

IF I WERE A BLACKBIRD

Music: Phil Coulter
Peace and Tranquility
www.amazon.com/Peace-Tranquility-Phil-Coulter/dp/B00HWSHCFE
Track # 1 Time 3:03 Available from choreographer

Rhythm: Waltz **Phase:** IV+2 (Curved Feather+ DBL Rev Spin)

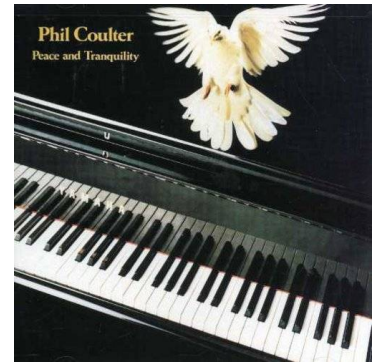
Footwork: Opposite except where (Noted)

Release Date: April 21

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO AA B INTRO(3-10) B INTRO(3-7) END



INTRO

01-02 CP DLC LEAD FOOT FREE WAIT 2 MEASURES ; ;

{Wait} CP DLC ld ft free wt 2 meas ; ;

03-06 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Turn/W Insd Trns} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R raisg ld hnds, compg ¼ LF trn sd L, fwd R (W fwd L comm LF trn under ld hnds fc RDC, small sd R cont LF trn, small sd L compg LF trn) to BJO DRW ; Repeat meas 3,4 INTRO to BJO DLW & DLC ; ;

07-11 OP TELEMAR ; THRU CHASSE to BJO ; OP NATURAL ; HESITATION CHANGE ; DBL REVERSE SPIN to LOD ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW ; {Thru Chasse to BJO} 1,2&3 Thru R, sd to fc prt L/cl R, sd & fwd L (W trng LF, sd R/cl L, sd & bk R) to BJO LOD ; {OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd ld (W bk L trng RF, fwd R btwn M's ft, fwd L) to BJO DRC ; {Hesitation Chng} [1,2,-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ; **DbI Rev Spin to LOD** (1,2/W 12&3) Fwd L comm LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DC (W bk R comm LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLif) to CP LOD ;

PART A

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK & CHASSE to SCAR ; X-SWIVEL to BJO/W DEVELOPE ;

{OP Reverse Turn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr) to BJO RLOD ; {Hover Corte} Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg ½ LF trn rec R (W fwd L, trng LF sd & fwd R & brush L to R, fwd L) to BJO DLW ; {Bk & rt Chasse to SCAR} Bk L comm RF trn, sd R cont RF trn/cl L, sd R SCAR DRW (W Fwd R comm slight RF trn, sd L cont RF trn/cl R, sd L to SCAR DLC) ; {X-Swivel to BJO/Lady Develope} {1} Fwd L outsd ptr/swvlg on L foot LF DLW, pt R sd & bk RLOD, hold shaping twd W to BJO DLW (W Bk R/swvlg LF on R ft to fc DRC, bring L ft [w/ toe pointed down] up R leg to insd of R knee, extend L foot fwd) ;

05-08 CURVED FEATHER ; IMPETUS to SCP ; WEAWE 6 to BJO ; ;

{Curved Feather} Fwd R outsd ptr comm RF trn, w/ lft sd stretch cont RF trn fwd & sd L, with strong RF trn body trn fwd R outsd ptr ckg to BJO DRW (W Bk L comm RF trn, staying well in M's rt arm w/ rt sd stretch cont RF trn sd & bk R, cont trn RF w/ rt sd stretch bk L to BJO DLC) ; {Impetus to SCP} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R) to SCP DLC ; {Weave 6 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO) ; Bk L LOD, bk R trng LF trn, sd & fwd L (W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R) to BJO DLW ;

09-12 CROSS HESITATION ; BACK BACK/LOCK BACK ; OUTSIDE CHANGE to SCP ; SLOW SIDE LOCK ;

{Cross Hesitation} [1,-,-/1,2,3] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of R ft ckg (W fwd L stg LF trn, sd R arnd M trng LF, contg LF trn cl L) to BJO DRC ; {Bk Bk/Lock Bk} (1,2&3) Bk L, bk R/lk Lif, bk R to BJO ; {Outside Change to SCP} Bk L in bjo, bk R to CP trn LF, sd & fwd L (W fwd R, L, R) to SCP DLW ; {Slow Sd Lk} Thru R, fwd & sd L risg trng LF, cl R (W thru L comm trng LF, sd R cont trng LF, lk Lif) to CP DLC ;

13-17 TURN LEFT & R CHASSE to BJO ; BACK HOVER TELE ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{Trn Left & R Chasse to BJO} [1,2&3] Fwd L comm LF trn, cont trng LF sd R/cl L, sd & bk R to BJO DRC ; {Bk Hover Tele} Bk L comm RF trn, sd & fwd R btwn ptr's ft cont RF trn to fc DLW brushg L to R and risg, sd & fwd L (W fwd R outsd M comm to trn RF, sd L cont RF trn brushg R to L and risg, sd & fwd R) to SCP DLC ; {In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R) to SCP LOD ; {Chair & Slip} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fwd L) to CP DLC ;

PART B

01-04 4 VIENNESE TURNS ; ; ; ;

{4 Viennese Trns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; Repeat meas 1,2 Part B ; ;

05-08 HOVER TELE ; FORWARD HOVER to BJO ; BACK HOVER to ½ OP LOD ; START OP IN & OUT RUNS ;

{Hover Tele} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; **{Fwd Hover to BJO}** Fwd R, fwd L w/ rise (*W trns LF*), rec R to BJO LOD ; **{Bk Hover to ½ OP LOD}** Bk L, bk & sd R w/ rise & slight LF trn, rec fwd L (*W fwd R, fwd & sd L trng RF to CP, fwd R*) to ½ OP LOD ; **{Start OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W fwd R, L, R*) ;

09-12 FINISH OP IN & OUT RUNS ; MANUVER ; OVER SPIN TURN ; BOX FINISH to DLW ;

{Finish OP In & Out Runs} Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R*) to ½ OP LOD w/ free arms out to sd ; **{Manuver}** Trng RF fwd R ifo W, sd L cont trn, cl R (*W fwd L, R, L*) to CP RLOD ; **{Overspin Turn}** Bk L pivotg ½ RF to fc LOD, fwd R btwn W's ft heel lead cont trn to fc DRW, compl trn sd & bk L (*W fwd R btwn M's ft heel lead pivotg ½ RF, bk L cont trn to fc DLC, compl trn sd & fwd R*) to CP DRW ; **{Box Finish}** Bk R comm LF trn, sd L to fc DLW, cl R in CP fc DLW ;

13-15 WHISK ; THRU to LEFT WHISK ; SYNCOPATED UNWIND to DLC ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; **{Thru to Left Whisk}** Thru R to momentary SCP, sd & fwd L trn RF to CP, XRib (*W XLib*) to rev SCP trng upper body to rt ; **{Syncop Unwind to DLC}** [1,2/1,2&3] Trn RF on ball of R & heel of L, cont trn, cont trn & transfer wgt to R ft (*W fwd R around M trng RF, fwd L/fwd R cont around M, fwd L*) to BJO DLC ;

ENDING

01-03 THRU CHASSE to SCP ; THRU to PROMENADE SWAY ; CHANGE to OVERSWAY ;

{Thru Chasse to SCP} [1,2&3] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; **{Thru to Promenade Sway}** Thru R (*W thru L*), sd & fwd L twds DLC, stretch rt sd gradually to look over the jnd ld hnds usg full meas ; **{Chng to Oversway}** With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch lft sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ;