

FOUR STRONG WINDS

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Music: Bobby Bare - Album: The Essential Bobby Bare; Track 6 – Available as a
download from Amazon.com
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Two Step Phase: II+1 [Strolling Vine]
Speed: 47 or speed for comfort
Sequence: INTRO A, B, C, A, B, END Difficulty level: Easy

INTRODUCTION

1 – 4 WAIT;; APT – PNT; P/U – TCH;

1-4 [LOp fcg ptr DLW] Wait;; Apt L,-, ptn R,-; Pickup R,-, tch L,-;

PART A

1 – 4 2 FWD 2-STEPS;; DOUB PROG SCIS;;

1-4 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Sd L, cl R, XL IFO R to SCAR,-; Blend to CP sd R, cl L, XR IFO L to BJO fc DLC,-;

5 – 8 HITCH FWD; HITCH/SCIS to FC; 2 TRNG 2-STEPS [BFLY];;

5-8 Fwd L, cl R, bk L,-; Bk R, cl L, sd & fwd R,- (W fwd & sd L start trn RF, cl R cont trn RF, cl L,-) now CP M fc ptrn & WALL; Sd L, cl R, sd & bk L pivot ½ RF,-; Sd R, cl L, fwd & sd R pivot ½ RF blend to BFLY,-;

9 – 12 FC to FC; BK to BK; B-BALL TRN to CP;;

9-12 Sd L, cl R, fwd & sd L release lead hnds & end bk to bk pos,-; Sd R, cl L, sd & fwd R to BFLY,-; Sd L,-, rec R trng ¼ RF,-; Sd & fwd L trng ¼ RF,-, rec R trng to CP,-;

13 – 16 TRAVELING BOX;;;;

13-16 Sd L, cl R, fwd L,-; Blend to RSCP to RLOD fwd R,-, L,-; Blend to CP sd R, cl L, bk R,-; Blend to SCP to LOD fwd L,-, R,-;

PART B

1 – 4 2 FWD 2-STEPS;; HITCH FWD; 1 BK 2-STEP;

1-4 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Fwd L, cl R, bk L,-; Bk R, cl L, bk R,-;

5 – 8 HITCH BK; 1 FWD 2-STEP; LACE OV & FWD;;

5-8 Bk L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Join lead hnds & XIBO W sd & fwd L, fwd R, fwd L,-; Sd & fwd R, cl L, fwd R end OP both fc LOD M on W's R sd,-;

9 – 12 DOUB HITCH;; LACE BK & FWD;;

9-12 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-; Join trng hnds & XIBO W sd & fwd L, fwd R, fwd L,-; Sd & fwd R, cl L, fwd R end OP both fc LOD M on W's L sd,-;

13 – 16 CIRC AWAY 2-2 STEPS;; STRUT TOG 4 to CP;;

13-16 Release ptrn & start LF (W RF) circ move fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R now fc RLOD,-; Sd & fwd L to fc ptrn,-, fwd R,-; Fwd L,-, R to CP,-;

PART C

1 – 4 STROLLING VINE;;;;

1-4 Commence slight RF upper body trn sd L,-, with slight LF body trn XR IBO L,-; Cont trn sd L, cont trn cl R, cont trn sd L,-; Commence slight LF upper body trn sd R,-, with slight RF upper body trn XL IBO R,-; Continue trn sd R, cont trn cl L, cont trn sd R,-;

5 – 8 2 TRNG 2-STEPS;; TWIRL VINE 2; WALK & P/U;

5-8 Repeat Part A meas 7&8;; Raise lead hnds & comm to twirl W RF sd L,-, XR IBO L,-; Fwd L,-, fwd R lead W to pickup,-;

REPEAT PART A

REPEAT PART B

ENDING

1 – 4 SD 2-STEP L & R;; TWIRL VINE 2; APT & PNT;

1-4 Sd L, cl R, sd L,-; Sd R, cl L, sd R,-; Repeat Part C meas 7; Apt L,-, pnt R,-;