

Carrickfergus

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Music: Phil Coulter (Classic Tranquility track 5) at Amazon.com - cut in at :36.25 sec
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Rhythm/Phase Slow Two Step – Phase VI with unphased actions - Music Speed: 47rpm (27 MPM)
Sequence: Intro – A – B – A – B(Mod) – End Release 1.0 July 2023

INTRO

1-2 WAIT ; RAISE ARMS TO BFLY ;

- 1 OP fc ptr & wall arms low in front of body wait 1 measure ;
- 2 Raise arms to BFLY ;

PART A

1-4 LUNGE BASIC ; LUNGE/LADY RONDE LARIAT ; BOTH ROLL ; HANDSHK OPEN BREAK ;

- SQQ 1 Lunge sd L, -, rec R, XLIF;
S- 4 Sd & slightly fwd R btwn W's ft leading W ronde CW, -, hold 2 cts trng body LF to fc LOD raising hnd over head to lead W lariat
(SQQ) (W sd & fwd L around M ronde R CW, -, XRIB cont circling around M, sd & fwd L) end in LOPfcg LOD;
SQQ 3 Fwd L comm rolling LF, -, cont rolling LF R, L to fc W join R hands
(W fwd R comm rolling RF, -, cont rolling RF L, R to fc M & WALL join R hands);
SQQ Sd R, -, apt L, rec R;

5-8 WHEEL/LADY IN 2 FC WALL ; SHDW LUNGE BASIC ; SHADOW SQUARE ½ ; ;

- SQQ 5 Fwd L to COH trng RF join L hands to Skaters LOD, wheel ¼ LF R, L
(SS) (W fwd R trn LF to Skaters, -bk L trng RF, -);
SQQ 6 Both lunge sd R extend R arms to side, -, rec L, XRIF place R hand on W's back ;
SQQ 7 Both fwd L LOD M slightly across in front of W trn 1/2 RF switching hands to L shadow, -, cont 1/8 RF trn sd & fwd R COH, XLIF;
SQQ 8 Small sd & fwd R switch hands to right shadow, -, sd & fwd L to RLOD, XRIF
(W sd & fwd R across to M's right side to right shadow, - sd & fwd L RLOD, XRIF);

9-12 SHADOW BREAK 2X ; ; SHADOW SQUARE ½ ; ;

- SQQ 9 Sd L RLOD rel hands, -, trng RF brk bk R to L shadow extend R arm to side M's L hand at W's waist, rec L;
SQQ 10 Fc COH sd R, -, trng LF brk bk L to shadow join L hands, rec R;
SQQ 11 Both fwd L RLOD M slightly across in front of W trn 1/2 RF switching hands to L shadow, -, cont 1/8 RF trn sd & fwd R to wall, XLIF;
SS 12 Small sd & fwd R switch hands to right shadow, -, sd & fwd L to LOD, XRIF
(W sd & fwd R across to M's right side to right shadow, - sd & fwd L LOD, XRIF);

13-16 LUNGE BASIC MAN CLOSE/LADY FC TCH ; BASIC ENDING P/U LOW BFLY ; TRAVELING CROSS CHASSE ; PASSING CROSS CHASSE ;

- SQQ(SQ-)13 Fc Wall lunge sd L, -, rec R, cl L(W lunge sd L, -, rec R trng RF to fc M, tch L to R);
SQQ 14 Sd R, -. XLIB, rec R trng LF to fc LOD join hands in low BFLY LOD
(W sd L, -, XRIB, rec L trng LF to fc M);
SQQ 15 Fwd L LOD, -, slight LF trn sd & fwd R, XLIF,
(W bk R, -, slight LF trn bk L, XRIF);
SQQ 16 Fwd R LOD, -, trng RF sd & fwd L passing W, cont RF trng XRIF fc DRW
(W bk L, -, trng RF small sd & bk R, cont RF trn XLIF fc DC);

