

EMBRACEABLE YOU

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MUSIC: Embraceable You, Album: Summertime **ARTIST:** Willie Nelson & Sheryl Crow
SOURCE: Amazon **TIME:** 3:36 as downloaded
RHYTHM/PHASE: Bolero phase 5 + 2 (Curl, Ronde & Slip)
FOOTWORK: Opposite unless indicated (W's footwork in parentheses) SQQ unless noted
SEQUENCE: INTRO A B C END

https://www.amazon.com/Embraceable-You/dp/B019NPB43E/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1538507987&sr=1-1&keywords=Embraceable+You+Willie+Nelson

MEAS

INTRO

1-4 CUDDLE CP WALL, TRL FT FREE, WAIT; HIP RKS, TWICE;; HIP LIFT;
1 Wait;
2-3 {Hip Rks, Twice} Rk sd R rolling hip sd and bk, -, rec L w/hip roll, rec R w/hip roll; Rk sd L rolling hip sd and bk, -, rec R w/hip roll, rec L w/hip roll;
4 {Hip Lift} Sd R bringing L to wgt'd ft, -, w/slight pressure on free ft lift hip, lower hip;

PART A

1-4 BASIC;; TRNG BASIC; LUNGE BRK;
1-2 {Basic} Sd L w/bdy rise, -, bk R w/slp'g action, fwd L; sd R w/bdy rise, -, for L w/slp'g action, bk R;
3 {Trng Basic} Sd L, -, trng 1/4 LF w/slp pvt action bk R, fwd L trng 1/4 LF; (Sd R, -, trng 1/4 LF w/slp pvt action fwd L, bk R trng 1/4 LF;)
4 {Lunge Break} Sd and fwd R w/bdy rise to LOP FCG, -, comm slight RF bdy trn lowering on R ldg W bk xtnd L to sd and bk, comm slight LF bdy trn rising on R to rec; (Sd and bk L w/bdy rise to LOP FCG, -, bk R w/contra ck like action, fwd L;)
5-8 SHLDR TO SHLDR, TWICE;; LFT PASS; LUNGE BRK;
5-6 {Shldr to Shldr, Twice} Sd L w/bdy rise, -, XRif to BFLY SCAR lowering, bk L trng to fc ptr; (Sd R w/bdy rise, -, XLib BFLY SCAR lowering, fwd R to fc ptr;) Sd R w/bdy rise, -, XLif to BFLY BJO lowering, bk r trng to fc ptr. (Sd L w/bdy rise, -, XRib to BFLY BJO lowering, fwd L to fc ptr.;)
7 {Lft Pass} Fwd L to SCAR comm to trn ptr RF, -, bk R w/slp'g action, fwd L trng LF; (Fwd R trng 1/4 RF w/back to ptr, -, sd and fwd strong LF trn, bk R;)
8 {Lunge Break} Sd and fwd R w/bdy rise to LOP FCG, -, comm slight RF bdy trn lowering on R ldg W bk xtnd L to sd and bk, comm slight LF bdy trn rising on R to rec; (Sd and bk L w/bdy rise to LOP FCG, -, bk R w/contra ck like action, fwd L;)

9-12**RT PASS, HNDSHK; HALF MOON;; START HALF MOON;**

9 {Rt Pass}Fwd and sd L comm RF trn raise ld hnds to create window, -, XRib of L cont RF trn, fwd L; (Fwd R, -, fwd L comm LF trn, bk R cont LF trn undr raised ld hnds to fc ptr;)

10-11 {Half Moon}Sd R comm RF trn w/R sd stretch slight "V" shape twd ptr, -, cont trng RF slp fwd L shaping to ptr, rec bk R trng to fc ptr; trng 1/4 LF sd and fwd L w/L sd stretch, -, slp bk R shaping to ptr, fwd L cont trng 1/4 to fc ptr; (Sd L comm LF trn w/L sd stretch, -, cont trng LF slp fwd R shaping to ptr, rec bk L trng to fc ptr; trng 1/4 RF sd and fwd R raising L arm trng slightly awy from ptr but looking at and shaping to ptr, -, slp fwd L in frnt of M trng LF 1/2, bk R cont trng 1/4 LF to fc ptr;)

12 {Start Half Moon} Sd R comm RF trn w/R sd stretch slight "V" shape twd ptr, -, cont trng RF slp fwd L shaping to ptr, rec bk R trng to fc ptr; (Sd L comm LF trn w/L sd stretch, -, cont trng LF slp fwd R shaping to ptr, rec bk L trng to fc ptr;)

