

# CONTENTMENT

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**Count:** 36      **Wall:** —      **Level:** —

**Choreographer:** Barbara Grimshaw

**Music:** Any Slow To Moderate Tempo Country Waltz Track

**Position:** Double Hand Hold. Man Facing OLOD, Lady Facing ILOD, Opposite (Mirror image)  
**footwork**

## BEHIND ROCK/SIDE (TWICE)

**1-3MAN:** Step left behind right, rock weight forward onto right, step left to left side

**LADY:** Step right behind, etc

**4-6MAN:** Step right behind left, rock weight forward onto left, step right to right side

**LADY:** Step left behind

## CHANGE PLACES (HANDS: MAN'S LEFT IN LADY'S RIGHT)

**1-3MAN:** Step left forward (under lady's right arm), pivoting  $\frac{1}{2}$  to left step on right, step left next to right

**LADY:** Step right forward, pivoting  $\frac{1}{2}$  to right step on left, step right next to left

**4-6MAN:** Step in place on right, left, right

**LADY:** Full turn right in place on left, right, left - under man's left arm

## BACK AWAY, ROLLING TURN (1 & $\frac{1}{4}$ )

**1-3MAN:** Step back on left, step right next to left, step left in place

**LADY:** Step back on right, step left next to right, step right in place

## Release hands

**4-6MAN:** Step right  $\frac{1}{4}$  to right, step left back  $\frac{1}{2}$  to right, step right  $\frac{1}{2}$  to right

**LADY:** Step left  $\frac{1}{4}$  to left, step right back  $\frac{1}{2}$  to left, step left  $\frac{1}{2}$  to left

## TWINKLES (CHANGING HANDS)

**Man's left in lady's right**

**1-3MAN: Step left across front of right, step right to right side, step left next to right**

**LADY: Step right across, etc**

#### **Man's right in lady's left**

**4-6MAN: Step right across front of left, step left to left side, step right next to left**

**LADY: Step left across, etc**

**TURN/POINT/HOLD, FORWARD/POINT/HOLD**

#### **Man's left in lady's right**

**1-3MAN: Step left forward  $\frac{1}{4}$  right into LOD, point right toes to right side, hold**

**LADY: Step right  $\frac{1}{4}$ , etc**

**4-6MAN: Step forward on right, point left toes to left side, hold**

**LADY: Step left forward, etc**

**TURN WALTZ TO STARTING POSITION**

**1-3MAN: Step left to left side, step right next to left, step left in place**

**LADY: Half turn left - slightly forward on right, left, right (under man's left arm)**

#### **Man facing LOD, lady facing RLOD**

**4-6MAN: Step right  $\frac{1}{4}$  to right side, step left next to right, step right in place**

**LADY:  $\frac{3}{4}$  Turn left on left, right, left (under man's left arm)**

**Back into starting position (man facing OLOD, lady facing ILOD - double hand hold)**

**REPEAT**