

YOU ARE MY SAVING GRACE

Choreographer: Birgit & Martin Haltmayer
Holunderweg 6, 88441 Mittelbiberach, Germany
Music: Kristin Chenoweth CD: The Art of Elegance
download from iTunes
Rhythm: WALTZ
Footwork: Woman opposite except as noted
Sequence: Intro AB Brg AB End

Release Date: May, 2026
Email: birgit@haltmayer.com
Time: 2:53 min/100%
Speed: +5%
Phase: IV
Difficulty: Average

INTRO

1-4 **WAIT 2 ;; STEP TOGETHER TO CP & TOUCH ; BOX FINISH DLC ;**

1-2 in LOP fcg partner & DLW - lead foot free - wait 2 meas;;
3 fwd L (**fwd R**) to CP,-, touch R to L;
4 bk R commence LF trn, sd L, cl R to fc DLC;

PART A

1-4 **1 LEFT TURN ; HOVER CORTE ; BACK HOVER TO SCP ; OPEN NATURAL ;**

1 fwd L comm ¼ LF trn, cont trn sd R diagly trn to fc DRC, cl L to R;
2 bk R start LF trn, sd & fwd L w/ hovering action cont trn, rec R to BJO DLW;
3 bk L start RF trn, sd & fwd R w/ hovering action cont body trn, rec L SCP;
4 fwd R comm RF trn, sd L across LOD, cont RF bk R BJO Pos DRC; (**fwd L, fwd R, fwd L to BJO Pos;**)

5-8 **IMPETUS TO SCP ; VIENNESE CROSS ; HOVER CORTE ; BACK BACK/LOCK BACK ;**

5 comm RF upper body trn bk L, cl R [heel trn] cont RF trn, comp trn fwd L to SCP;
(**comm RF upper body trn fwd R heel to toe pivoting ½ RF, sd & fwd L cont RF trn around man brush R to L, comp trn fwd R;**)
6 thru R trning upper body LF, fwd L comm LF trn, sd R cont LF trn/ cross L in front of R;
(**thru L trning LF to CP, bk R comm LF trn, sd L cont LF trn/ cl R to L;**)
7 bk R starting LF trn, sd & fwd L w/ hovering action cont body trn, rec R with R sd lead to BJO Pos;
8 bk L, bk R/lock L in front of R, bk R;

9-12 **BACK WHISK ; WING ; TELEMARK TO SCP ; CROSS PIVOT TO SDCAR DLW ;**

9 bk L, bk & sd R, cross L in bk of R to SCP; (**fwd R, fwd & sd L, cross R in bk of L to SCP;**)
10 fwd R, draw L toward R, tch L to R trn upper body LF w/ L sd stretch;
(**fwd L beginning to cross in front of man comm trn slightly LF, fwd R around man cont to trn slightly LF, fwd L around to SDCAR;**)
11 fwd L comm to trn LF, sd R cont LF trn, sd & slightly fwd L to SCP;
(**bk R comm to trn L bringing L besd R with no weight, trn LF on R heel [heel trn] and change weight to L, sd & slightly fwd R to SCP;**)
12 fwd R in front of woman beginning a RF trn, sd L cont RF trn, fwd R to SDCAR DLW;

13-14 **CROSS HOVER TO SCP ; THRU SYNCOPATED VINE ;**

13 fwd L w/ slight crossing action comm to rise, sd & slightly fwd R cont to rise, diagly fwd L to SCP
lowering at end of stp;
14 thru R, sd L/ cross R in bk, sd L; (**thru L, sd R/ cross L in bk, sd R;**)

15-16 **THRU CHASSE TO SCP ; CHAIR & SLIP DLC ;**

15 thru R, sd L/cl R, sd L to SCP;
16 check thru R with lunge action, rec L [no rise], w/ slight LF upper body trn slip R behind L cont trn
to CP DLC;

PART B

1-3 **START DIAMOND TURN-LADY WRAP ; LADY ROLL ACROSS ; THRU TWINKLE TO ½ OP LOD ;**

1 fwd L comm LF trn lead lady to comm inside trn to wrap, sd & bk R, bk L to WRAP Pos fc RLOD;
(**bk R comm LF trn, cont LF trn sd & fwd L, sm fwd R cont trn to fc RLOD;**)
2 bk R release trail hnds & lead lady to roll LF in front of M toward WALL, cl L to R, fwd R to LOP RLOD;
(**sd & fwd L comm ½ LF trn, cont trn fwd R, compl trn sd L to LOP RLOD;**)
3 thru L comm trn to fc partner, sd R compl trn, cl L to ½ OP LOD;

4-8 **OPEN IN AND OUT RUNS ;; MANUEVER ; SPIN TURN ; BOX FINISH DLC ;**

4-5 fwd R comm RF trn, cont RF trn sd L changing sds placing L arm under woman's R arm with L hand on
woman's bk, cont RF trn sd & fwd R to L ½ OP Pos; fwd L, fwd R between woman's feet placing R arm
under woman's L arm w/R hand on woman's bk, sd & fwd L to ½ OP Pos;

(fwd L, fwd R between man's feet placing R hand on man's L shoulder, sd & fwd L to L ½ OP Pos; fwd R comm RF trn, cont RF trn sd L changing sds placing L hand on man's R shoulder, cont RF trn sd & fwd R to ½ OP Pos;)

6 fwd R comm RF upper body trn to CP, cont RF trn to fc partner sd L, cl R to fc RLOD;
(bk L comm RF upper body trn, cont RF trn to fc partner sd R, cl L;)

7 comm RF upper body trn bk L toe pivoting ½ RF to fc LOD, fwd R between woman's feet heel to toe cont RF trn keeping L leg extended bk and sd, comp trn sd and bk L to fc DLW;
(comm RF upper body trn fwd R between man's feet heel to toe pivoting ½ RF, bk L toe cont trn brush R to L, comp trn sd & fwd R;)

8 bk R comm LF trn, sd L, cl R to fc DLC;

9-13 DRAG HESITATION ; BACK BACK/LOCK BACK ; BK HOVER TELEMARк DLC ; WEAVE TO SCP ;:

9 fwd L, start LF trn sd R cont LF trn draw L toward R to BJO, -;

10 bk L, bk R/lock L in front of R, bk R;

11 bk L trn RF, sd & fwd R w/ hovering action cont RF trn, fwd L to SCP/DLC;

(comm RF upper body trn fwd R pivot ½ RF, sd L cont RF trn w/ hovering action, sd & fwd R to SCP;)

12-13 fwd R DLC, fwd L comm LF trn, cont trn sd & slightly bk R to fc DRC; bk L DLC leading woman to step outsd to CBMP, bk R cont LF trn, sd & fwd L to SCP DLW; (fwd L DLC comm LF trn, cont trn sd & slightly bk R to fc DRW, cont trn sd & fwd L to LOD; fwd R outsd partner to CBMP, fwd L cont trn, sd R to SCP;)

14-16 THRU SIDE BEHIND ; ROLL 3 TO SCP; THRU TO PROMENADE SWAY ;

14 thru R to fc partner, sd L, cross R behind L;

15 L,R,L trn LF with each step progressing to SCP;

16 thru R, sd & fwd L w/ R sd stretch looking over lead hands relaxing L knee,-;

BRIDGE

1-2 RECOVER HOVER TO SCP ; PICKUP LOCK ;

1 rec R, bring L to R (no weight), fwd L to SCP; (rec L, bring R to L w/ hovering action, fwd R to SCP;)

2 thru R, fwd & sd L w/ LF upper bdy trn lead woman to CP LOD, cross R in bk of L (opt cl R);

(thru L comm LF trn, fwd & sd R in front of man trn LF to CP, cross L in front of R;)

ENDING

1-2 RECOVER HOVER TO SCP ; PICKUP LOCK ;

1 rec R, bring L to R (no weight), fwd L to SCP; (rec L, bring R to L w/ hovering action, fwd R to SCP;)

2 thru R, fwd & sd L w/ LF upper bdy trn leading woman to CP LOD, cross R in back of L (opt cl R);

3-6 DIAMOND TURN-slow down ;;;

3-6 fwd L trning LF on the diag, cont LF trn sd R, bk L in BJO; trning LF bk R, sd L, fwd R; fwd L trning LF on the diag, sd R, bk L; bk R cont LF trn, sd L, fwd R to fc DLC;

7-8 SIDE DRAW LEFT TO BFLY ; WRAP THE LADY & POINT ;

7 sd L, draw R to L to BFLY/LOD,-;

8 sml sd R lead lady to comm to wrap, cl L to R to WRAP Pos/LOD, cl R/ point L fwd;

(sd L comm LF trn, cont LF trn sd R, cl L to R to WRAP Pos/LOD / point R fwd;)

Quick Cues YOU ARE MY SAVING GRACE WALTZ IV Haltmayer

Intro(4) Fc Prtn / LW - Lead Hds joined – Lead Ft Free

Wait 2 ;; Tog to CP & Tch ; Box Fin DLC ;

A(16)CP/LC

1 L Trn ; Hover Corte ; Bk Hover to SCP ; Op Natl ;
Imp to SCP ; Vien X ; Hover Corte ; Bk Bk/Lk Bk ;
Bk Whisk ; Wing ; Telem to SCP ; X Pivot to SCAR ;
X Hover to SCP ; Thru Sync Vine ; Thru Chasse SCP ; Chair & Slip DLC ;

B(16)CP/LC

Start Diam Trn-Ldy Wrap ; Ldy Roll X ; Thru Twinkle to ½ OP LOD ; OP I/O Runs ;;
Manuv ; Spin Trn ; Box Fin DLC ;
Drag Hesit ; Bk Bk/Lk Bk ; Bk Hover Telemarк DLC ; Weave to SCP ;;
Thru Sd Bhd ; Roll 3 ; Thru to Prom Sway ;

Brg(2)CP/W

Rec Hover to SCP ; PU Lk ; A B

End(7)CP/W

Rec Hover to SCP ; PU Lk ; Diam Trn-slow down ;;;
Sd Draw L to BFLY ; Wrap the Ldy & Pt ;