

PERFECTLY LOVED

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Music: "Perfectly Loved", Artist: Rachael Lampa feat. TobyMac. Avail at Amazon Music
Rhythm/Phase: Hesitation Canter Waltz, Phase VI Tempo: As downloaded
Footwork: Described for M (W opposite or as noted)



Sequence: **A B A(MOD) B(MOD) C B(MOD) ENDING**

Released: February, 2026

PART A

1 - 4 WAIT; RAISE ARMS; SD SWAY & REV RIFF TRN; SD SWAY & RIFF TRN;

- 1. In LOP FCG POS Wall w/ all hnds low and ld hnds jnd wait 1 meas;
----- 2. Slowly raise arms to end w/ arms out to sds and ld hnds still jnd;
1-4-6 3. Sd L and sway R while bringing free trlg arms acrs bdy,-,sd R,-,cl L to R, (W sd R and sway L,-,sd L toe pointing DRC spring LF 1 full trn on L,-,cl R to L) to LOP FCG POS Wall;
1-4-6 4. Sd R and sway L while xtndng free trlg arms sd twd RLOD,-,sd L,-,cl R to L, (W sd L and sway R,-,sd R toe pointing DLC spring RF 1 full trn on R,-,cl L to R) to LOP FCG POS Wall;

5 - 8 TWST VN 3; DBL NAT; FWD TO SLO CHALLENGE LINE; SOFTEN ~ CANTER SLP & TELE TO A...;

- 1-4-6 5. Sd LOD L trng RF blend to SCAR DRW,-,XRib of L (W XLif),-sd & fwd L LOD trng LF to BJO DLW;
1-3-6 6. Fwd R outsd ptr comm RF trn,-,sd & fwd L cont RF trn, cont RF trn tch R to L,-, (W bk L comm RF trn,-,cl R to L heel trn, fwd L,-,fwd R) to CBJO LOD;
1-4-6 7. Fwd R outsd ptr trng W RF to SCP LOD,-,sd & fwd L stretching R sd to open W's hd to look LOD,-,;
--3-6 8. Soften slightly in L knee while maintaining the line and stretching R sd a bit more, comm to rotate LF bringing W bk square to M to CP), sm bk R (W sm fwd L) to CP DLC, fwd L,-,sd & fwd R pvt 1/2 LF to CP DRW (W bk R,-,cl L to R heel trn);

9 - 12 SLOW HINGE; LADY CURL TO OP SAME FT LUNGE LINE; SD HOVER TRANS TO BJO; BK HVR TO SCP (DLW);

- 1-4-6 9. Cont LF trn sd & fwd L to fc WALL rotate slightly LF,-,lower slightly to xtnd the line,-, (W sd & fwd R trng LF,-,XLib of R lowering slightly & hd to L,-,);
--3-6 10. Rise on L ft trng bdy slightly RF while leading W to stp fwd in frnt of M commencing to raise jnd ld hnds in frnt of M's fc while releasing M's R hnd from arnd W (W fwd R in frnt of M trng 1/2 LF on R undr jnd ld hnds ovr first 2 bts of meas),-cl R to L, bth lower to Sameft Lun Line w/ ld hnds jnd low and M's R arm xtnded sd twd RLOD and W's L arm xtnded upward,-,;
1-4-6 11. Sm sd L leading W to mv fwd twd LOD,-,rising slightly on L ft brush R twd L while trng slightly LF,-,sd & bk R (W fwd L LOD commencing to trn LF w/ just ld hnds jnd,-,sd & fwd R trng 3/8 LF rising and brushing L to R,-,sd & fwd L) collecting W to BJO DLW;
1-4-6 12. Bk L RLOD trng 1/8 RF,-,pt R twd DRW and stp between W's ft on R, rise on R and brush L to R, sd & fwd L (W fwd R outsd M,-,sd & fwd L arnd M trng RF to SCP DLW, rise on L and brush R to L, sd & fwd R) to SCP DLW;

13 - 16 CURVED FEATHER; OUTSIDE SWVL LILT PVT; BK TO TUMBLE TRN; BK HOVER (W ACROSS TO LOP RLOD);

- 1-4-6 13. Fwd R comm RF trn,-,fwd L twd WALL,-,cont RF trn fwd R outsd ptr to BJO DRW;
1-4-6 14. Bk L leaving R ft fwd & ld W to swvl RF to SCP DRW,-,fwd R heel ld slight LF trn rising to toe, cont LF rotation stretching R sd & trng W square, fwd L toe pointing to DRW checking (W fwd R outsd ptr & swvl RF,-,fwd L heel ld comm LF trn rising to toe keeping hd to R, cont to rise allowing M to trn W to CP, bk R hd still to R) to CP DRW;
1-3-6 15. Bk R comm LF trn,-,sd & bk L toe pointing almost LOD cont LF trn, fwd R LOD outsd ptr rising to toe stretching R sd & trng LF,-,sm fwd L toe pointing COH softening L knee w/slight LF swvl (W fwd L comm LF trn,-,sd & fwd R, bk L LOD rising to toe stretching L sd & trng LF,-,bk R hd to R w/slight LF swvl) to CP DRC;
1-4-6 16. Bk R comm LF trn,-,sd & bk L DLW cont LF trn leading W acrs M and rising while brushing R slightly twd L,-,releasing R arm from arnd W stp sd & fwd R DRC (W fwd L between M's ft,-,sd & fwd R DLW trng LF acrs frnt of M,-,sd & fwd L) to LOP RLOD;

