

# SONG FOR THE MIRA

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Music: CD - Scottish Tranquility Track 11

Artist: Phil Coulter

Dance: Waltz

Speed: As CD

Phase: IV+2+1 (Curved Feather, Hinge)(Rev Wave)

Footwork: Opposite

Sequence: Intro-A-A-B-C-D-B-A(1-8)-End

## INTRODUCTION

### **1-4** WAIT 2 MEAS;; CLOSEUP & TCH; FTHR FIN;

1-2 In Lop fcg DLW lead hnds joined wait 2 meas;;

3-4 Fwd L (W fwd R) to CP, tch R to L,-; Bk R trn 1/8 LF, sd L, fwd R to CBJO;

## PART A

### **1-4** REV WAV;; OUTSD CHG TO SCP; WEAVE TO BJO;

1-2 Fwd L trng 1/4 LF, sd R, diag bk L curving 1/8 to CP/ROD (W bk R trng LF, cl L to R heel trn, fwd R);

3-4 Bk L, bk R trng LF, sd & fwd L to SCP; Fwd R, fwd L trn LF to CP COH, sd & bk R (W fwd L, sd & fwd R trng LF to CP, fwd L twd DLC);

### **5-8** ; FWD FWD/LK FWD; FWD DEVELOPE; OUTSD SWVL;

5-6 [finishing weave] Bk L twd DLC to CBJO, bk & sd R trng LF to CP, sd & fwd L CBJO DLW (W fwd R CBJO, fwd L trn LF to CP, sd & bk R to CBJO); Fwd R, fwd L/lk R, fwd L; 7-8 Fwd R outsd partner chkg,-,- (W bk L bring R foot up L leg to inside of L knee, extend R foot fwd); Bk L, XRIF no wgt,- (W fwd R, swvl RF to SCP,-);

### **9-12** IN & OUT RUNS;; THRU CHASSE TO SCP; THRU CHASSE TO BJO;

9-10 Fwd R trng RF, sd & bk L bk R twd LOD in BJO; Bk L trng RF, fwd between W's feet, fwd L to SCP LOD;

11-12 Thru R comm trn to fc, sd L/cl R, sd L to SCP; Thru R comm. trn to fc, sd L/cl R, sd L to BJO;

### **13-16** MANUV; SPN TRN; BOX FIN; CHG DIR;

13-14 Fwd R trng RF to fc RLOD, sd L, cl R (W Bk L trng RF, sd R, cl L); Bk L pvtg 1/2 RF, fwd R between W's feet heel to toe cont RF trn, rec sd & bk L to DLW;

15-16 Bk R trn LF, sd L, cl R to CP/DLC; Fwd L, fwd R trng LF w/right shldr lead, drw L to R CP/DLC;

## PART B

### **1-4** DIAM TRN;;;;

1-2 Fwd L start LF trn, sd R cont LF trn, XLIB CBJO DRC; Bk R cont LF trn, sd L cont LF trn, XRif of LCBJO DRW;

3-4 Fwd L cont LF trn, sd R cont LF trn XLIB of R CBJO DW; Bk R cont LF trn, sd L cont LF trn XRif of L CBJO DC;

### **5-8** DRAG HES; BK BK/LK BK; IMP TO SCP; PU FWD CL;

5-6 Fwd L comm. LF trn, sd R cont trn, dr L to CBJO fc DRC; Bk L, bk R/lk LIF, bk R; 7-8 Bk L bringing R beside L [no weight] comm. RF heel trn, chg weight to R cont RF trn, fwd L LOD to SCP (W Fwd R trng RF, sd & fwd around M on L, fwd R); Sm fwd R to fc LOD (W Fwd L pvt to fc M), fwd L, cl R to CP/LOD;

### **9-12** FWD WZ; DRIFT APT; THRU TWKL TWICE;;

9-10 Fwd L, sd & fwd R, cl L; Drift apt R, L, R;

