INISHANNON SHERENADE

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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 IV+2+3 [Triple traveler, Hinge]   DIFFICULTY:  Above Average
FOOTWORK:  Opposite throughout except where noted (W’s footwork italicized & in parentheses)

INTRODUCTION

1-2  WRAPPED POS DLW BOTH HAVE LEFT FOOT FREE WAIT ; ;
3-4  SWEETHEART RUNS TWICE TO TANDEM WALL ; ;

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 XRF ;
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, XRF) ;
   6  Trng LF 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, XRF) ;
   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 (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 LF undr jnd hnds, - , fwd L, fwd R (Trng to fc LOD fwd L, - , fwd R, fwd L) brng hnds to shldr level ;
3 Fwd L brng jnd hnds down & bk, - , fwd R, fwd L brng 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, - , XLIF, 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) ;