

INISHANNON SERENADE

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MUSIC: CD: West of Sunset Track 5 or CD: Relax & Listen Vol. 1 Track 4 or CD Ultimate Easy Listening Track 26
Or Download from Amazon or other music sites Original length of music: 3:39

ARTIST: Frank Chacksfield RELEASED: August 30, 2014

RHYTHM: SLOW TWO STEP SPEED: 45 RPM AS DOWNLOADED

PHASE: Phase V+0+3 DIFFICULTY: Above Average

Unphased [The Square, Traveling Right Turn, Tunnel Exit] SEQUENCE: I-A-B-A9-16-INT-C-D-D1-8-A9-14-END

FOOTWORK: Opposite throughout except where noted (*W's footwork italicized & in parentheses*) Rev. 1-4-15

INTRODUCTION

- 1-2 **WRAPPED POS DLW BOTH HAVE LEFT FOOT FREE WAIT ; ;**
1-2 Wrapped pos lady in frnt of but offset to M's R sd L ft free for both wait ; ;
- 3-4 **SWEETHEART RUNS TWICE TO TANDEM WALL ; ;**
3-4 Fwd L, -, fwd R, fwd L ; Fwd R, -, fwd L, fwd R to fc wall W in frnt of M ;

PART A

- 1-2 **LUNGE BASIC TWICE WITH ARMS ; ;**
1 Lunge sd L extend L arms & look LOD, - rec R, lower arms XLIF ;
2 Lunge sd R extend R arms & look RLOD, -, rec L, lower arms XRIF ;
- 3-4 **LUNGE BASIC LADY FACE IN 2 ; BASIC ENDING PICKUP TO LOW BFLY LOD ;**
3 Lunge sd L extend L arms & look LOD, - rec R, lower arms XLIF (*Lunge sd L, -, rec R trng RF to fc ptr; -*) ;
4 Sd R, -, XLIB, rec R brng W in frnt to low BFLY LOD [both hnds jnd about hip level] ;
- 5-8 **TRAVELING CROSS CHASSES TWICE ; ; ; FC WALL ;**
5 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*) ;
6 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*) ;
7-8 Repeat meas 5-6 end fcg WALL in BFLY ; ;
- 9-12 **BOTH HAND UNDERARM TURN ; OPEN BREAK ; CHANGE SIDES ; BASIC ENDING ;**
9 Both hnds jnd sd L bring trlg hnds thru, -, XRIB (*XLIF*) both hnds go over W's head as she trns ½ RF, rec L with hnds crossed L over R ;
10 Keep hnds crossed L over R sd R, -, sm rk apt L, rec R ;
11 Fwd L to W's R sd trng ½ RF, -, sd R, XLIF (*Fwd R trng ½ LF under jnd crossed hnds, -, sd L, XRIF*) ;
12 Sd R, -, XLIB, rec R end in CP COH ;
- 13-16 **PICKUP LEFT TURN WITH INSIDE ROLL ; BASIC END ; TWISTY BASIC ; REVERSE UNDERARM TURN;**
13-14 Comm LF trn brng W in frnt sd & fwd L fc RLOD, -, cont LF trn sd R brng ld hnds thru, XLIF to fc ptr & WALL (*Bk R trng LF, -, cont LF trn sd & bk L, cont LF trn bk & sd R*) ; Sd R, -, XLIB, rec R to CP WALL ;
15-16 Sd L, -, XRIB, rec L (*Sd R, -, XLIF, rec R*) ; Sd R brng jnd ld hnds btwn faces, -, XLIF ldg W to trn LF under jnd ld hnds, rec bk R (*Sd L comm LF trn, -, XRIF trng ½ LF, rec fwd L slightly to M's R sd*) ;

PART B

- 1-4 **LARIAT 6 [BFLY WALL] ; ; BASIC ; ;**
1-2 SIP L, -, R, L (*Fwd R, -, fwd L, fwd R around M fc WALL*) ; SIP R, -, L, R (*Fwd L, -, fwd R, fwd L to fc ptr*) ;
3-4 Sd L, -, XRIB, rec L ; Sd R, -, XLIB, rec R ;
- 5-8 **LUNGE BASIC WITH INSIDE ROLL ; LUNGE BASIC WITH OUTSIDE ROLL ; LUNGE BASIC TWICE ; ;**
5 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*) ;
6 Lunge sd R, -, rec L ldg W into RF trn, XRIB (*Lunge sd L, -, rec R trn ½ RF, cont RF trn bk L trng ½*) ;
7-8 Lunge sd L, -, rec R, XLIF ; Lunge sd R, -, rec L, XRIF ;

REPEAT PART A MEAS 9-16

INTERLUDE

- 1-2 **OPEN BASIC TWICE ; ;**
1-2 Sd L trn ¼ RF op body to L ½ OP, -, XRIB, rec L ; Trn ¼ LF sd R cont LF trn op body to ½ OP, -, XLIB, rec R [fcg LOD] ;

