

# AMAZED

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**CD Music:** "Amazed" by Lonestar, Album Lonely Grill Track 3  
**Music YouTube Link:** <https://youtu.be/x-skFgrV59A>  
**MP3 Download:** Available through Amazon  
**Rhythm/Phase:** Slow Two Step. ROUNDALAB Phase V+0+1 (Circular Triple Traveler) **Released:** 9/27/25  
**Footwork:** Opposite, directions for W (except where noted) **Difficulty:** Average  
**Download Time:** 3:58 – Slowed 6.9% to 130 BPM or 41.9 RPM **Revised:** 10-22-25  
**Sequence:** Into, A, B, C, A, B, C, Brg, Bmod, End Special Thanks to Jennifer Hunt & Dawn Mee

## INTRO

[FCG PT & WALL] **WAIT; slo Man LIFTS Lady's HEAD; slo Lady CARESS Man's FACE; slo JOIN LEAD HNDs;**

- 1 S-- After 2 beats wait 1 meas fcg ptr & WALL with trails hnds joined;
- 2 S-- {Man lift Lady's Head} M brings lead hand up and encourages W to lift head, -, -, -;
- 3 S-- {Lady Caress M's Face} With lead hnd W caress M's face, -, -, -;
- 4 S-- {Join Lead Hnds} Join lead hands to BFLY WALL, -, -, -;

## PART A

[BFLY WALL] **BASIC;; UNDERARM TRN; BASIC END;**

- 1-2 {Basic} Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R;
- 3 {Underarm Trn} Sd L to join lead hnds palm-to-palm, -, XRIB, rec L (*W sd R comm RF trn under joined lead hnds, -, XLIF to LOD cont 1/2 RF trn, fwd R comp trn to M's right side of ptr*);
- 4 {Basic End} Sd R, -, XLIB, rec R;

[BFLY WALL] **SD BASIC; LUNGE BASIC – 2X;; REV UNDERARM TRN;**

- 5 {Sd Basic} Sd L, -, XRIB, rec L;
- 6-7 {Lunge Basic-2X} Sd R with slight lunge action, -, rec L, XRIF; Sd L with slight lunge action, -, rec R, XLIF;
- 8 {Rev Underarm Trn} Sd R joining lead hnds palm-to-palm, -, XLIF, rec R (*W sd L comm LF trn under lead hnds, -, XRIF to RLOD cont trng LF 1/2, rec fwd L to comp trn to fc ptr*) to BFLY WALL;

[BFLY WALL] **2 OP BASICS to HALF OP;; ARM to ARM;;**

- 9-10 {2 Op Basic} Sd L and open body to LT HALF OP RLOD, -, XRIB, rec L to fc ptr; Sd R and open body to HALF OP LOD, -, XLIB, rec fwd R to HALF OP LOD;
- 11-12 {Arm to Arm} Fwd L leading W across and scooping ptr up with left arm, -, fwd R, fwd L to end in "V" POS LEFT HALF OP LOD; Fwd R leading W across and scooping ptr up with right arm, -, fwd L, fwd R (*W fwd & sd R DLC changing sides and sharply trng LF, -, fwd L, fwd R to end in "V" POS LEFT HALF OP LOD; Fwd & sd L DLW changing sides and sharply trng RF, -, fwd R, fwd L*) end in "V" POS HALF OP LOD;

