

Sweet and Gentle

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MUSIC: "Sweet and Gentle" by Ben E.King - CD "Pure Latin Vol 2" - Track # 7 (length 02.14)
Available as a **single track Download** from Casa Musica -SLOW FOR COMFORT (suggest 42 rpm)

FOOTWORK: Opposite, unless noted (woman's footwork in parentheses)

RHYTHM: **CHA CHA PH IV** **Timing:** QQQ&Q (1,2,3&,4) unless noted, reflects actual weight changes

SEQUENCE: **Intro A,B, Interlude, B, End** **Difficulty Level:** Average **June 2014 version 1.0**

INTRO

1-4 **(LOP fc prtner/WALL) WAIT ; WAIT; NEW YORKER; UNDERARM TRN to a;**
 1-2 LOP Fcing partner/Wall (lead hands joined)- lead ft free Wait 2 meas;;
 3 **[New Yorker]** Stp thru L w/straight leg to fc RLOD, rec R, BFLY sd L/cl R, sd L;
 4 **[Underarm turn]** xRib, rec L, sd R/cl L, sd R leading W to M's right side
 (W xLif trng under lead hands, rec fwd R trng fc ptr, sd L/cl R, fwd L to M's right side);

5-8 **LARIAT TO BFY/WALL;; 2 QK CUCARACHAS; SD,CL, PT, - ;**
 5 **[start Lariat]** with lead hnds joined lead W to Lariat Sd L, Rec R, in pl L/R, L
 (W walk around M CW Fwd R, Fwd L, Fwd R/lk Lib , Fwd R);
 6 **[cont Lariat to Bfy/WALL]** Sd R, Rec L, in pl R/L, R to BFY/WALL
 (W cont around M Fwd L, Fwd R, Fwd L/ lk Rib, Fwd L to fce ptr Bfy/WALL);
 (1&2 3&4) 7 **[2 Qk Cucarachas]** rk sd L/ rec R, cl L , rk sd R/ rec L, cl R ;
 (1 2 3 -) 8 **[Sd, Cl,Point Sd & Hold]** sd L, cl R, point L sd to LOD, & Hold-;

PART A

1-4 **BASIC;; FENCELINE TWICE;;**
 1 **[BASIC]** (BFY/Wall) fwd L, rec R, sd L/cl R, sd L;
 2 bk R, rec L, sd R/cl L, sd R;
 3 **[Fenceline twice]** X lunge thru L with soft knee , rec R to fc ptr, sd L/ cl R, sd L;
 4 X lunge thru R with soft knee, rec L, sd R/cl L, sdR;

5.8 **1/2 BASIC; FAN; ALEMANA TO BFY/WALL;;**
 5 **[1/2 Basic]** (BFY/Wall) fwd L, rec R, sd L/cl R, sd L;
 6 **[Fan]** Bk R, rec L leading W trn LF, releasing R-hnd hold sd R/L, R to fc WALL
 (W fwd L, rec R trng LF to fc RLOD, bk L/xRif, L fcg RLOD in FAN position) ;
 7 **[Alemana]** fwd L, rec R, sd L/cl R, inpl L raising joined M's L & W's R hnds to
 indicate RF trn for W (W cl R, fwd L, fwd R/xLib, fwd R swivel RF to fc M);
 8 xRib, rec L, sd R/cl L, sd R (W xLif of R comm RF trn, fwd R cont trn,
 sd & fwd L /cl R, sd L) to BFY/Wall;

9-12 **BREAK BK toTRIPLE CHAS FWD;; RK FWD REC to TRIPLE CHAS BK to fc;;**
 9 **[Break bk to Triple Chas Fwd]** Rk bk L to fc LOD, rec R to OP/LOD, fwd L/lk R, fwd L;
 (1&2 3&4) 10 fwd R/lk L,fwd R, fwd L/lk R, fwd L;
 11 **[Rk Fwd, Rec to Triple Chas Bk]** Rk fwd R, rec L, bk R/lk L, bk R;
 (1&2 3&4) 12 bk L/lk R, bk L, bk R/lk L, bk R to face partner/Wall;

13-16 **1CUCARACHA WITH ARMS to BFY/WALL; CUCARACHA;**
SPOT TRN IN 4 TO BFY/WALL; SD,CL, POINT SD, & HOLD- ;
 13 **[Cucaracha with arms]** circling lead arms out & up, arnd & bk to Bfy
 rk sd L, rec R, step in pl L/R, L;
 14 **[Cucaracha]** rk sd R, rec L, step in pl R/L, R;
 (1 2 3 4) 15 **[Spot trn in 4]** XLIF of R trng ½ RF, rec R trng RF to fc ptr, sd L , rec sd R to BFY/WALL;
 (1 2 3 -) 16 **[Sd, Cl,Point Sd & Hold]** sd L, cl R, point L sd to LOD, & Hold-;

PART B

1-4 **1/2 BASIC; FAN; HOCKEYSTICK to BFY/DRW;;**
 1 **[1/2 Basic]** (BFY/Wall) fwd L, rec R, sd L/cl R, sd L;
 2 **[Fan]** Bk R, rec L leading W trn LF, releasing R-hnd hold sd R/L, R to fc WALL
 (W fwd L, rec R trng LF to fc RLOD, bk L/xRif, L fcg RLOD in FAN position) ;
 3 **[Hockeystick]** Fwd L, rec R, in place L/R, L (W cl R, fwd L, fwd R/lk L, fwd R) ;
 4 sm bk R, rec L trng 1/8 RF, fwd R/lk L, fwd R (W fwd L, fwd R trng 5/8 LF undr jnd ld hnds,
 bk L/lk R, bk L); to end BFLY/DRW ;