PART B

1-4 PULL PASS ; LADY RONDE INSIDE UNDERARM TURN ; WRAP & STEP FWD ;**SWEETHEART RUN 3 ;**

- SS 1 Bk & sd L to LOD trng RF, - sd & fwd R to LOD use both hands to “pull” W twd LOD, -
(SQQ) (W fwd R delaying fwd body movement, -, fwd L, fwd R up to in front of man);
- Q 2 Trn to fc LOD stopping W's fwd movement leading W to trn RF, -, -, lead W under lead hands to
(SQQ) wrap small step bk L (W fwd L trng RF/ronde R CW, -, XRIB, trng LF under lead hands fwd L);
- SS 3 Sd R completing wrap of W, -, fwd L (W sd R completing wrap, - fwd L, -);
- SQQ 4 Both fwd R, -, fwd L, fwd R comm RF turn;

5-8 SWEETHEART SWITCH MAN HOLD LADY ROLL OUT ; SIDE & CROSS LUNGE ;**REC SIDE LADY ROLL 4 TO SKATERS ; HORSE & CART 4 BFLY WALL MAN CLOSE ;**

- S- 5 Fwd & sd L across W trn RF fc COH in momentary tandem wrap pos, -, hold & release lead hands lead
(SQQ) W to roll RF, (W trng RF fwd & sd L cont RF trn, -, roll out RF to LOD R, L to OP COH);
- SS 6 Sd R, -. cross lunge LIF of R extend trailing arms to side, -;
- SS 7 Rec R lead W to roll LF, - sd L to tight skaters, -
(QQQQ) (W rec R comm LF roll, cont LF roll L, R, L to skaters COH);
- Q 8 Soften L knee keeping head to L & R ft sd & bk w/leg straight inside edge of toe skimming floor as
W takes you around and maintain a toned L arm for W to dance into, -, -, cl R to L to BFLY
- QQQQ (W keep your bk to the man & trng LF fwd & across R, sd & fwd L, fwd & across R trng LF to fc M, cl L);

9-12 OPEN BASIC ; ; TRAVELING RIGHT TURN ; ZIG ZAG 3 BFLY ;

- SQQ 9 Sd L, -, XRIB to LHOP, rec L
- SQQ 10 Trng to fc ptrn sd R, -, XLIB to HOP, rec R comm RF trn in front of W;
- SQQ 11 Sd & bk L twd wall, -, XLIB unwind RF 5/8 turn on both feet, shift weight to L foot to fc LOD
(W fwd R between M's feet, -, moving around M fwd L, fwd R end in BJO);
- SQQ 12 Fwd R trng RF blending to BFLY, -, sd L, XRIB
(W bk L trng RF to BFLY, -, sd R, XLIF);

13-16 CIRCULAR TRIPLE TRAVELER ; ; ; BASIC ENDING ;

- SQQ 13 Trng LF leading W fwd sd & fwd L to LOD raising lead hands, -, fwd R, rec L
(W fwd R across M spiral 7/8 LF, cont LF trn sd & fwd L, fwd R cont LF trn under lead hands);
- SQQ 14 Fwd R across L fwd COH, -, slow trn LF on R under lead hands leading W around like a lariat
(W fwd L around M, - fwd R, fwd L); end in LOP V fc RLOD
- SQQ 15 Fwd L lower jnd lead hnds, -, sd & fwd R raising jnd lead hnds lead W tm RF, XLIF
(W fwd R, -, sd & fwd L trn RF under lead hands, fwd R);
- SQQ 16 Blending to BFLY sd R, -, XLIB, rec R;;

PART B (Mod)

- 1-4 PULL PASS ; LADY RONDE INSIDE UNDERARM TURN ; WRAP & STEP FWD ; SWEETHEART RUN 3 ;**
- 5-8 SWEETHEART SWITCH MAN HOLD LADY ROLL OUT ; SIDE & CROSS LUNGE ; REC SIDE LADY ROLL 4 TO SKATERS ; HORSE & CART 4 BFLY WALL MAN CLOSE ;**
- 9-12 OPEN BASIC ; ; TRAVELING RIGHT TURN ; ZIG ZAG 3 BFLY ;**
Repeat measures 1-12 of Part A ; ; ; ; ; ; ; ; ; ; ; ;