[V" POS LOD] **UNDERARM TRN; OPEN BREAK to HNDSHK; TRADE PLACES – 2X;;**

- 13 {Underarm Trn} Sd L to join lead hnds palm-to-palm, -, XRIB, rec L (*W sd R comm RF trn under joined lead hnds, -, XLIF to LOD cont 1/2 RF trn, fwd R comp trn to M's right side of ptr*);
- 14 {Open Break} Sd R, -, bk L while extending lead arm straight out parallel to floor with palms down, rec fwd R releasing hnds to HNDSHK WALL;
- 15-16 {Trade Places – 2X} With R hnds joined fwd L trng 1/4 RF to fc RLOD beh W then release R hnds, -, cont RF trn to fc ptr & COH stepping bk R, rec fwd L joining L hnds; With L hnds joined fwd R trng 1/4 LF to fc LOD beh W then release L hnds, -, cont LF trn to fc ptr & WALL stepping bk L, rec fwd R (*W with R hnds joined fwd R trng 1/4 LF to fc RLOD in front of M release R hnds, -, cont LF trn to fc ptr stepping bk L, rec fwd R with L hnds joined; fwd L trng 1/4 RF to fc LOD in front of M release L hnds, -, cont RF trn to fc ptr stepping bk R, rec fwd L*) joining R hnds;

[HNDSHK WALL] **SHADOW BREAK; SHADOW BREAK w/ Lady's HEAD LOOP;**

- 17 {Shadow Break} Sd L, -, bk R trng 1/4 RF fc RLOD, rec L;
- 18 {Shadow Break w/ Lady's Head Loop & P/UP} Sd R loop R hnds over W head placing hnds on W's R shldr, -, bk L trng 1/4 LF fc LOD, rec R leading W in front (*W sd L loop R hnds over W's head, -, bk R trng 1/4 RF fc LOD, rec L trng 1/4 LF to fc ptr LOD*);

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## PART A (cont)

### [LOD] LEFT TRN w/ INSIDE ROLL; OPEN BASIC; THE SQUARE HALF;; BASIC;;

- 19 {Left Trn w/Inside Roll} Fwd L comm 1/4 LF trn, -, sd R raising lead hnds to start W into left trn, XLIF to fc ptr (*W bk R comm 1/4 LF trn, -, sd L cont LF trn under lead hnds, cont LF trn sd R to fc ptr*);
- 20 {Op Basic} Repeat PART A Meas 10;
- 21 {The Square Half} Sd L trng 3/8 RF crossing in front of W, -, sd R twd WALL in a V-shaped LF HALF OP POS, XLIF (*W fwd R, -, sd L twd WALL in a V-shaped LF HALF OP POS, XRIF comm RF trn to cross in front of M*);
- 22 {Cont The Square Half} Fwd R, -, sd L twd LOD in a V-shaped HALF OP POS, XRIF comm RF trn to cross in front of W (*W sd L trng 3/8 RF crossing in front of M, -, sd R twd LOD in a V-shaped HALF OP POS, XLIF*);
- 23-24 {Basic} Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R leading W in front;

## PART B

### [CP WALL] CIRCULAR TRIPLE TRAVELER;; OPEN BASIC;

- 1 {Circular Triple Traveler} Fwd L comm LF upper body trn to lead the W to M's left sd raising lead hnds to start W into left trn, -, fwd & sd R, fwd XLIF (*W bk R trng 1/4 LF, -, cont trn sd & fwd L trng 1/2 under joined lead hnds, sd & fwd R cont trn to fc LOD*);
- 2 s-- Fwd & sd R twd COH, -, slowly turn LF on R under joined lead hnds as you lead W like a lariat, (*W fwd & sd L (SQQ) shaping RF to M, -, strongly curving RF around M fwd R, fwd L*) to end LOP V-SHAPE RLOD;
- 3 Fwd L leading W to RF trn under lead hnds, -, sd & fwd R while trng LF to fc ptr, XLIF (*W fwd R comm RF trn under joined lead hnds, -, cont RF trn fwd L, comp RF trn XRIF*) to BFLY WALL;
- 4 {Op Basic} Repeat PART A Meas 10 to BFLY WALL;