PART B cont'd**5-8 SHOULDER TO SHOULDER TWICE;; NEW YORKER to OP/LOD;
WALK 2 & CHA;**

- 5 [Sh to Sh Twice] Fwd L to BFLY SCAR, rec R to fc, sd L/clR, sdL;
6 Fwd R to BFLY BJO, rec L to fc, sd R/clL, sdR;
7 [New Yorker to Op/LOD] XLif, rec R, sdL/clR, sdL trng to Op/LOD ;
8 [Wik 2 & cha] Fwd LOD R, L , fwd R/ lk Lib of R, fwd R ;

**9-12 SLIDING DOORS TWICE;; CIRCLE AWAY 2 & CHA ;
TOG 2 & CHA /LADY IN 4 TO VARSOUVIENNE/LOD;**

- 9 [Sliding Door twice] Rk apt L, rec R, *release jnd hnds slide beh W* Lif /sd R, xLif of R
(W rk apt R, rec L, *slide in front of M* xRif /sd L, xRif) to LOP LOD;
10 Rk apt R, rec L, *release jnd hnds slide beh W* xRif /sd L, xRif of L
(W rk apt L, rec R, *slide in front of M* XLif /sd R, XLif) to OP LOD ;
11 [Circle away 2 & cha] *Circ LF awy twd COH (W circ RF awy twd WALL)*
fwd L, R, fwd L/lk Rib of L, fwd L;
12 [Tog 2 & cha/Lady in 4] *Cont LF circ twd ptr* fwd R, L, fwd R /lk Lib, fwd R
(W cont RF circ in 4 fwd L, R, L, R) to Varsouviennne /LOD ;
(W 1 2 3 4)

BOTH M & W NOW HAVE L FEET FREE**13-16 PARALLEL CHASE ;; LF LARIAT /with L trans in 4 to BFY/WALL;;**

- 13 [(L FT) PARALLEL CHASE] *Note: Identical footwork for bth thru meas 13-14*
Rk fwd L LOD trng RF, rec R cont RF trn to L VARS RLOD, fwd RLOD L/lk Rib, fwd L;
14 Rk fwd R RLOD trng LF, rec L cont LF trn to VARS LOD, fwd LOD R/lk Lib of R, fwd R;
15 [LF Lariat] *Maintaining both hnds joined lead W to LF Lariat* Sd L, Rec R, in pl L/R, L
(*W walk around M CCW* Fwd L, Fwd R, Fwd L/lk RIB , Fwd L);
16 [cont Lariat /Lady trans in 4] Sd R, Rec L trn RF ¼ to Wall in pl R/L, R *chg hnds to BFY*
(Lady cont around M Fwd R, Fwd L, Fwd R, Fwd L to fce ptr Bfy/WALL);
(W 1 2 3 4)

INTERLUDE**1.4 CHASE WITH UNDERARM PASS to COH;; FENCELINE; CUCARACHA;**

- 1 [Chase with Underarm Pass to Bfy/COH] Fwd L trng ½ RF to COH
keep lead hands joined, fwd R COH, fwd L/XRIB, fwd L
(W rk bk R, rec L, fwd twd COH R/lk Lib, fwd R) ;
2 Rk bk R *lead W to pass by, & turn under lead hands* rec L, sd R/cl L, sd R
(W fwd L, fwd R *to pass by M under lead hands trng LF fc M, sd L/cl R/ sd L*) to Bfy/COH;
3 [Fenceline] X lunge thru L with soft knee, rec R to fc ptr, sd L/ cl R, sd L;
4 [Cucaracha] Sd R, rec L, step in pl R/L, R;

**5-8 CHASE WITH UNDERARM PASS to WALL;; 2 QK CUCARACHAS;
SD,CL, PT, - ;**

- 5 [Chase with Underarm Pass to Bfy/WALL] Fwd L trng ½ RF to WALL
keep lead hands joined, fwd R WALL, fwd L/XRIB, fwd L
(W rk bk R, rec L, twd WALL fwd R/lk Lib, fwd R) ;
6 Rk bk R *lead W to pass by, & turn under lead hands* rec L, sd R/cl L, sd R
(W fwd L, fwd R *to pass by M under lead hands trng LF fc M, sd L/cl R/ sd L*) to Bfy/WALL;
7 [2 Quick Cucarachas] repeat meas 7 of INTRO;
8 [Sd, Cl,Point Sd & Hold] repeat meas 8 of INTRO;

REPEAT PART B**ENDING****1-4 CUCARACHA TWICE ;; RUMBA SPOT TRN; RUMBA AIDA ;**

- 1-2 [Cucaracha twice] MAINTAINING BFY/WALL(*no arm work*) Repeat measures 13 &14 Part A
3 [Rumba Spot Trn] Thru L RLOD with straight leg , rec R to fc, sd L,- to BFLY;
(1,2,3,-) 4 [Rumba Aida] thru R trng RF, sd L cont RF turn, bk R to V bk to bk pos,-;