

SONG FOR THE MIRA

Music: Phil Coulter

www.cduniverse.com/ CD Scottish Tranquility

Track 11 Time 3:22

Available from choreographer

Footwork : Opposite except where (Noted)

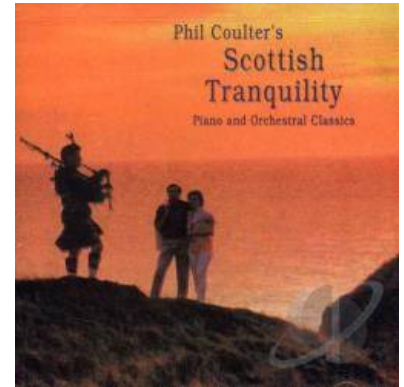
Rhythm : Waltz Phase : III + 1 (Diamond Turn) + 1U (Circle Box)

Release Date : Feb 2016

Choreo : Jos Dierickx BeverloseStwg 14B2 3583 Paal Belgium

Email : jos.dierickx@telenet.be

Sequence : INTRO A AB A(9-16*) C B A(9-16) END



INTRO

01-04 CP DRC Ld Ft FREE WAIT 2 MEAS ; ; SPIN TURN ; BOX FINISH to LOD ;

{**Wait**} CP DRC ld ft free wt 2 meas ; ; {**Spin Trn**} Stg RF upper bdy trn bk L & pvt 1/2 RF to fc DLW, fwd R btwn W's ft heel to toe cont trn leav L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvt 1/2 RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DLW ; {**Box Finish to LOD**} Bk R, sd L trng LF, cl R to LOD ;

PART A

01-04 FWD WALTZ ; DRIFT APART ; THRU TWINKLE TWICE ; ;

{**Fwd Waltz**} Fwd L, fwd & sd R, cl L ; {**Drift Apt**} *In Place R, L, R (W bk L, bk & sd R, cl L)* ; {**Thru Twinkle x 2**} XLif (*W XRif*) to WALL, trng LF sd R, cl L to OP COH ; XRif (*W XLif*) to COH, trng RF sd L, cl R to CP LOD ;

05-08 PROGRESSIVE BOX ; ; TWO LEFT TURNS ; ;

{**Progressive Box**} Fwd L, fwd & sd R, cl L ; Fwd R, fwd & sd L, cl R ; {**2 Left Trns**} Trng LF fwd L, sd R, cl L to CP RLOD ; Cont LF trn bk R, sd L, cl R to CP WALL ;

09-12 HOVER ; FWD HOVER to BJO ; BK HOVER to SCP ; THRU CHASSE to 1/2 OP ;

{**Hover**} Fwd L, sd & fwd R w/ rise, rec fwd L (*W bk R, sd & bk L w/ rise, rec fwd R*) to SCP DLC ; {**Fwd Hover to BJO**} Fwd R, fwd L w/ rise (*W trns LF*), rec R to BJO LOD ; {**Bk Hover to SCP**} Bk L, bk & sd R w/ rise & slight LF trn, rec fwd L (*W fwd R, fwd & sd L trng RF to CP, fwd R*) to SCP LOD ; {**Thru Chasse to 1/2 OP LOD**} Thru R, sd to fc prtn L/cl R, fwd L to 1/2 OP LOD ;

13-16 M ROLL ACROSS ; W ROLL ACROSS ; THRU CHASSE to SCP ; PICKUP SIDE CLOSE ; 3th TIME: THRU FC CL:

{**M Roll Across**} Fwd R begin RF trn, sd & fwd L XIF of W cont trn, sd & fwd R to 1/2 LOP LOD w/ free arms out to sd W (*Fwd R, L, R*) ; {**W Roll Across**} Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L XIF of M cont trn, fwd & sd R*) to 1/2 OP DLC w/ free arms out to sd ; {**Thru Chasse to SCP**} Repeat meas 12 Part A to SCP LOD ; {**PU Sd Cl**} Sm fwd R, sd L, cl R (*W trng LF fwd L ifo M, cont trn sd R, cl L*) to CP LOD ; * 3th Time: {**Thru Fc Cl**} Thru R, fwd & sd L to fcg ptr, cl R ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{**Diamond Trn**} Fwd L trng LF, compg 1/4 LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg 1/4 LF trn sd L, fwd R ; Staying in BJO & trng LF fwd L, compg 1/4 LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg 1/4 LF trn, fwd R to BJO DLC ;

