

BE GENTLE ON YOURSELF

Level: Basic + 3 **Genre:**Country
Artist: Melinda Schneider, (Available on iTunes)
Choreo: Kathy Hedger, Capital Cloggers Canberra, katjoy@aussiebb.com.au
Speed: Normal - 7% **Length:**3:07
Sequence: Intro-A-A*-B-C-Interlude1-A**-B*-C*-Interlude1*-Interlude2-End
Wait: 8 Beats – Left Food Lead

Quick Cues

Intro (8 Beats)

4 2 Lori Step
4 Fancy Double

Part A (32 Beats)

4 Half Yes Ma'am
4 Stomp Double (1/2 L)
4 Half Appalachian (Rft)
4 Fancy Kick
16 2 Fancy Vine (L & R)

Part A* (42 Beats)

4 Half Yes Ma'am
4 Stomp Double (1/2 L)
4 Half Appalachian (Rft)
4 Fancy Kick
8 Cowboy
16 2 Fancy Vine (L & R)
2 2 Double Step

Part B (28 Beats)

4 2 Slur Step (L)
4 Fancy Triple (L)
4 Turkey (Rft)
4 Fancy Double
4 2 Slur Step (L)
4 Fancy Triple (L)
4 Turkey (Rft)

Part C (24 Beats)

8 Samantha
8 Cowboy
8 2 Slur Basic (L & R)

Interlude 1 (34 Beats):

8 Rock Pull Skate (1/4 R)
8 Rock Pull Skate (1/4 R)
8 Rock Pull Skate (1/4 R)
8 Rock Pull Skate (1/4 R)
2 2 Double Step

Quick Cues

Part A** (42 Beats)

4 Half Yes Ma'am
4 Stomp Double
4 Half Appalachian (Rft)
4 Fancy Kick
8 Cowboy
16 2 Fancy Vine (L & R)
2 2 Double Step

Part B* (24 Beats)

4 2 Slur Step (L)
4 Fancy Triple (L)
4 Turkey (Rft)
4 Fancy Double
4 2 Slur Step (L)
4 2 Basic

Part C* (28 Beats)

8 Samantha
8 Cowboy
8 2 Slur Basic (L & R)
4 2 Basic

Interlude 1* (32 Beats)

8 Rock Pull Skate (1/4 R)
24 REPEAT 3 TIMES

Interlude 2 (32 Beats)

8 2 Slur Basic (L & R)
8 Cowboy (ANGLE L)
8 2 Slur Basic (L & R)
8 Cowboy (ANGLE R)

END (8 Beats)

8 2 Boogie (L & R) (Slowing)



Step Definitions - (BE GENTLE ON YOURSELF)

LORI STEP:

DS DT H
L R L
&1 & 2

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

HALF YES MA'AM:

DS DS R S(OTS) (P) TT(BK)
L R L R L
&1 &2 &3 & 4

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

HALF APPALACHIAN:

DS-DR S S-DR S S
R R L R R L R
&1 & 2 & 3 & 4

FANCY KICK:

DS DS RS K H
L R LR L R
&1 &2 &3 & 4

SLUR BASIC:

DS(OTS) SLR-S(XIB) DS RS
L R R L RL
&1 & 2 &3 &4

FANCY VINE:

DS(OTS) DS(XIF) DS(OTS) RS DS(XIF) DS(OTS) RS RS
L R L RL R L RL RL
&1 &2 &3 &4 &5 &6 &7 &8

COWBOY: (In this routine move FWD and Angle L then R on the second one in Interlude 2)

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

DOUBLE STEP:

DS
L
&1

BASIC:

DS RS
L RL
&1 &2

SLUR STEP:

DS(OTS) SLR-S(XIB)
L R R
&1 & 2

FANCY TRIPLE:

DS(OTS) DS(XIF) DS(XIB) R(OTS) S(XIF)
L R L R L
&1 &2 &3 & 4

TURKEY:

LIFT/DR H-FL(OTS) S(XIB) DS RS (CAN BE (P) INSTEAD OF DR AT START)
R /L R R L R LR
& 1 & 2 &3 &4

ROCK PULL SKATE: (FROM BEAT 2 TO 3 IS DONE TO LOOK LIKE SKATING) (In this dance turn 1/4R)

R S(FWD) PULL(SKATE) S(OTS) SKATE(FWD) S(OTS) RS (P) S(BK) (P) [S (P) S] (1/2 R) (P) S(FWD)
L R L L R R LR L R L R
& 1 & 2 & 3 &4 & 5 & 6 & 7 & 8

BOOGIE: In this routine - music is slowing

(P) S(OTS) (P) S(BS) (P) S(OTS) (P) TCH(BS)
L R L R
& 1 & 2 & 3 & 4

SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8