### [BFLY WALL] UNDERARM TRN; BASIC END; TRAVELING CROS CHASSE – 3X;;

- 5 {Underarm Trn} Repeat PART A Meas 13;
- 6 {Basic End} Sd R, -, XLIB, rec R leading W in front (*W sd L, -, XRIB, rec L trng 1/4 LF to fc ptr*) to LOW BFLY LOD;
- 7-8 {Traveling Cros Chasse} Sd & fwd L trng LF twd DLC blend to right shldr lead with both hands joined going down and in at hip level, -, sd & fwd R trng RF twd DLW, XLIF; Sd & fwd R trng DLW blend to left shldr lead, -, sd L, XRIF (*W bk R trng LF blending to left shldr lead with both hnds joined going down and in at hip level, -, sd & bk L DLW, XRIF; Bk L trng RF blending to right shldr lead, -, bk & sd R, XLIF*);
- 9 {Cont. Traveling Cros Chasse} Repeat PART C Meas 7;

### [LOW BFLY LOD] PASSING CROS CHASSE; BK PASSING CROS CHASSE to FC COH; HORSESHOE TRN;;

- 10 {Passing Cros Chasse} Fwd R comm RF trn with strong left side lead, -, sd L cont RF trn and pass W on her right side, XRIF trng RF to comp 3/8 to 1/2 RF trn and end fcg ptr (*W bk and slightly sd L trng RF, -, cont RF trn sml sd and fwd R, XLIF to end fcg ptr*) to RLC;
- 11 {BK Passing Cros Chasse} Bk and slightly sd L trng RF, -, cont RF trn sml sd and fwd R, XLIF to end fcg ptr (*W fwd R comm RF trn with strong left side lead, -, sd L cont RF trn and pass M on his right side, XRIF trng RF to comp 1/8 to 1/4 RF trn and end fcg ptr*) in BFLY COH;
- 12-13 {Horseshoe Trn} Sd & fwd R with right side stretch to a "V" POS, -, slip thru L with a checking action cont to shape to ptr, rec R raising lead hnds; Fwd L comm LF trn, -, fwd R comm circle walk, fwd L comp circle walk to fc ptr (*W sd & fwd L with left side stretch to "V" POS, -, slip thru R with checking action cont to shape to ptr, rec L raising lead hnds; Fwd R comm RF trn, -, fwd L cont RF circle walk under joined lead hnds, fwd R comp circle walk to fc ptr*) to BFLY WALL;

### [BFLY WALL] BASIC END to CP; CUDDLES – 2X to HALF OP LOD;;

- 14 {Basic End} Repeat Part A Meas 4 to CP;
- 15-16 {Cuddle – 2X} Sd L with left side stretch giving W a slight left side lead to open her out, -, sd R with right side stretch, rec L chg to left side stretch placing right hnd on W's right shldr blade leading her to CP; Sd R with right side stretch giving W a slight right side lead to oper her out, -, sd L with left side stretch, rec R chg to right side stretch placing left hnd on W's left shldr blade to HALF OP (*W sd R with right side stretch trng 1/2 LF, -, bk L with left side stretch extend free arm out to the side, rec R changing to right side stretch trng 1/2 RF place right hand on M's right shldr blending to CP; Sd L with left side stretch trng 1/2 RF, -, bk R with right side stretch extend free arm out to the side, rec L changing to left side stretch trng 1/2 LF place left hand on M's left shldr to HALF OP*) to LOD;

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## PART C

### [HALF OP LOD] THE SQUARE;;;:

- 1-2 {**The Square**} Sd L trng 3/8 RF crossing in front of W, -, sd R twd COH in a V-shaped LF HALF OP POS, XLIF (*W fwd R, -, sd L twd COH in a V-shaped LF HALF OP POS, XRIF comm RF trn to cross in front of M*); Fwd R, -, sd L twd RLOD in a V-shaped HALF OP POS, XRIF comm RF trn to cross in front of woman (*W sd L trng 3/8 RF crossing in front of M, -, sd R twd RLOD in a V-shaped HALF OP POS, XLIF*);
- 3-4 {**Cont The Square**} Repeat Part B Meas 3-4;;

