

# A BIRD WITHOUT WINGS

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1370 Sunlight Dr., Cle Elum, Washington 98922 425-387-1600 or 509-293-1110  
RECORD: CD: Heartland: The Composer's Salute to Celtic Thunder Track 2 Download from Amazon or I-Tunes  
ARTIST: Phil Coulter SPEED: 44 RPM or to suit  
FOOTWORK: Opposite Throughout Except Where Noted (*Lady*) ORIG. LENGTH: 3:18  
PHASE: Phase IV + 2 + 3 (Triple Traveler & Change of Sway) (The Square, Traveling Right Turn, Tunnel Exit)  
RHYTHM: Slow Two Step  
SEQUENCE: INTRO-A-A-B-C-B-END RELEASED: JUNE 2016

## INTRODUCTION

1-2 **LOW BFLY WAIT ; ;**  
1-2] In low BFLY M fcg WALL Id ft free for both wait ; ;

## PART A

1-4 **BOTH HANDS UNDERARM TURN ; OPEN BREAK ; CHANGE SIDES ; OPEN BASIC [FC RLOD] ;**  
SQQ 1] Raise both hnds sd L bring trlg hnds thru, -, XRIB (*XLIF trng ½ RF*) both hnds go over W's head, rec L with hnds crossed L over R (*Rec R to fc ptr*) ;  
SQQ 2] Keep hnds crossed L over R sd R, -, sm rk apt L, rec R ;  
SQQ 3] Fwd L to W's R sd raise both hnds trng ½ RF, -, sd R, XLIF (*Fwd R trng ½ LF under jnd hnds, -, sd L, XRIF*) ;  
SQQ 4] Sd R, -, trng to ½ OP XLIB, rec R end in ½ OP fcg RLOD ;  
5-8 **MAN SWITCH ; FWD & RUN 2 TWICE ; ; LADY SWITCH ;**  
SQQ 5] XIF of W sd L to L ½ OP, -, fwd R, fwd L (*fwd R, -, fwd L, fwd R*) ;  
SQQ 6] Fwd R, -, fwd L, fwd R ;  
SQQ 7] Fwd L, -, fwd R, fwd L ;  
SQQ 8] Fwd R, -, fwd L, fwd R to fc (*XIF of M sd L to ½ OP, -, fwd R, fwd L*) end in BFLY COH ;  
9-12 **BFLY [COH] LUNGE BASIC WITH INSIDE ROLL ; LUNGE BASIC with MANUEVER ; RT TURN WITH OUTSIDE ROLL ; TUNNEL EXIT FC LOD ;**  
SQQ 9] Lunge sd L, -, rec R ldg W into LF trn, XLIF (*Lunge sd R, -, rec L trn ½ LF, cont LF trn bk R trng ½*) ;  
SQQ 10] Lunge sd R, -, rec L to CP, XRIF to fc DLC ;  
SQQ 11] Sd & bk L fc LOD, -, cont RF trn sd & bk R fc WALL Id W undr jnd Id hnds, XLIF to fc ptr (*Fwd R comm RF twirl under jnd Id hnds, -, sd L cont RF twirl, fwd & sd R to fc ptr*) ;  
SQQ 12] Sd R comm LF trn chkg leading W into lariat, -, cont LF trn rec L jnd hnds over M's head, sm chk bk R to fc LOD (*Fwd L around M, -, fwd R, fwd L fc RLOD*) end LOP LOD ;  
13-16 **OUTSIDE ROLL ; BASIC ENDING with PICKUP ; LEFT TURN WITH INSIDE ROLL ; BASIC ENDING BFLY ;**  
SQQ 13] Shaping twd ptr XLIF bringing jnd hnds down & bk, -, sd & fwd R bringing hnds up & around leading W to roll RF, XLIF (*Fwd R comm RF trn, -, bk L trng ½ RF under jnd hnds, fwd trng ¼ RF to fc ptr*) ;  
SQQ 14] Sd R, -, XLIB, rec R end in CP DRC ;  
SQQ 15] Comm LF trn sd & fwd L fc DRW, -, cont LF trn sd R brng Id hnds thru, XLIF to fc ptr & WALL (*Bk R trng LF, -, cont LF trn sd & bk L, cont LF trn bk & sd R*) ;  
SQQ 16] Sd R, -, XLIB, rec R end in BFLY WALL ;