13-16**AIDA;. SWTCH RK; RIFF TRN; SLO SD CL;**

13 {Aida}Sd L to slight op "V" shape twd ptr, -, thru R, trng RF stp sd L;

14 {Aida line, swtch rk}Cont RF trn bk R in Aida Line, -, trng LF to fc ptr sd L, rec R;

15 qqqq {Riff Trns}Sd L raise ld hnds to start W into RF spn, cl R to L as W comp spn, sd L keeping ld hnds up start W into RF spn, cl R to L as W comp spn; (Sd and fwd R spn RF comp one full trn undr jnd ld hnds, cl L to R, sd and fwd R spn RF comp one full trn undr jnd ld hnds, cl L to R;)

16 ss {Slo Sd Cl}Sd L, draw R to L, cl L to R, -;

PART B**1-4****HALF BASIC, HNDSHK; HALF MOON;; CONTRA BRK;**

1 {Half Basic}Sd L w/bdy rise, -, bk R w/slpg action, fwd L to HNDSHK;

2-3 {Half Moon}Sd R comm RF trn w/R sd stretch slight "V" shape twd ptr, -, cont trng RF slp fwd L shaping to ptr, rec bk R trng to fc ptr; trng 1/4 LF sd and fwd L w/L sd stretch, -, slp bk R shaping to ptr, fwd L cont trng 1/4 to fc ptr; (Sd L comm LF trn w/L sd stretch, -, cont trng LF slp fwd R shaping to ptr, rec bk L trng to fc ptr; trng 1/4 RF sd and fwd R raising L arm trng slightly awy from ptr but looking at and shaping to ptr, -, slp fwd L in frnt of M trng LF 1/2, bk R cont trng 1/4 LF to fc ptr;)

4 {Contra Brk}W/R hnds jnd sd and fwd R w/R sd stretch, -, slp fwd L sm stp w/R shldr ld to contra check action, rec bk R; (Sd and bk L w/L sd stretch, -, slp bk R w/L sd ld to contra check action, rec fwd L;)

5-8**SHLDR TO SHLDR, TWICE;; LFT PASS; CUDDLE HIP RKS;**

5-6 {Shldr to Shldr, Twice}Sd L w/bdy rise, -, XRif to BFLY SCAR lowering, bk L trng to fc ptr; (Sd R w/bdy rise, -, XLib BFLY SCAR lowering, fwd R to fc ptr;) Sd R w/bdy rise, -, XLif to BFLY BJO lowering, bk r trng to fc ptr. (Sd L w/bdy rise, -, XRib to BFLY BJO lowering, fwd L to fc ptr.)

7 {Lft Pass}Fwd L to SCAR comm to trn ptr RF, -, bk R w/slpg action, fwd L trng LF; (Fwd R trng 1/4 RF w/back to ptr, -, sd and fwd strong LF trn, bk R;)

8 {Hip Rks}Cuddle Pos rk sd R rolling hip sd and bk, -, rec L w/hip roll, rec R w/hip roll;

9-10 LADY TO FAN; START HCKY STK;

9 {Lady to FAN}Sd L, -, bk R, rec L; (Sd R, -, fwd L, tng LF stp sd and bk R making 1/4 trn to L;)

10 {Start Hky stk}Sd R, -, fwd L, rec R; (Bk and sd L leaving R xtnd fwd w/no wgt, -, cl R, fwd L;)

11-12 LARIAT TO TANDEM WALL, M TRANS;;

11 {Lariat to Tandem wall, m trans}Cl L, -, cl R, sd L; (Fwd R comm CW circle around M, -, fwd L, fwd R;)

12 ss (sq) {M trans}Cl R, -, cl L, -; (fwd L, -, fwd R to fc wall, cl L;)

13-14 SHDW BRKS w/LDY CARESS, TWICE;;

13-14 {Shdw Brks w/Caress, twice}Sd and fwd R w/bdy rise to Tandem wall, -, bk L lowering, rec R; Sd and fwd L w/bdy rise, -, bk R lowering, rec L;

15-16 W SWVL TO CP w/HIP RKS, M TRANS; HIP LIFT;

15 ss (sq) {W swvl to CP w/hip rks, M trans}Sd R, -, sd L, -; (Sd R swvlg 1/2 RF, -, sd L w/hip roll, rec R w/hip roll;)

16 {Hip lift} Sd R bringing L to wgted ft, -, w/slight pressure on free ft lift hip, lower hip;

PART C**1-2 DBL HND OPNG OUT; CURL TO WRAP;**

1 s (sq) {Opng Out}In BFLY sip L comm LF bdy rotation, -, lower on L comp upper bdy trn and xtnd R to sd, rise and rotate in BFLY; (Sd and bk R w/bdy rise comm bdy rotation to match ptr, -, XLib lowering, rec R;)