### [HALF OP LOD] Slo TWISTY VINE 4;; Slo TCH w/ Slo SUNBURST::

- 5-6 {**Slo Twisty Vine 4**} Blending to CP comm slight RF upper body trn sd & bk L, -, XRIB, -; Comm slight LF upper body trn sd & fwd L, -, XRIF, (*W comm slight RF upper body trn sd & fwd R, -, XLIF, -; Comm slight LF upper body trn sd & bk R, -, XLIB,*) to BJO -;
- 7-8 {**Slo Tch w/ Slo Sunburst**} Blending to LOW BFLY WALL tch L to R, -, -, -; Without changing weight extend body and arms upward looking up sweeping arms out to sd, -, cont arm sweep bringing hnds downward to waist level and bring head down to look at ptr to BFLY WALL, -;

### Repeat Part A

### Repeat Part B

### Repeat Part C

## BRIDGE

### [BFLY WALL] SD BASIC; SWEETHEART WRAP; SWEETHEART RUNS – 2X::

- 5 {**Sd Basic**} Sd L, -, XRIB, rec L;
- 6 {**Sweetheart Wrap**} Sd R leading W to wrap LF under lead arms, -, XLIB, fwd R (*W sd L comm LF trn under joined lead hnds, -, XRIF cont LF trn, rec fwd L completing trn*) to WRAP LOD;
- 7-8 {**Sweetheart Runs**} In WRAP POS LOD fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R;

## PART Bmod

### [CP WALL] CIRCULAR TRIPLE TRAVELER 5 to HNDSHAK;;;:

- 1-3 {**Circular Triple Traveler**} Repeat PART C Meas 1-3 to LOP REV WALL;;
- 4 s-- {**Cont Circular Triple Traveler**} Fwd & sd R twd WALL, slowly turn LF on R under joined lead hnds as you lead W (*SQQ*) like a lariat, -, (*W fwd & sd L shaping RF to M, -, strongly curving RF around M fwd R, fwd L*) to end LOP “V” SHAPE LOD -;
- 5 Fwd L leading W to RF trn under lead hnds, -, sd & fwd R while trng LF to fc ptr, XLIF (*W fwd R comm RF trn under joined lead hnds, -, cont RF trn fwd L, comp RF trn XRIF*) to HNDSHAK COH;

### [HNDSHAK COH] HALF MOON to BFLY WALL;; BASIC END:

- 6-7 {**Half Moon**} Sd R comm RF trn with right side stretch slight “V” shape twd ptr, -, cont trng RF slip fwd L, rec bk R trng to fc ptr; Trng 1/4 LF sd & fwd L, -, slip bk R shape twd ptr, fwd L cont trng 1/4 to fc ptr (*W sd L comm LF trn with left side stretch slight “V” shap twd ptr, -, cont trng LF slip fwd R, rec bk L trng to fc ptr; Sd & fwd R, -, slip fwd L in front of M trng LF 1/4, bk R cont trng 1/4 LF to fc ptr*) to BFLY WALL;
- 8 {**Basic End**} Repeat PART A Meas 4 to LOW BFLY LOD;

### [LOW BFLY LOD] TRAVELING CROS CHASSE – 3X;;; PASSING CROS CHASSE; BK PASSING CROS CHASSE to FC COH; HORSESHOE TRN;; BASIC END to CP; CUDDLES – 2X to CP WALL;;

- 9-18 Repeat PART C Meas 7-16;;;;;;;

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## END

### [CP WALL] TWISTY VINE 3; MANUV & PIVOT 2; TWISTY VINE 3; MANUV & PIVOT 2;

- 1 {Twisty Vine 3} Sd L, -, XRIB, sd L;
- 2 {Manuv & Pivot 2} Fwd R comm RF upper body trn, -, bk L cont RF trn leaving right leg extended in front, fwd R between W's feet heel to toe trng RF (*W bk L comm RF upper body trn, -, fwd R between M's feet heel to toe trng RF leaving left leg extended beh, bk L trng RF leaving right leg extended front*) to CP WALL;
- 3 {Twisty Vine 3} Repeat END Meas 1;
- 4 {Manuv & Pivot 2} Repeat END Meas 2;