## REPEAT PART A

## PART B

1-8 **OPEN BASIC 2 X ; ; THE SQUARE ; ; ; ; OPEN BASIC 2 X ; ;**  
SQQ 1] Sd L trn ¼ RF op body to L ½ OP, -, XRIB, rec L ;  
SQQ 2] Trn ¼ LF sd R cont LF trn op body to ½ OP, -, XLIB, rec R [fcg LOD] ;  
SQQ 3] With switch action M XIF of W sd L twd wall, -, trn RF shaping to ptr sd & fwd R twd COH in L ½ OP, XLIF (*Fwd R, -, shaping twd ptr sd & fwd L twd COH, XRIF*) ;  
SQQ 4] Fwd R, -, shaping twd ptr sd & fwd L twd RLOD, XRIF (*With switch action XIF of M sd L twd LOD, -, trn RF shaping twd ptr sd & fwd R RLOD in ½ OP, XLIF*) ;  
SQQ 5] M XIF of W sd L twd COH, -, trn RF shaping twd ptr sd & fwd R to wall in L ½ OP, XLIF (*Fwd R, -, to wall sd & fwd L shaping twd ptr, XRIF*) ;  
SQQ 6] Fwd R, -, sd & fwd L shaping twd ptr twd LOD, XRIF (*XIF of M sd L twd wall, -, sd & fwd LOD in ½ OP, XLIF*) ;  
SQQ 7] Trng RF sd L trn ¼ RF op body to L ½ OP, -, XRIB, rec L ;  
SQQ 8] Trn LF sd R cont LF trn op body to ½ OP, -, XLIB, rec R to BFLY WALL ;

- 9-12 UNDERARM TURN ; BASIC ENDING TO CP ; TRAVELING RIGHT TURN ; OUTSIDE ROLL ;**  
 SQQ 9] Trng RF to loose CP sd L raising ld hnds, - , XRIB (*XLIF trng ½ RF*) , rec L (*Rec R to fc ptr*) ;  
 SQQ 10] Sd R, - , XLIB, rec R end in CP WALL ;  
 SQQ 11] Trn RF crossing in frnt of W sd & bk L fc RLOD, - , XRIB, twist trn RF 5/8 on both ft to fc DLW & shift weight bk onto L chkg (*Fwd R btwn M's ft, - , trng RF fwd L around M, fwd R*) end in CP M fcg DLW ;  
 SQQ 12] Fwd R trng slight RF to fc wall raising jnd ld hnds to ld W into RF trn, - , sd L, XRIF (*Bk L comm RF trn under jnd ld hnds, - , cont RF trn fwd R trng ½, cont RF trn bk L trng ¼ to fc ptr*) ;
- 13-16 [CP]TWISTY BASIC TWICE ; ; UNDERARM TURN TO BFLY \* [2<sup>nd</sup> TIME TO CP] ; SD DRAW TOUCH ;**  
 SQQ 13] Sd L, - , XRIB, rec L to fc (*Sd R, - , XLIF, rec R*) ;  
 SQQ 14] Sd R, - , XLIB, rec R to fc (*Sd L, - , XRIF, rec L*) ;  
 SQQ 15] Sd L raising ld hnds, - , XRIB (*XLIF trng ½ RF*) , rec L (*Rec R to fc ptr*) BFLY WALL [\*2<sup>ND</sup> Time to CP] ;  
 SQQ 16] Sd R, - , draw L to R, tch L to R ;

### PART C

- 1-4 SIDE BASIC ; SWEETHEART WRAP LADY IN 2 ; SWEETHEART RUNS TWICE ; ;**  
 SQQ 1] Sd L, - , XRIB, rec L ;  
 SQQ(SS) 2] Sd R, - , XLIF, trn LF cl R (*Sd L, - , XRIF trng ½ LF, -*) end fcg DLW in wrapped position ;  
 SQQ 3] Fwd L, - , fwd R, fwd L (*Fwd L, - , fwd R, fwd L*) ;  
 SQQ 4] Fwd R, - , fwd L, fwd R (*Fwd R, - , fwd L, fwd R*) ;
- 5-8 ROLL LADY ACROSS TO SHADOW COH ; LUNGE BASIC ; LUNGE BASIC LADY FC IN 2 ; BASIC ENDING with PICKUP ;**  
 SQQ 5] Sm fwd L ldg W across, - , sm fwd R trng to fc COH, XLIF (*Comm LF trn fwd L, - , cont LF trn sd R spin to fc COH, XLIF*) ;  
 SQQ 6] Lunge sd R extend both arms out to sds look RLOD, - , rec L, brng arms in XRIF look COH ;  
 SQQ 7] Lunge sd L extend both arms out & look LOD, - rec R, brng arms in to CP XLIF (*Lunge sd L, - , rec R trng RF to fc ptr; -*) ;  
 SQQ 8] Sd R, - , XLIB, rec R comm LF trn brng W in frnt to CP DRC ;
- 9-12 TRIPLE TRAVELER ; ; ; BASIC ENDING PICKUP TO LOW BFLY ;**  
 SQQ 9] Fwd L trn to fc DRW, - , cont LF trn sd & fwd R brng ld hnds thru, XLIF (*Bk R trng LF, - , cont LF trn sd & bk L, cont LF trn bk & sd R*) keeping hnds high ;  
 SQQ 10] Fwd R spiral LF undr jnd hnds, - , fwd L, fwd R (*Trng to fc RLOD fwd L, - , fwd R, fwd L*) brng hnds to shldr level ;  
 SQQ 11] Fwd L bringing jnd hnds down & bk, - , sd R, XLIF bringing hnds up & around leading W to roll RF (*Fwd R comm RF trn, - , sd & bk L trng RF under jnd hnds, cont RF trn fwd R to LOD*) ;  
 SQQ 12] BFLY WALL sd R, - , XLIB, rec R brng W in frnt to low BFLY DLW ;
- 13-16 TRAVELING CROSS CHASSES ; ; TWICE ; FC WALL ;**  
 SQQ 13] Trng LF fwd L DLC blending to R shldr ld , - , sd & fwd R DLW, XLIF (*Bk R blend to L shldr lead, - , bk & sd L DLW, XRIF*) ;  
 SQQ 14] Trng RF Fwd R DLW blending to L shldr ld, - , sd & fwd L DLC, XRIF (*Bk L blend to R shldr lead, - , bk & sd R DLC, XLIF*) ;  
 SQQ 15] Repeat meas. 13 -14 end fcg WALL in BFLY ; ;