2 {Curl}Bk R, -, cl L ldg W to trn [swvl] LF undr raised L hnd, fwd R; (Fwd L, -, fwd R stg LF trn [swvl], cont trn to comp 5/8 trn in frnt of M end fcg same dir in WRP fwd L;)

3-4 SYNC BOL WLK; PROM SWAY TO OVERSWAY;

3 sq&q {Sync Bol Wlk}Fwd L, -, fwd R/fwd L, fwd R to CP;

4 s {Prom Sway to Ovrsway}Sd L to SCP, incline the bdy from the ankle upward away from the unwtgd ft, chg stretch of bdy and hd pos to opp dir ldg W to CP relax L knee, chg to R sway slowly rotate LF w/L sd stretch chging W's head DRC;

5-6 FALLWAY RONDE & SLIP; CORTE & RK 2;

5 {Fallway Ronde & Slip}Sd R and ronde L CCW and XLib of R w/no wgt [w/R sd stretch], -, bk L trng LF [no sway], slp bk sm R to CP DLW; (Sd L and ronde R CW and XRib of L no wgt, -, bk R start a LF trn on the ball of R ft [thighs lkd and L leg xtnd], fwd L slp cont LF trn plcg L ft near M's R ft to CP;)

6 {Corte and Rk 2}Bk and sd L using lowering action w/supporting leg flexed, -, rk fwd R, rec bk L;

7-8 RONDE, BHND SD CLS; LUNGE BRK;

7 s q&q {Ronde bhnd sd cl}Fwd R rotating upper body RF ldg W to Ronde, -, XLib of R, sd R/cl L to BFLY; (Bk L rotating RF ronde R CW, -, XRib of L, sd L/XRif of L;)

8 {Lunge Break} Sd and fwd R w/bdy rise to LOP FCG, -, comm slight RF bdy trn lowering on R ldg W bk xtnd L to sd and bk, comm slight LF bdy trn rising on R to rec; (Sd and bk L w/bdy rise to LOP FCG, -, bk R w/contra ck like action, fwd L;)

9-16 DBL HND OPNG OUT; CURL TO WRAP;**SYNC BOL WLKS; PROM SWAY TO OVERSWAY;****FALLWAY RONDE & SLIP; CORTE & RK 2;****RONDE, BHND SD CLS; LUNGE BRK;**

9-16 Repeat meas 1-8 of part C.

END**1-4 BASIC;; TRNG BASIC; LUNGE BRK;**

1-2 {Basic}Sd L w/bdy rise, -, bk R w/slpg action, fwd L; sd R w/bdy rise, -, for L w/slpg action, bk R;

3 {Trng Basic}Sd L, -, trng 1/4 LF w/slp pvt action bk R, fwd L trng 1/4 LF; (Sd R, -, trng 1/4 LF w/slp pvt action fwd L, bk R trng 1/4 LF;)

4 {Lunge Break}Sd and fwd R w/bdy rise to LOP FCG, -, comm slight RF bdy trn lowering on R ldg W bk xtnd L to sd and bk, comm slight LF bdy trn rising on R to rec; (Sd and bk L w/bdy rise to LOP FCG, -, bk R w/contra ck like action, fwd L;)

5-8 SHLDR TO SHLDR, TWICE;; LFT PASS; LUNGE BRK;

5-6 {Shldr to Shldr, Twice}Sd L w/bdy rise, -, XRif to BFLY SCAR lowering, bk L trng to fc ptr; (Sd R w/bdy rise, -, XLib BFLY SCAR lowering, fwd R to fc ptr;) Sd R w/bdy rise, -, XLif to BFLY BJO lowering, bk r trng to fc ptr. (Sd L w/bdy rise, -, XRib to BFLY BJO lowering, fwd L to fc ptr.)

