FOUR STRONG WINDS

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Music: Bobby Bare - Album: The Essential Bobby Bare; Track 6 – Available as a
download from Amazon.com
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Two Step    Phase: II+1 [Strolling Vine]
Speed: 47 or speed for comfort
Sequence: INTRO A, B, C, A, B, END    Difficulty level: Easy

INTRODUCTION
1 – 4    WAIT;;  APT – PNT;  P/U – TCH;

PART A
1 – 4    2 FWD 2-STEPS;;  DOUB PROG SCIS;;
1-4   Fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd R,-;  Sd L, cl R, XL IFO R to SCAR,-;  Blend
to CP sd R, cl L, XR IFO L to BJO fc DLC,-;
5 – 8    HITCH FWD;  HITCH/SCIS to FC;  2 TRNG 2-STEPS [BFLY];
5-8   Fwd L, cl R, bk L,-;  Bk R, cl L, sd & fwd R,- (W fwd & sd L start trn RF, cl R cont
trn RF, cl L,-) now CP M fc ptnr & WALL;  Sd L, cl R, sd & bk L pivot ½ RF,-;  Sd
R, cl L, fwd & sd R pivot ½ RF blend to BFLY,-;
9 – 12    FC to FC;  BK to BK;  B-BALL TRN to CP;;
9-12   Sd L, cl R, fwd & sd L release lead hnds & end bk to bk pos,-;  Sd R, cl L, sd & fwd
R to BFLY,-;  Sd L,-, rec R trn ¼ RF,-;  Sd & fwd L trn ¼ RF,-, rec R trn to CP,-;
13 – 16    TRAVELING BOX;;;
13-16   Sd L, cl R, fwd L,-;  Blend to RSCP to RLOD fwd R,-, L,-;  Blend to CP sd R, cl L,
bk R,-;  Blend to SCP to LOD f wd L,-, R,-;

PART B
1 – 4    2 FWD 2-STEPS;;  HITCH FWD;  1 BK 2-STEP;
1-4   Fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd R,-;  Fwd L, cl R, bk L,-;  Bk R, cl L, bk R,-;
5 – 8    HITCH BK;  1 FWD 2-STEP;  LACE OV & FWD;;
5-8   Bk R, cl L, fwd L,-;  Fwd R, cl L, fwd R,-;  Join lead hnds & XIBO W sd & fwd L,
fwd R, fwd L,-;  Sd & fwd R, cl L, fwd R end OP both fc LOD M on W’s R sd,-;
9 – 12    DOUB HITCH;;;  LACE BK & FWD;;
9-12   Fwd L, cl R, bk L,-;  Bk R, cl L, fwd R,-;  Join trng hnds & XIBO W sd & fwd L,
fwd R, fwd L,-;  Sd & fwd R, cl L, fwd R end OP both fc LOD M on W’s L sd,-;
13 – 16    CIRC AWAY 2-2 STEPS;;  STRUT TOG 4 to CP;;
13-16  Release ptnr & start LF (W RF) circ move fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd
R now fc RLOD,-;  Sd & fwd L to fc ptnr,-;  fwd R,-;  Fwd L,-, R to CP,-;
PART C

1 – 4  **STROLLING VINE;;;;**
1-4 Commence slight RF upper body trn sd L,-, with slight LF body trn XR IBO L,-; Cont trn sd L, cont trn cl R, cont trn sd L,-; Commence slight LF upper body trn sd R,-, with slight RF upper body trn XL IBO R,-; Continue trn sd R, cont trn cl L, cont trn sd R,-;

5 – 8  **2 TRNG 2-STEPS;; TWIRL VINE 2; WALK & P/U;;**
5-8 Repeat Part A meas 7&8;; Raise lead hnds & comm to twirl W RF sd L,-, XR IBO L,-; Fwd L,-, fwd R lead W to pickup,-;

REPEAT PART A

REPEAT PART B

ENDING

1 – 4  **SD 2-STEP L & R;; TWIRL VINE 2; APT & PNT;;**
1-4 Sd L, cl R, sd L,-; Sd R, cl L, sd R,-; Repeat Part C meas 7; Apt L,-, pnt R,-;