### [CP WALL] Slo HIP RK 4;; Slo AROUND THE WORLD w/ KISS;;:

- 1-2 SSSS {Hip Rk 4} Rk sd L rolling hip sd & bk, -, rk sd R rolling hip sd & bk, -, Rk sd L rolling hip sd & bk, -, rk sd R rolling hip sd & bk, -;
- 3-4 S--- {Slo Around The World} Supporting W with R hand at center of W's upper back slowly roll her to R straightening from sway, -, -, -; rise slowly bring W back up to look at ptr, -, -, -; w/ kiss;

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## QUICK CUES

Sequence: **Into, A, B, C, A, B, C, Brg, Bmod, End**

### INTRO

[FCGPT & WALL] **WAIT; slo Man LIFTS Lady's HEAD; slo Lady CARESS Man's FACE; slo JOIN LEAD HNDS;**

### PART A

[BFLY WALL] **BASIC;; UNDERARM TRN; BASIC END; SD BASIC; LUNGE BASIC – 2X;; REV UNDERARM TRN; 2 OP BASICS to HALF OP;; ARM to ARM;; UNDERARM TRN; OPEN BREAK to HNDSHK; TRADE PLACES – 2X;; SHADOW BREAK; SHADOW BREAK w/ Lady's HEAD LOOP; *picking up* LEFT TRN w/ INSIDE ROLL; OPEN BASIC; THE SQUARE HALF;; BASIC;;**

### PART B

[CP WALL] ***picking up* CIRCULAR TRIPLE TRAVELER;;; OPEN BASIC; UNDERARM TRN; BASIC END; *picking up* TRAVELING CROS CHASSE – 3X;;; PASSING CROS CHASSE; BK PASSING CROS CHASSE to FC COH; HORSESHOE TRN;; BASIC END to CP; CUDDLES – 2X to HALF OP LOD;;**

### PART C

[HALF OP LOD] **THE SQUARE;;; Slo TWISTY VINE 4;; Slo TCH w/ Slo SUNBURST;;**

### PART A

[BFLY WALL] **BASIC;; UNDERARM TRN; BASIC END; SD BASIC; LUNGE BASIC – 2X;; REV UNDERARM TRN; 2 OP BASICS to HALF OP;; ARM to ARM;; UNDERARM TRN; OPEN BREAK to HNDSHK; TRADE PLACES – 2X;; SHADOW BREAK; SHADOW BREAK w/ Lady's HEAD LOOP; *picking up* LEFT TRN w/ INSIDE ROLL; OPEN BASIC; THE SQUARE HALF;; BASIC;;**

### PART B

[CP WALL] ***picking up* CIRCULAR TRIPLE TRAVELER;;; OPEN BASIC; UNDERARM TRN; BASIC END; *picking up* TRAVELING CROS CHASSE – 3X;;; PASSING CROS CHASSE; BK PASSING CROS CHASSE to FC COH; HORSESHOE TRN;; BASIC END to CP; CUDDLES – 2X to HALF OP LOD;;**

### PART C

[HALF OP LOD] **THE SQUARE;;; Slo TWISTY VINE 4;; Slo TCH w/ Slo SUNBURST;;**

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## **QUICK CUES CONT.**

### **BRIDGE**

[BFLY WALL] **SD BASIC; SWEETHEART WRAP; SWEETHEART RUNS – 2X;;**

### **PART Bmod**

[CP WALL] ***picking up* CIRCULAR TRIPLE TRAVELER 5 to Hndshak;;; HALF MOON to BFLY WALL;; BASIC END;  
*picking up* TRAVELING CROS CHASSE – 3X;;; PASSING CROS CHASSE; BK PASSING CROS CHASSE to FC COH;  
HORSESHOE TRN;; BASIC END to CP; CUDDLES – 2X to CP WALL;;**

### **END**

[CP WALL] **TWISTY VINE 3; MANUV & PIVOT 2; TWISTY VINE 3; MANUV & PIVOT 2; Slo HIP RK 4;;  
Slo AROUND THE WORLD w/ KISS;;;**