05-08 ONE LEFT TURN HALF ; BACKUP WALTZ ; TWO RIGHT TURNS ; ;

{**One Left Trn 1/2**} Trng LF fwd L, sd R, cl L to CP RLOD ; {**Bkup Waltz**} Bk L, bk R, bk L ; {**2 Right Trns**} Startg RF trn bk L, sd R cont trn, cl L ; Cont RF trn fwd R, sd L, cl R to CP WALL ;

09-12 CIRCLE BOX ; ; ; ;

{**Circle Box**} [In CP POS] Fwd L, sd R, cl L ; Raisg jnd ld hnds bk R, sd L, cl R (*W undr raised ld arms circ CW 1/2 L, R, L*) ; Fwd L, sd R, cl L (*W cont circg CW undr raised ld arms R, L, R*) to CP WALL ; Bk R, sd L, cl R ;

13-16 WHISK ; MANEUVER ; OVER SPIN TURN ; BOX FINISH to FCG WALL ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; {Maneuver} Trng RF fwd R in frnt of W , sd L cont trn, cl R (*W fwd L, R, L*) to CP RLOD ; {Over Spin Turn} Trng upper bdy RF bk L pvtg ½ RF & leavg R in frnt, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; {Box Finish to WALL} Repeat meas 4 Intro to fcg WALL ;

PART C

01-04 LEFT TURNING BOX ; ; ; ;

{Left Trng Box} Fwd L & trn 1/4 LF, sd R, cl L to CP LOD ; Bk R & trn 1/4 LF, sd L, cl R to CP COH ; Fwd L & trn 1/4 LF, sd R, cl L to CP RLOD ; Bk R & trn 1/4 LF, sd L, cl R to CP WALL ;

05-08 HOVER ; PICK UP SIDE CLOSE ; TURN LEFT & R CHASSE BJO ; IMPETUS to SCP ;

{Hover} Repeat meas 9 Part A ; {PU Sd CL} Repeat meas 16 Part A ; {Trn Left & R Chasse to BJO} [1,2&3] Fwd L stg to trn LF, contg LF trn sd R/cl L, sd & bk R to BJO RLOD ; {Impetus to SCP} Bk L w/ RF bdy trn, cont trng on L heel & cl R rising to toe, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M & brush R to L, fwd R*) to SCP DLC ;

09-12 THRU FACE CLOSE to BFLY ; TWIRL VINE ; THRU CHASSE to SCP ; THRU SIDE BEHIND ;

{Thru Fc Cl} Thru R, sd L turn to fc, cl R to CP WALL ; {Twirl Vine} Sd L, XRib, sd L (*W full RF trn undr jnd ld hnds fwd R, sd & bk L, fwd R*) to SCP LOD ; {Thru Chasse to SCP} Repeat meas 12 Part A to SCP LOD ; {Thru Sd Behind} Thru R, sd L to fc prtn, XRib (*W XLib*) ;

13-16 ROLL 3 to SCP ; MANUEVER PIVOT 2 ; PIVOT 3 to SCP ; PICK SD CL ;

{Roll 3 to SCP} Rollg LF (*W RF*) down LOD sd & fwd L to fc RLOD, cl R spinning on toe to fc LOD, fwd L to SCP LOD ; {Manuever Pivot 2} Fwd R strt trn RF, trn ½ RF sd L pvt action, fwd R pvt ½ RF ; {Pivot 3 to SCP} Bk L pivot ½ RF, fwd R heel lead btwn W's feet cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ; {PU Sd Cl} Repeat meas 16 Part A ;

ENDING

01-03 ONE LEFT TURN HALF ; SLOW BACKUP WALTZ ; DIP BACK & HOLD ;

{One Left Trn ½} Repeat meas 5 Part B ; {Bkup Waltz} [SLOW on each piano note] Repeat meas 6 Part B ; {Dip Bk & Hold} [1,-] Bk L with soft L knee keeping R leg extended & trn bdy sltly LF, -, -;