

# MACNAMARA'S BAND

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Record: MCA 65011 "Macnamara's Band"  
Flip Side: "Medley of Irish Songs" Phone: 414-304-5661  
Footwork: Woman's Footwork Opposite Unless Noted Cell: 847-910-2880  
Rhythm: Cha Cha RAL Phase: III + 1 + 1 (FWD & BK TRPL CHA'S)  
(UN - CHS w/TRPL CHA'S) Speed: 2:42 @ 45  
Sequence: Intro - A - B - A - B - C - A (1-8) - End Released: Jan 2011

## INTRODUCTION

### 1-6 BFLY WALL wt 2 meas ; ;

1-2 BFLY WALL wait ; ;

### RB BAS ; ; CHA BAS ; ;

3-4 [BFLY WALL] Fwd L , Rec R , Sd L , - ; Bk R , Rec L , Sd R , - ;

5-6 [BFLY WALL] Fwd L , Rec R , Sd L/CI R , Sd L ; Bk R , Rec L , Sd R/CI L , Sd R ;

## PART A

### 1-16 FNC LINE ; CRB WLKS ½ [LOD] ; TRAV DOOR TWICE ; ;

1-2 [BFLY WALL] X LUN L , Rec R , Sd L/CI R , Sd L ; XRIF , Sd L , XRIF/Sd L , XRIF ;

3-4 [BFLY WALL] Rk Sd L , Rec R , XLIF/Sd R , XLIF ; Rk Sd R , Rec L , XRIF/Sd L , XRIF ;

### CUCA TWICE ; ; BAS ; ;

5-6 [BFLY WALL] Sd L , Rec R , CL L/in plc R , in plc L ; Sd R , Rec L , CL R/in plc L , in plc R ;

7-8 [BFLY WALL] Fwd L , Rec R , Sd L/CI R , Sd L ; Bk R , Rec L , Sd R/CI L , Sd R ;

### CHS w/TRPL CHA'S ; ; ; ;

9-12 [BFLY COH] Fwd L start RF trn ½ , Rec R fin trn , Fwd L/CI R , Fwd L (W Bk R , Rec L , Fwd R/CI L , Fwd R) ;  
Fwd R/CI L , Fwd R , Fwd L/CI R , Fwd L ; Fwd R start LF trn ½ , Rec L fin trn , Fwd R/CI L , Fwd R  
(W Fwd L start RF ½ , Rec R fin trn , Fwd L/CI R , Fwd L) ; Fwd L/CI R , Fwd L , Fwd R/CI L , Fwd R ;

### FIN CHS ; ; FNC LINE TWICE ; ;

13-14 [TANDEM WALL] Fwd L , Rec R , Bk L/CI R , Bk L (W Fwd R start LF trn ½ , Rec L fin trn , Fwd R/CI L , Fwd R) ;  
Bk R , Rec L , Fwd R/CI L , Fwd R (W Fwd L , Rec R , Bk L/CI R , Bk L) ;

15-16 [BFLY WALL] X LUN L , Rec R , Sd L/CI R , Sd L ; X LUN R , Rec L , Sd R/CI L , Sd R ;

## PART B

### 1-8 BRK BK to OP LOD ; WLK 2 & CHA ; CUCA ; WLK 2 & CHA ;

1-2 [BFLY WALL] XLIB to OP LOD , Rec R , Fwd L/CI R , FWD L ; Fwd R , Fwd L , Fwd R/CI L , Fwd R ;

3-4 [OP LOD] Sd L , Rec R , CL L/in plc R , in plc L ; Fwd R , Fwd L , Fwd R/CI L , Fwd R ;

### FIG 8 to BFLY COH] {2<sup>ND</sup> Time "to BFLY WALL"} ; ; ; ;

5-8 [OP LOD] Full LF Circle (W RF) Fwd L , Fwd R , Fwd L/CI R , Fwd L ; Fwd R , Fwd L , Fwd R/CI L , Fwd R ; Meet  
ptr & pass R shldrs Full RF Circle (W LF) Fwd L , Fwd R , Fwd L/CI R , Fwd L ; Fwd R , Fwd L , Fwd R/Fwd L ,  
Fwd R to fc ptr ;

## PART C

### 1-16 ½ BAS ; WHP [COH] ; CRB WLKS [LOD] ; ;

1-2 [BFLY WALL] Fwd L , Rec R , Sd L/CI R , Sd L ; Bk R trn ¼ LF , Rec L trn ¼ LF Blend to BFLY COH , Sd R/CI L ,  
Sd R (W Fwd L , Fwd R trng ½ RF chg sds Blend to BFLY COH , Sd L/CI R , Sd L) ;

3-4 [BFLY COH] XLIF , Sd R , XLIF/Sd R , XLIF ; Sd R , XLIF , Sd R/CI L , Sd R ;