### REPEAT PART B TO CP

### ENDING

- 1-4 TWISTY BASIC TWICE ; ; UNDERARM TURN TO CP ; SD DRAW TOUCH & HOLD ;**  
 SQQ 1] Repeat meas. 13 of Part B ;  
 SQQ 2] Repeat meas. 14 of Part B ;  
 SQQ 3] Repeat meas. 15 of Part B ending in CP WALL ;  
 SQQ 4] Repeat meas. 16 of Part B ;
- 5-8 SLOW SWAY LF ; SLOW SWAY RT ; SD TO PROM SWAY ; CHANGE TO OVERSWAY ;**  
 S--- 4] Sd L letting the body slowly follow , , , ;  
 S--- 5] Sd R letting the body slowly follow , , , ;  
 S--- 6] Sd & fwd L to SCP stretching the R sd look over ld hnds relax L knee, , , ;  
 ---- 7] Without changing weight, change to L sd stretch looking RDW

# A BIRD WITHOUT WINGS

PHASE IV + 2 + 3 SLOW TWO STEP

(TRIPLE TRAVELER, CHANGE OF SWAY)

(THE SQUARE, TUNNEL EXIT, TRAVELING RIGHT TURN)

INTRO:      LOW BFLY WALL LD FT FREE WAIT ; ;

A:      BOTH HANDS UNDERARM TURN ; OPEN BREAK ;  
CHANGE SIDES [COH] ; OPEN BASIC [RLOD] ;  
MAN SWITCH ; FWD & RUN 2 TWICE ; ; LADY SWITCH ;  
[COH] BFLY LUNGE BASIC WITH INSIDE ROLL ; LUNGE BASIC ;  
MANUEVER RT TURN WITH OUTSIDE ROLL ; TUNNEL EXIT FC LOD ;  
OUTSIDE ROLL ; BASIC END ;  
PICKUP LEFT TURN WITH INSIDE ROLL ; BASIC END TO BFLY [WALL] ;

A:      BOTH HANDS UNDERARM TURN ; OPEN BREAK ;  
CHANGE SIDES ; OPEN BASIC ;  
MAN SWITCH ; FWD & RUN 2 2 X ; ; LADY SWITCH ;  
BFLY LUNGE BASIC WITH INSD ROLL ; LUNGE BASIC ;  
MANUEVER RT TURN WITH OUTSIDE ROLL ; TUNNEL EXIT FC LOD ;  
OUTSIDE ROLL ; BASIC END ;  
PICKUP LEFT TURN WITH INSIDE ROLL ; BASIC END ;

B:      OPEN BASIC 2 X ; ; THE SQUARE ; ; ; OPEN BASIC 2 X ; TO FC ;  
UNDERARM TURN ; BASIC END ; TRAVELING RT TURN ; OUTSIDE ROLL ;  
TWISTY BASIC 2 X ; ; UNDERARM TURN TO BFLY ; SD DRAW TCH ;

C:      SIDE BASIC ; SWEETHEART WRAP LADY IN 2 ; SWEETHEART RUNS TWICE ; ;  
ROLL LADY ACROSS TO SHADOW COH ; LUNGE BASIC [WITH ARMS] ;  
LUNGE BASIC LADY FC IN 2 ; BASIC END ;  
PICKUP TRIPLE TRAVELER ; ; ; BASIC END ;  
PICKUP LOW BFLY TRAVELING CROSS CHASSES ; ; 2 X FC WALL ; ;

B:      OPEN BASIC 2 X ; ; THE SQUARE ; ; ; OPEN BASIC 2 X ; ;  
UNDERARM TURN ; BASIC END ; TRAVELING RT TURN ; OUTSIDE ROLL ;  
TWISTY BASIC 2 X ; ; UNDERARM TURN TO CP ; SD DRAW TCH ;

END:      TWISTY BASIC 2 X ; ; UNDERARM TURN TO CP ; SD DRAW TCH & HOLD ;  
SLOW SWAY LF ; SLOW SWAY RT ;  
SD TO PROM SWAY ; CHANGE TO OVERSWAY ;

DEBBIE & PAUL TAYLOR

CD: HEARTLAND: THE COMPOSER'S SALUTE TO CELTIC THUNDER TRACK 2 OR  
DOWNLOAD FROM AMAZON OR I-TUNES

(PHIL COULTER)

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