- 1----- 2. Fwd R DLC w/ no trn,-,-,swvl ¼ RF on R and pt sd L using same swvl action as in prev meas w/ W's pt occurring IF of M to fc DLW,-,-;
- 1-4-6 3. Fwd L checking,-,-,rec R trng ¼ LF,-,-,sd L to end fcg DLC;
- (123456) 4. Soften L knee keeping hd to L & R ft sd & bk w/leg straight insd edge of toe skimming floor as W takes M arnd (W keeping her bk to the M and trng LF fwd & acrs R, sd & fwd L not allowing L sd to mv twd M, fwd & acrs R, sd & fwd L not allowing L sd to mv twd M, fwd & acrs R, sd & fwd L) to SKTRS DLC;

5 - 8 SLOW FWD & SWVL POINT (2X); (FC LOD); UNDERARM TRNG HOVER (2X); (TO SKTRS LOD);

- 1----- 5. [Note: Meas 5-6 stay in SKTRS and have identical ftwork for bth] Rpt PART C meas 2;
- 1----- 6. Fwd L DLW w/ no trn,-,-,swvl only 1/8 LF on L ft and pt sd R w/ M's pt occurring beh the W using the leg mvnt of the pt to create the swvl to fc LOD,-,-;
- 1-4-6 7. [Note: Identical ftwork for meas 7&8] Fwd R comm RF trn,-,-,sd & fwd L hovering and cont RF trn while raising jnd L hnds,-,fwd RLOD R taking jnd L hnds ovr W's hd while keeping R hnds jnd but releasing them from W's hip to end bth fcg RLOD w/ jnd L hnds on top of jnd R hnds;
- 1-4-6 8. Fwd L comm LF trn,-,-,sd & fwd R hovering and cont LF trn while raising jnd L hnds,-,fwd LOD L taking jnd L hnds ovr W's hd and bringing jnd R hnds bk to W's R hip to end in SKTRS LOD;

9 - 12 TWO SKTRS RT TRNS; (DLC); M SLOW SD LK (W VIENNESE PICKUP); DRAG HESITATION;

- 1-4-6 9. Fwd R DLW comm RF trn,-,-,sd & fwd L out stepping W cont RF trn to fc RLOD,-,cont slight RF trn stp bk R to SKTRS DRC;
- 1-4-6 10. Bk L DLW comm RF trn,-,-,sd & fwd R bhd & between W's feet cont RF trn,-,cont slight RF trn stp fwd L to SKTRS DLC;
- 1-4-6
(1-456) 11. Fwd DLC R,-,-,fwd & slightly sd L lifting and releasing L hnds and leading W to pu,-,trng LF XRib of L (W fwd DLC R,-,-,fwd L comm LF trn twd M, sd & fwd R acrs M, XLif of R) to CP DLC ;
- 1-3-- 12. Fwd L DLC comm LF trn,-,-,sd & fwd R cont LF trn, cont to slightly rotate LF drawing L to R to BJO DRC,-;

**13 - 16 CANTER PVT TO VIENNESE RUMBA CROSS (2X);; FC WALL,-,-,SD,-,CL;
SLOW RK SD & REC TO LOP RLOD;**

- 1-3456 13. Bk L comm RF pvt,-,fwd R between W's ft to CP LOD, strong stp fwd L comm RF trn, XRib of L cont RF trn to fc WALL, cont RF trn sd & slightly bk L pvt 3/8 RF;
- 1-456 14. Fwd R LOD between W's ft to CP LOD [Note:This is actually the last stp of the first Rumba Cross],-,-, strong stp fwd L comm RF trn, XRib of L cont RF trn to fc WALL, cont RF trn sd & slightly bk L pvt 3/8 RF;
- 1-4-6 15. Fwd R LOD between W's ft trng more strongly than you did at the end of the first Rumba X to fc DLW [Note: This is actually the last stp of the second Rumba Cross],-,-,cont RF trn stepping sd LOD L to fc WALL,-,cl R to L to CP WALL;
- 1-4-- 16. Rk sd LOD L,-,-,rec R trng RF to LOP RLOD,-,-;

ENDING

1 - 4 CROSS HOVER (2X);; FWD CK,-,-,REC,-,SD (DLC); VIENNESE HORSE & CART (DLC);

- 1-4-6 1. [Note: Meas 1-3 stay in SKTRS and have identical ftwork for bth] Fwd L DLW,-,-,sd & fwd R trng ¼ LF rising slightly,-,sd & fwd L to DLC;
- 1-4-6 2. Fwd R DLC,-,-,sd & fwd L trng ¼ RF rising slightly,-,sd & fwd R to DLW;
- 3-4. Rpt meas 3-4 of PART C;;

**5 - 8 SLOW FWD & SWVL POINT (2X); (FC DLC); MEN FWD CK & REC (LADY ROLL ACRS TO LOP);
LUNGE APT WITH SLOW ARMS,-,-,-,SWVL TO FACE WITH HEART;**

- 5-6. Rpt meas 5-6 of PART C but end fcg DLC instead of LOD;;
- 1-4--
(1-4-6) 7. Ck fwd R,-,-,rec L leading W to comm roll acrs frnt of M,-,- (W fwd R COH,-,-,fwd L comm LF roll twd COH acrs frnt of M,-,sd R cont LF roll) to LOP LOD w/ free trlg arms folded IF of bdy;
- 1----- 8. Keeping ld hnds jnd lun apt R (W lunge apt L) while looking away from ptr and slowly pulling free arms acrs chest and out to sd ovr rest of meas,-,-,-,on last sound in music quickly swvl LF on R (W swvl RF on L) to fc ptr while releasing jnd hnds and making heart shape w/ hnds;

