

Calm After The Storm

Phrased Partner Dance. Choreography: Heike and Kathleen Gutzeit 05/2014

Music: Calm After Storm - Ilse de Lange & Waylon

Sequence: AA - B - AA - BB - AA - B - A (up to count 24)

Note: The dance begins after 8 cycles with the song

Position: Sweetheart. Dance in a circle counterclockwise. The Lord inside, the lady outside. The right hands grasp over the right shoulder of the lady who left hands before the Lord.

Part A (32 counts)

(1-8) WALK, WALK, SHUFFLE FORWARD (2 X)

Mr

- 1, 2 2 steps forward (L-R)
- 3 & 4 Step forward (L-R-L)
- 5, 6, 2 Steps forward (R-L)
- 7 & 8 Shuffle forward (R-L-R)

Lady

- 1, 2 2 steps forward (R-L)
- 3 & 4 Step forward (R-L-R)
- 5, 6, 2 Steps forward (L-R)
- 7 & 8 Shuffle forward (L-R-L)

(9-16) ROCK STEP FORWARD, 3/4 TURN SHUFFLE, SIDE ROCK, CROSS SHUFFLE

Mr

- 1, 2 LF forward, weight on it and then back to the RF
 - 3 & 4 $\frac{3}{4}$ left-turn away from the partner, thereby perform steps 3 (LRL)
- Partners are facing, holding hands (both hands)*
- 5, 6 RF to right side, recover weight onto left
 - 7 & 8 Cross left right over, step left to left side, step further cross over left

Lady

- 1, 2 RF forward weight on it and back to the LF
 - 3 & 4 $\frac{3}{4}$ right turn away from the partner, thereby perform steps 3 (DFR)
- Partners are facing, holding hands (both hands)*
- 5, 6 LF to left side, recover onto right
 - 7 & 8 LF cross over right, step right to put something to LF, LF further cross over right

(17-24) SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE STEP ($\frac{1}{4}$ TURN)

Mr

- 1, 2 LF to left side, recover onto right
- 3 & 4 LF behind RF, RF to right side, step left in front of right
- 5, 6 RF to right side, recover weight onto left
- 7 & 8 step RF behind LF, LF filters to the left side with $\frac{1}{4}$ turn left, step forward

Partners are back in the line of dance (Sweetheart - position)

Lady

- 1, 2 RF to right side, recover weight onto left
- 3 & 4 step right behind left, step left to right, right over the LF
- 5, 6 LF to left side, recover onto right
- 7 & 8 LF behind RF, RF filters to the right side with $\frac{1}{4}$ turn right, step left forward

Partners are back in the line of dance (Sweetheart - position)

(25-32) ROCK STEP FORWARD, SHUFFLE BACK

(*Lady*: SHUFFLE turn), ROCK BACK, SHUFFLE FWD

Mr

- 1, 2 LF forward, weight on it and then back to the RF
- 3 & 4 Step backward (L-R-L)
- 5, 6 Step back on weight and back onto left
- 7 & 8 Shuffle forward (R-L-R)

Lady

- 1, 2 RF forward weight on it and back to the LF
- 3 & 4 Shuffle with full clockwise rotation (R-L-R)
- 5, 6 LF back, weight on it and back onto right
- 7 & 8 Shuffle forward (L-R-L)

Part B (32 counts)

(1-8) STEP LOCK SHUFFLE FORWARD (2 X)

Mr

- 1, 2 Step forward on left, right behind left
- 3 & 4 Step forward (L-R-L)
- 5, 6 Step forward on right, step left behind right
- 7 & 8 Shuffle forward (R-L-R)

Lady

- 1, 2 Step forward on right, step left behind right
- 3 & 4 Step forward (R-L-R)
- 5, 6 Step forward on left, right behind left
- 7 & 8 Shuffle forward (L-R-L)

(9-16) ROCKING CHAIR, ROCK STEP FORWARD, ½ TURN SHUFFLE

Mr

- 1, 2 LF step forward, recover on right
- 3, 4 Step left back, recover on right
- 5, 6 LF step forward, recover on right
- 7 & 8 ½ left-turn away from the partner, thereby perform steps 3 (LRL)

Partner preclude the line of dance (The Lord takes the r. Hand of the lady in his left hand)

Lady

- 1, 2 Step forward, recover to left
- 3, 4 Step right back, recover to left
- 5, 6 Step forward, recover to left
- 7 & 8 ½ turn in the air away from the partner, thereby perform steps 3 (DFR)

(17-24) ROCKING CHAIR, ROCK STEP FORWARD, ½ TURN SHUFFLE

Mr

- 1, 2 Step forward, recover to left
- 3, 4 Step right back, recover to left
- 5, 6 Step forward, recover to left
- 7 & 8 ½ turn in the air away from the partner, thereby perform steps 3 (DFR)

Partners are back in the line of dance (Sweetheart - position)

Lady

- 1, 2 LF step forward, recover on right
- 3, 4 Step left back, recover on right
- 5, 6 LF step forward, recover on right
- 7 & 8 ½ left-turn away from the partner, thereby perform steps 3 (LRL)

(25-32) STEP LOCK SHUFFLE FORWARD (2 X)

Mr

- 1, 2 Step forward on left, right behind left
- 3 & 4 Step forward (L-R-L)
- 5, 6 Step forward on right, step left behind right
- 7 & 8 Shuffle forward (R-L-R)

Lady

- 1, 2 Step forward on right, step left behind right
- 3 & 4 Step forward (R-L-R)
- 5, 6 Step forward on left, right behind left
- 7 & 8 Shuffle forward (L-R-L)

Ending: after count 24 - Part A

SIDE ROCK, STEP

Mr

- 1 & 2 step left to left, recover on right, step left next to right

Lady

- 1 & 2 Step right to right, recover on left, step right beside left