7 {Lft Pass}Fwd L to SCAR comm to trn ptr RF, -, bk R w/slpg action, fwd L trng LF; (Fwd R trng 1/4 RF w/back to ptr, -, sd and fwd strong LF trn, bk R;)

8 {Lunge Break} Sd and fwd R w/bdy rise to LOP FCG, -, comm slight RF bdy trn lowering on R ldg W bk xtnd L to sd and bk, comm slight LF bdy trn rising on R to rec; (Sd and bk L w/bdy rise to LOP FCG, -, bk R w/contra ck like action, fwd L;)

9-12 LADY TO FAN; START HCKY STK; LARIAT TO BFLY;;

9 {Lady to FAN}Sd L, -, bk R, rec L; (Sd R, -, fwd L, tng LF stp sd and bk R making 1/4 trn to L;)

10 {Start Hky stk}Sd R, -, fwd L, rec R; (Bk and sd L leaving R xtnd fwd w/no wgt, -, cl R, fwd L;)

11-12 {Lariat}Cl L, -, cl R, sd L; (Fwd R comm CW circle around M, -, fwd L, fwd R;) Cl R, -, cl L, sd R to BFLY; (Fwd L, -, fwd R to fc ptr, sd L;)

13-15 DBL HAND OPNG OUT, TWICE;; SLO CORTE, REC;

- 13-14 s (sqq) {Opng Out, twice} Sip L comm LF bdy rotation, -, lower on L comp upper bdy trn and xtnd R to sd, rise and rotate in BFLY; (Sd and bk R w/bdy rise comm bdy rotation to match ptr, -, XLib lowering, rec R;) Sip R comm RF bdy rotation, -, lower on R comp upper bdy trn and xtnd L to sd, rise and rotate to CP; (Sd and bk L w/bdy rise comm bdy rotation to match ptr, -, XRib lowering, rec L;)
- 15 ss {Slo corte rec} Bk and sd L using lowering action w/supporting leg flexed, -, rec R [on the word "you"], -;

16-19 3 SLO RIFF TRNS;; SYNC TRNG BASIC; FWD RT LUNGE;

- 16-17 qsqsqq {Slo Riff Trns} Sd L raise ld hnds to start W into RF spn, cl R to L as W comp spn, -, sd L keeping ld hnds up start W into RF spn; Cl R to L as W comp spn, -, sd L, cl R to CP; (Sd and fwd R spn RF comp one full trn undr jnd ld hnds, cl L to R, -, sd and fwd R spn RF comp one full trn undr jnd ld hnds; Cl L to R, -, sd and fwd R spn RF comp one full trn undr jnd ld hnds sd, cl L;)
- 18 sq&q {Trng Basic sync} Sd L, -, trng 1/4 LF w/slp pvt action bk R, fwd L/sd R trng 1/4 LF to fc DRW; (Sd R, -, trng 1/4 LF w/slp pvt action fwd L, bk R/sd L trng 1/4 LF;)
- 19 ss {Rt Lunge} Fwd L, Flex L knee mv sd and slightly fwd onto R keeping L sd in twd ptr and as wgt is taken on R flex R knee and make slight LF bdy trn and look at ptr, -; (Bk R, Flex R knee mv sd and slightly bk on to L keeping R sd in twd ptr and as wgt is taken on L flex L knee and make slight LF bdy trn, -;)

NOTE: The music loses its firm beat during the last 4 measures.

QUICK CUES

INTRO. . . CUDDLE CP WALL, TRL FT

WAIT; HIP RKS, TWICE;; HIP LIFT;

PART A

BASIC;; TRNG BASIC; LUNGE BRK;
SHLDR TO SHLDR, TWICE;; LFT PASS; LUNGE BRK;
RT PASS, HNDSHK; HALF MOON;; START HALF MOON;
PREP AIDA; AIDA LINE, SWTCH RK;
RIFF TRN; SLO SD CLS;

PART B

HALF BASIC, HNDSHK; HALF MOON;; CONTRA BRK;
SHLDR TO SHLDR, TWICE;; LFT PASS; CUDDLE HIP RKS;
LADY TO FAN; START HCKY STK;
LARIAT TO TANDEM WALL, M TRANS;;
SHDW BRKS w/LDY CARESS, TWICE;;
LDY SWVL TO CP w/HIP RKS; HIP LIFT;

PART C

DBL HND OPNG OUT; CURL TO WRAP;
SYNC BOL WLKS; PROM SWAY TO OVERSWAY;
FALLWAY RONDE & SLIP; CORTE & RK 2;
RONDE, BHND SD CLS; LUNGE BRK;
DBL HND OPNG OUT; CURL TO WRAP;
SYNC BOL WLKS; PROM SWAY TO OVERSWAY;
FALLWAY RONDE & SLIP; CORTE & RK 2;
RONDE, BHND SD CLS; LUNGE BRK;

ENDG

BASIC;; TRNG BASIC; LUNGE BRK;
SHLDR TO SHLDR, TWICE;; LFT PASS; LUNGE BRK;
LDY TO FAN; START HCKY STK; LARIAT TO FACE;;
DBL HAND OPNG OUT, TWICE;; CORTE, REC;
3 SLO RIFF TRNS;; SYNC TRNG BASIC; FWD RT LUNGE;