Cls to mod bfly; Op Cross Hovers 3X;;; M Cls Lady Inside Turn with Ronde ;

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Part A (1-16)

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- 1-6 Thru Slow Fan to fc & caress;; Roll 3; Op In & Out Runs 3X;;;**
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