PART C**1-4 THE SQUARE ; ; ; ;**

- 1 With switch action M XIF of W sd L twd wall, - , trn RF sd & fwd R twd COH in L ½ OP, XLIF (*Fwd R, - , sd & fwd L twd COH, XRIF*) ;
- 2 Fwd R, - , sd & fwd L twd RLOD, XRIF (*With switch action XIF of M sd L twd LOD, - , trn RF sd & fwd R RLOD in ½ OP, XLIF*) ;
- 3 M XIF of W sd L twd COH, - , trn RF sd & fwd R to wall in L ½ OP, XLIF (*Fwd R, - , sd & fwd L twd wall, XRIF*) ;
- 4 Fwd R, - , sd & fwd L twd LOD, XRIF (*XIF of M sd L twd wall, - , sd & fwd LOD in ½ OP, XLIF*) ;

5-8 TRAVELING RIGHT TURN ; OUTSIDE ROLL ; OPEN BASIC TWICE ; ;

- 5 Trn RF crossing in frnt of W sd & bk fc RLOD, - , XRIB, twist trn RF 5/8 on both ft to fc DLW & shift weight bk onto L (*Fwd R btwn M's ft, - , trng RF fwd L around M, fwd R*) end in CP M fcg DLW ;
- 6 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*) ;
- 7-8 Repeat meas 1 & 2 of Interlude ; ;

9-12 THE SQUARE ; ; ; ;

9-12 Repeat meas. 1-4 Part C ; ; ; ;

13-16 TRAVELING RIGHT TURN ; OUTSIDE ROLL ; OPEN BASIC TWICE ; ;

13-16 Repeat meas 5-8 Part C ; ; ; ;

PART D**1-4 PICKUP TRIPLE TRAVELER ; ; ; TUNNEL EXIT FACE REVERSE ;**

- 1 Comm LF trn brng W in frnt sd & fwd L fc LOD, - , cont LF trn sd R brng ld hnds thru, XLIF to fc ptr & COH (*Bk R trng LF, - , cont LF trn sd & bk L, cont LF trn bk & sd R*) keeping hnds high ;
- 2 Fwd R spiral LFundr jnd hnds, - , fwd L, fwd R (*Trng to fc LOD fwd L, - , fwd R, fwd L*) brng hnds to shldr level ;
- 3 Fwd L bringing jnd hnds down & bk, - , fwd R, fwd L 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*) ;
- 4 Fwd 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 RLOD (*Fwd L around M, - , fwd R, fwd L fc RLOD*) end LOP RLOD ;

5-8 OUTSIDE ROLL ; OPEN BASIC ; SWITCHES FC TO BFLY ; ;

- 5 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*) ;
- 6 Trn ¼ LF sd R cont LF trn op body to ½ OP, - , XLIB, rec R [fcg LOD] ;
- 7 XIF of W sd L to L ½ OP, - , fwd R, fwd L (*fwd R, - , fwd L, fwd R*) ; Fwd R, - , fwd L, fwd R to fc (*XIF of M sd L to ½ OP, - , fwd R, fwd L*) end in BFLY WALL ;

9-10 TWISTY BASIC AND SWEETHEART WRAP LADY IN 2 ; ;

- 9 Sd L, - , XRIB, rec L (*Sd R, - , XLIF, rec R*) ;
- 10 Sd R, - , comm LF trn cl L, SIP R (*Sd L, - , XRIF trng ½ LF, -*) end fcg DLW in wrapped position ;

11-12 SWEETHEART RUNS TWICE TO TANDEM WALL ; ;

11-12 Both have L ft repeat meas 3 & 4 of Introduction ; ;

13-16 LUNGE BASIC 2 X WITH ARMS ; ; LUNGE BASIC LADY FACE IN 2 ; BASIC ENDING ;

- 13-15 Repeat meas 1-3 of Part A ; ; ;
- 16 Sd R, - , XLIB, rec R ;

REPEAT PART D MEAS 1-8**REPEAT PART A MEAS 9-14****ENDING****1-2 SLOW SD TO PROMENADE SWAY ; SLOW CHANGE OF SWAY ;**

- 1 Slow Sd & fwd L to SCP stretching L sd to look over jnd lead hnds, - , - , - ;
- 2 Relaxing L knee leaving R leg Extended and stretching L sd of body looking to RDW, - , - , - ;

3-4 CHANGE TO HINGE LINE & EXTEND ; ;

- 3 With slight rise & LF rotation leading woman to XLIB, - , relax L knee with R sway look at woman, - (*bring L ft under body & XLIB, - , relax L knee letting R foot slide fwd looking to L shldrs almost parallel to ptr*) ;
- 4 Place W's R hnd on his L shldr & release trlg hnds extend the line, - , - , - (*Extend L arm out & bk looking L*) ;