- 13-16 FRONT TWISY BASIC ; SLOW SIDE DRAW TCH ; UNDERARM TURN ; BASIC ENDING ;**
- SQQ 13 Sd L slight LF trn, - XRIF, rec L(**W sd R, -, XLIB, rec R**);
- SQQ 14 In BFLY slowing down to a long measure sd R, -, draw L to R, tch L; definite music pause at this point
- SQQ 15 Sd L, -, XRIB lead W under lead hands, rec L
(W sd R comm LF trn, -, fwd L under lead hands, rec R to fc M) ; end CP Wall
- SQQ 16 Sd R, -, XLIB, rec R;

END

1-2 VINE 4 ; THROWAWAY OVERSWAY ;

- QQQQ 1 Sd L, XRIB, sd L, XRIF;
- S 2 Fwd & sd L, lower & rotate body LF over long measure keep R leg extended bk to RL0D toe pointed down
(Fwd & sd R, trng LF on R bring L to R, extend L bk to LOD look well to left);

CARRICKFERGUS

- I: WAIT OP FC PTNR & WALL HANDS LOW ; RAISE ARMS TO BFLY ;
- A: LUNGE BASIC ; LUNGE/LADY RONDE LARIAT ; BOTH ROLL ; HANDSHK OPEN BREAK ;
WHEEL/LADY IN 2 FC WALL ; SHDW LUNGE BASIC ; SHADOW SQUARE ½ ; ;
SHADOW BREAK 2X ; ; SHADOW SQUARE ½ ; ;
LUNGE BASIC MAN CLOSE/LADY FC TCH ; BASIC ENDING P/U LOW BFLY ;
TRAVELING CROSS CHASSE ; PASSING CROSS CHASSE ;
- B: PULL PASS ; LADY RONDE INSIDE UNDERARM TURN ; WRAP & STEP FWD ;
SWEETHEART RUN 3 ; SWEETHEART SWITCH MAN HOLD LADY ROLL OUT ;
SIDE & CROSS LUNGE ; REC SIDE LADY ROLL 4 TO SKATERS ;
HORSE & CART 4 BFLY WALL MAN CLOSE ; OPEN BASIC ; ; TRAVELING RIGHT TURN ;
ZIG ZAG 3 BFLY ; CIRCULAR TRIPLE TRAVELER ; ; ; BASIC ENDING ;
- A: LUNGE BASIC ; LUNGE/LADY RONDE LARIAT ; BOTH ROLL ; HANDSHK OPEN BREAK ;
WHEEL/LADY IN 2 FC WALL ; SHDW LUNGE BASIC ; SHADOW SQUARE ½ ; ;
SHADOW BREAK 2X ; ; SHADOW SQUARE ½ ; ;
LUNGE BASIC MAN CLOSE/LADY FC TCH ; BASIC ENDING P/U LOW BFLY ;
TRAVELING CROSS CHASSE ; PASSING CROSS CHASSE ;
- Bm: PULL PASS ; LADY RONDE INSIDE UNDERARM TURN ; WRAP & STEP FWD ;
SWEETHEART RUN 3 ; SWEETHEART SWITCH MAN HOLD LADY ROLL OUT ;
SIDE & CROSS LUNGE ; REC SIDE LADY ROLL 4 TO SKATERS ;
HORSE & CART 4 BFLY WALL MAN CLOSE ; OPEN BASIC ; ; TRAVELING RIGHT TURN ;
ZIG ZAG 3 BFLY ; FRONT TWISTY BASIC ; SLOW SD DRAW TCH ; UNDERARM TURN ;
BASIC ENDING ;
- E: VINE 4 ; THROWAWAY OVERSWAY ;