CARINA

COMPOSER: Mike & Diana Sheridan  (612)459-8588  1983
7503 Ideal Avenue So., Cottage Grove, MN. 55016
RECORD: Telemark 915B "TANGO CARINA", Flip of "Mathilda"
Footwork: Opposite except as noted.
SEQUENCE: INTRO,A,B,A,C,B,A,TAG

MEAS. 1-4

WAIT;WAIT;PROGRESSIVE LINK;PROMENADE QUARTER BEAT

1-2
3 QQS  (PROG LINK)Fwd L X thighs, small stp sd R trng sharply RF (W trn sharply to SCP-LOD), Sd L twd LOD, -;
4 QQS (PROM QURTR BEAT)Thru R in tight V-SCP, Sd L twd LOD, Cl R staying in tight V-SCP/Pt L twd LOD with inside edge of L touching floor, -;

1-4.5

PART A

NATURAL PROMENADE TURN;ROCK TURN; WALK; -,-,2,-;

1  SQQ  (NAT PROM TRN)Sd L in SCP twd LOD, -, Thru R trng RF to CP fac RLDD, Sd & Bk L continue trng RF;
2-3.5  SQQ  (RK TRN)Fwd R DW cont RF trn, -, Rk Bk & Sd L, Recov R to fac DW-RLDD;
3.5-4.5  SS  Bk L DC, - , Bk R trng LF, Sd & Fwd L trng LF to fac LOD; Cl R to L in CP-LOD, -,
4.5-8  SS  Fwd L X thighs, - , Fwd R twd LOD (Body will fac DC), - ,

1-4.6  QSQSQ  (OP TELMK)Fwd L trng LF, Sd R cont LF trn (W Bk R trn LF bring L to R no wt, Cl L & heel trn); Sd & Fwd L to SCP DW, -, Thru R, Tch inside edge of L Fwd in SCP-DW;
7-8  SQQSQQ  (CHASE RIGHT)Sd & Fwd L, -, Thru R, Sd L Trn to CP-DWR; Sttp sharply arnd W R to contra Bjo twd RLOD & chk fwd motion (W bk L trng RF), Bk L continuing to trn RF (W fwd L outsd M trng RF to CP-DCR),
Q&Q  (CHASSE)Curving RF Sd R/C, L, Sd R small stp to fac DC in CP;

1-10

CONTRA CHECK; -, RECOV SCP; - , PROMENADE LINK;

9  SS  (CONTRA CHK & RECOV)Fwd L X thighs leading with rt shoulder & chk fwd motion (W Bk R X thighs & chk bk motion extending body Lk), - , Recov R leading W to trn sharply to SCP DC, -;
10  SQQ  (PROM LINK)Sd & Fwd L twd DC, -, Thru R trng RF to CP-LOD, Tch L to R no wt;

1-4

PART B

WALK;,-,2,-; FLAWAY 4-STP SWVL-SQUARE ON 3; STP, TAP, CHK'D PROM;

1-1  SS  Fwd L X thigh, -, Fwd R, -;
2-1  QQS  Fwd L X thighs, Sd & Bk R trn slightly RF, XLIB of R trng to SCP, - , W XLIB of L trng momentarily to SCP, Swvl LF on R to contra Bjo wt still on R;
3-4  QSQSQ  (STP TAP & CHK'D PROM)Fwd R XIF of L W bk L trng to SCP-DC, Tap inside edge of L fvd in SCP, Sd & Fwd L DC, -, Thru R, Sd L, Tch R to L no wt trn body square as in CP but both M & W locking DC as in SCP, -;
RT LNG; SPAN DRG; CLOSE/PT; -, NAT TWST TRN; CL PROM;

5 SS (RT LNG) Strong stp sd R both trn heads sharply to look RLOD relax R knee in lunge line; -, hold; -

6 SS (SPAN DRG) Recov L & drw R twd L slowly stretching L sd of body continue looking RLOD; -, -

7-9 &SS000QS (CL/PT & NAT TWST TRN) With a stamp action like an Appel Cl R & trn heads sharply to SCP LOD/Tch inside edge of L fwd twd LOD; -, Sd & fwd L; -; Thru R trng RF, Sd L fc RLOD (W fwd R betwn M's feet), XRB of L (W fwd L to contra Bjo), Twst RF allowing feet to uncross (W fwd R twd wall); chng wt to R in SCP DC (W swv1 RF on R Cl L trng to SCP); -

10 SDS (CLOS PROM) Sd & fwd L DC; -; Thru R, Sd L trng RF to CP-DW, Cl R; -

11-12 PROGRESSIVE LINK; PROMENADE QUARTER BEAT;

11-12 Repeat action MEAS. 3-4 of INTRO.

PART C

1-4 WLK; -, -; OP REV TRN-OP FIN; PROG SD STP; BRSH TAP;

1 SS Repeat action MEAS. 1, PART B

2-3 QSS00QS (OP REV TRN-OP FIN) Fwd L trng LF, Sd R cont trn to fac RLOD, Bk L twd LOD (W Bk R trng LF, Sd L trng foot so toe points LOD, Fwd R outside M); -; Bk R trng LF, Sd L twd LOD continue LF trn, Fwd R outside W to contra Bjo-DW; -

4 QQ&S (PROG SD STP; BRSH TAP) Fwd L trng slightly LF to fac LOD X thighs, small stp Sd R twd wall, sharply drw L to R & quickly push out to a side tap; -;

5-10 WLK; -, -; PROG LNK; PROM TO PROM PIV; OWSWY&RECOV; PROM LINK;

5 SS Repeat action MEAS. 1, PART B

6 QQS Repeat action MEAS. 3, INTRO.

7 QQQ (PROM TO PROM PIV) Thru R (W thru L trng LF to CP as in a pckup), continue trng LF Fwd L twd COH, Sd R twd DC continue RF trn, Sd L twd LOD now in CP-Wall;

8-9 &SSSS (OWSWY & RECOV) Cl R to L/Trn heads sharply to V-SCP & Tch L Sd & Fwd; -, Sd L into relaxed L knee & look at W leaving R extended to sd; -; Hold; -; Recov R trng sharply to SCP-DC; -

10 SQQ Repeat action MEAS. 10, PART A;

TAG

1 HOLD; -, OWSWY;

1 SS Hold; -, Stp sd L into relaxed L knee & look at W;