### ½ BAS ; WHP [WALL] ; CRB WLKS [RLOD] ; ;

5-6 [BFLY COH] Fwd L , Rec R , Sd L/CI R , Sd L ; Bk R trn ¼ LF , Rec L trn ¼ LF Blend to BFLY WALL , Sd R/CI L ,  
Sd R (W Fwd L , Fwd R trng ½ RF chg sds Blend to BFLY WALL , Sd L/CI R , Sd L) ;

7-8 [BFLY WALL] XLIF , Sd R , XLIF/Sd R , XLIF ; Sd R , XLIF , Sd R/CI L , Sd R ;

### BRK BK to FWD TRPL CHA ; ; RK FWD REC to BK TRPL CHA ; ;

9-10 [BFLY WALL] XLIB to OP LOD , Rec R , Fwd L/CI R , Fwd L ; Fwd R/CI L , Fwd R , Fwd L/CI R , Fwd L ;

11-12 [OP LOD] Rk Fwd R , Rec L , Bk R/CI L , Bk R ; Bk L/CI R , Bk L , Bk R/CI L , Bk R ;

### RK BK REC & CHA to FC ; CUCA ; BAS ; ;

13-14 [OP LOD] Bk L , Rec R , trng twd ptr Fwd L/CI R , Fwd L ; Sd R , Rec L , CL R/in plc L , in plc R ;

15-16 [BFLY WALL] Fwd L , Rec R , Sd L/CI R , Sd L ; Bk R , Rec L , Sd R/CI L , Sd R ;

End

**1-10 BRK BK to OP LOD ; WLK 2 & CHA ; FIG 8 to BFLY COH ; ; ;**

- 1-2 [BFLY WALL] XLIB to OP LOD , Rec R , Fwd L/CI R , FWD L ; Fwd R , Fwd L , Fwd R/CI L , Fwd R ;  
 3-6 [OP LOD] [OP LOD] Full LF Circle (W RF) Fwd L , Fwd R , Fwd L/CI R , Fwd L ; Fwd R , Fwd L , Fwd R/CI L , Fwd R ; Meet ptr & pass R shldrs Full RF Circle (W LF) Fwd L , Fwd R , Fwd L/CI R , Fwd L ; Fwd R , Fwd L , Fwd R/Fwd L , Fwd R to fc ptr ;

**OP BRK ; WHP [WALL] ; FNC LINE ; FNC LINE in 3 & PT LOD on 4 ;**

- 7-8 [OP LOD] Rk Apt L extending trlg hnd up , Rec R Blend to BFLY , Sd L/CI R , Sd R ; Bk R trn ¼ LF , Rec L trn ¼ LF Blend to BFLY WALL , Sd R/CI L , Sd R (W Fwd L , Fwd R trng ½ RF chg sds Blend to BFLY WALL , Sd L/CI R , Sd L) ;  
 9-10 [OP LOD] X LUN L , Rec R , Sd L/CI R , Sd L ; X LUN R , Rec L , Sd R , Pt L twd LOD ;
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**MACNAMARA'S BAND****QUICK CUES****Intro: BFLY WALL wt 2 meas ; ;****RB BAS ; ; CHA BAS ; ;****Pt A: FNC LINE ; CRB WLKS ½ [LOD] ; TRAV DOOR TWICE ; ;****CUCA TWICE ; ; BAS ; ;****CHS w/TRPL CHA'S ; ; ;****FIN CHS ; ; FNC LINE TWICE ; ;****Pt B: BRK BK to OP LOD ; WLK 2 & CHA ; CUCA ; WLK 2 & CHA ;****FIG 8 to BFLY COH ; ; ;****Pt A: FNC LINE ; CRB WLKS ½ [RLOD] ; TRAV DOOR TWICE ; ;****CUCA TWICE ; ; BAS ; ;****CHS w/TRPL CHA'S ; ; ;****FIN CHS ; ; FNC LINE TWICE ; ;****Pt B: BRK BK to OP RLOD ; WLK 2 & CHA ; CUCA ; WLK 2 & CHA ;****FIG 8 to BFLY WALL ; ; ;****Pt C: ½ BAS ; WHP [COH] ; CRB WLKS [LOD] ; ;****½ BAS ; WHP [WALL] ; CRB WLKS [RLOD] ; ;****BRK BK to FWD TRPL CHA ; ; RK FWD REC to BK TRPL CHA ; ;****RK BK REC & CHA to FC ; CUCA ; BAS ; ;****Pt A: FNC LINE ; CRB WLKS ½ [LOD] ; TRAV DOOR TWICE ; ;****CUCA TWICE ; ; BAS ; ;****End: BRK BK to OP LOD ; WLK 2 & CHA ; FIG 8 to BFLY COH ; ; ;****OP BRK ; WHP [WALL] ; FNC LINE ; FNC LINE in 3 & PT LOD on 4 ;**