11-12 XRIF between ptrs, sd R trng 1/4 LF, cl L (W XRIF between ptrs, sd L trng 1/4 RF, cl L); XRIF between ptrs, sd L trng 1/4 RF, cl R blending to CP LOD (W XLIF between ptrs, sd R trng 1/4 LF, cl L blending to CP);

- 13-16** **1 L TRN, HVR CORTE; BK WSK; THRU FC CL (SECOND TIME -PU SD CL);**  
13-14 Fwd L trn LF, sd R cont trn, cl L; Bl R trng LF, cont trn sd & fwd L w/rise, rec bk to BJO;  
15-16 Bk L, bk & sd R, XLIB of R to tight SCP DLW; Thru R trng to fc ptr, sd L, cl R;

**PART C**

- 1-4** **HVR; WING TO SCAR; X HOVER TO BJO; X HOVER TO SCAR;**  
1-2 Fwd L, fwd & sd R rising to ball of foot, recover L to SCPLD; Fwd R, dr L toward R, tch L to R trng upper body LF with L sd stretch (w fwd L beginning to XIF of M commence trng slightly LF, fwd R around M cont to trn slightly LF, fwd L around M comp slightly LF trn to tight SCAR);  
3-4 XLIF (W XRIB), sd R slight rise & LF trn, rec L DLC BJO; XRIF (W XLIB), sd L slight rise & RF trn, rec R DLW SCAR;
- 5-8** **X HVR TO SCP; PU SD CL; CANTER TWICE;;**  
5-6 XLIF (W XLIB), sd r slight rise & trn LF trn, rec L DLC SCP; Fwd R (W fwd L trng LF to CP LOD), sd R, cl L;  
7-8 Sd L, dr R to L [no weight], cl R; Repeat meas 7 Part C;

**PART D**

- 1-4** **TELEMARK TO SCP; HVR FALWY; SLIP PVT; FWD FWD/LK FWD;**  
1-2 Fwd L trng LF, sd R cont LF trn, sd & fwd L to SCP/DLW (Bk R trn LF, cl L to R for heel trn, sd & fwd R); Fwd R, fwd L w/rise, rec R;  
3-4 Bk L, bk R trng LF, fwd L to BJO (Bk R stg LF pvt, fwd L, bk R; Fwd R, fwd L/lk R, fwd L;
- 5-8** **FWD DEVELOPE; OUTSD SWVL; CRV FTHR (CKG); IMP TO SCP;**  
5-6 Repeat meas 7-8 Part A;;  
7-8 Fwd R curving RF, fwd L cont curve, fwd L chkg (Fwd l, sd & slightly bk R, bk L); Repeat meas 7 Part B;
- 9-12** **THRU CHASSE TO SCP; IN & OUT RUNS;; X PVT TO SCAR;**  
9-10 Repeat meas 11 Part A; Repeat meas 9 of Part A;  
11-12 Repeat meas 10 Part A; Fwd R in front of W begin RF trn, sd L cont trn, fwd R to contra SCAR DC (W fwd L sml stp begin RF trn, sd R sml stp cont trn, bk L to SCAR);
- 13-16** **TWKL TO BJO; FWD & PT; IMP TO SCP; PU FWD CL;**  
13-14 XLIF, sd R trng LF to DRW, cl L; Fwd R, pt fwd L,-;  
15-16 Bk L bringing R beside L [no weight] comm. RF heel trn, chg weight to R cont RF trn, fwd L LOD to SCP (W fwd R trng RF, sd & fwd L, fwd R); Repeat meas 8 Part B;

**END**

- 1-3** **IN & OUT RUNS;; THRU TO A HINGE & HOLD;**  
1-2 Repeat meas 9-10 Part A;;  
3 Thru R, fwd & sd L w/strong LF body trn & stretch trailing leg extended, hold (W fwd L comm LF trn, sd R, XLIB/extend R);