

A Prayer

Choreo: John & Karen Herr, 4535 Red Rock Dr, Larkspur, CO, 80118
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Music: Tune: "The Prayer", by Vio Friedmann,
on Album: "The Most Beautiful Songs for Dancing 2000"
Avail from: iTunes & Amazon
Music is cut at: 2:38, and sped up by 2%
Purchase the music first, then contact chor. for edited version
PH/RHY: IV Waltz Difficulty: Medium
Seq: Intro A B inter A B End Date: April 1st, 2013

Intro

1-10 [CP DC LEAD FEET FREE] WAIT 2;; SWAY L/R;; 2 L TRNS;; WSK;
UNWIND 6 [to CP WALL Trail Feet Free];; Sd DRW TCH;
1-4 wait 2 meas;; sd L & hold; sd R & hold;
5-6 [L trns] fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R;
7-7 [wsk] fwd L, sd & fwd R w/ rise, hk L beh R (W hk R beh L);
8-9 [unwnd] thru R (W unwinds M), -, - (W wks rotating M fwd L, R, L);
M cont to be rotated, -, cls L (W cont unwind R, L, R) end CP WALL;
10-10 [sd tch] sd R; draw L to R, -;

Part A

1-8 HVR; PKUP; 1 L TRN; HVR CORTE; BK WSK; THRU CHASSE; PKUP; DRG HES;
1-1 [hvr] fwd L, sd & fwd R w/ rise, rec L;
2-2 [pkup] thru R ldg W to CP LOD, sd L, cls R;
3-3 [L trn] fwd L trng LF 1/2, sd R, cl L;
4-4 [hvr corte] bk R trng LF 1/4, sd & fwd L, rec bk R to BJO;
5-5 [bk wsk] bk L, bk & sd R, hk LIBR w/ rise;
6-6 [thru chasse] XRIFL (W XLIFR), fc ptr sd L/cl R, sd L;
7-7 [pkup] repeat meas 2;
8-8 [drg hes] fwd L trng LF, cont trn sd R, drw L to R to CBJO;

9-13 BK BK LK BK; OPN IMPTUS; WING SCAR; OPN TELMRK; FWD/LDY OUTSD SWVL;
9-9 [b blb] in CBJO bk L, bk R/lk LIFR, bk R;
10-10 [opn imp] bk L trng RF, heel trn bk R (W sd & fwd L arnd M),
fwd L in tight SCP;
11-11 [wing] fwd R leading W in frnt to SCAR LOD, draw L to R, tch L;
12-12 [opn tel] fwd L, trn LF sd & fwd R (W bk L w/ heel trn),
fwd L to tight SCP;
13-13 [fwd swvl] fwd R ldg W to swvl, -, - (W fwd L, swvl LF to BJO, -);

14-16 BK/LDY OUTSD SWVL [SEMI]; NAT HVR X [SYNCH'D];;
14-14 [bk swvl] bk L ldg W to swvl, -, - (W fwd R, swvl RF to SCP, -);
15-16 [nat hvr x] fwd R trng RF, sd L DW, strong RF trn sm sd R
(W bk L trng RF, heel trn, sd L/bk R); fwd L to CSCAR/rec R,
sd & fwd L, fwd R to CBJO (W rec L, sm R, bk L);

Part B

- 1-5 OPN RVS TRN; OUTSD CHK; BK PASSG CHG; HVR CORTE; BK HVR TO SEMI;
1-1 [opn rvs] CP fwd L trng LF, cont trn sd R, bk L to CBJO;
2-2 [outsd chk] bk R trng LF, sd & fwd L, ck fwd R to BJO;
3-3 [passg chg] in CBJO bk L, bk R, bk L;
4-4 [hvr corte] repeat meas 4 of Part A;
5-5 [bk hvr] bk L, bk R w/ rise trng W RF, rec L to SCP;
- 6-13 MNVR; OVRSPN TRN; OPN FIN [TO DC]; DIAM TRNS TO SCAR;:::;
X HVR SEMI;
6-6 [mnvr] fwd R trng RF in frnt of W, sd L, cl R to CP RLOD;
7-7 [ovr spn trn] bk L pvtg RF 3/4, fwd R w/ rise, sd & bk L;
8-8 [opn fin] bk R comm LF trn, sd L cont trn to DC, fwd R to BJO;
9-12 [diams] trng LF continuously fwd L, sd R, bk L; bk R, sd L, fwd R;
fwd L, sd R, bk L; w/o trn bk R, sd L, fwd R to SCAR DW;
13-13 in SCAR XLIFR (W XRIBL), sd R w/ rise (W bk L w/ rise),
rec L (W fwd R) to SCP;

Interlude

- 1-4 WEV 6 TO SEMI;:: THRU CHASSE; THRU FC CLS;
1-2 [wev] fwd R ldg W in frnt, fwd L to CP trng LF, sd & bk R to BJO;
bk L, sd & bk R to CP trng LF, sd & fwd L to SCP
(W trns RF fwd R to SCP);
3-3 [thru chasse] repeat meas 6 of Part A;
4-4 [thru fc cls] XRIFL (W XLIFR), fwd L to fc ptr, cl R;

End

- 1-4 I/O RUNS;:: THRU TO PROM SWAY; CHG OF SWAY;
1-2 fwd R trng RF in frnt of W, sd & bk L to CBJO, bk R in BJO;
bk L trng RF, bk R (W sd & fwd L arnd M), fwd L to tight SCP;
3-3 XRIFL, sd L to tight SCP, stretch the right side w/ fwd & upward
poise to fc LOD;
4-4 slowly chg R sd stretch to left sd stretch end looking to RVS,-,-;