RAINING IN MY HEART

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MUSIC: Raining in My Heart, Frank Chacksfield Orchestra, Vol. 2
available as download from Napster (speed slightly if desired)

RHYTHM: Slow Two Step

PHASE: PH IV Easy level (to introduce STS)

FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)

SEQUENCE: INTRO A B A B C B ENDING

INTRODUCTION

1-2  LOOSE CP WAIT;;;

PART A

1-4  BASIC;; UND ARM TURN; OPEN BASIC;
1-2  [basic] Sd L, -, rec bk R, rec L; Sd R, -, rec bk L, rec R;
3  [undarm trn] Sd L, -, XRib of L, rec L to BFLY (Sd R comm to trn RF under lead arms, -, XL trng to fc RLOD, fwd R trng to fc ptr);
4  [op basic] Sd R, -, brk bk L, rec R to ½ OP;

5-8  SWITCHES;; OPEN BASICS;;
5-6  [switches] Sd L XIF of W trng to L ½ OP, -, fwd R, fwd L (fwd R, -, fwd L, fwd R comm to XIF of M); Fwd R, -, Fwd L, Fwd R to fc blending to loose CP (XIF of M sd L trng to ½ OP, -, fwd R, fwd L to fc);
7-8  [open basics] Sd L to L ½ OP, -, brk bk R to fc RLOD, rec L; Sd R, -, brk bk L, to fc LOD, rec R to CP;

REPEAT A

PART B

1-4  BASIC/LADY WRAP;; FWD RUN 2; PICK UP RUN 2 TO LOW BFLY;
1  [sd basic] Sd L, -, rec R, XLIF (XRIF);
2  [basic/lady wrap] Sd R, -, XLib leading W to trn LF, rec R trng to fc LOD (W sd L, -, XRif trng LF, rec L to fc LOD);
3  [fwd run 2] Fwd L, -, fwd R, fwd L;
4  [p/up run 2] Fwd R leading W to P/UP, fwd L, fwd R (W P/UP R, -, bk L, bk R);

5-8  TRAVELING CROSS CHASSES TO FACE WALL;;;
5  [4 traveling x chasses] W/ hnds at waist level elbows in fwd L trng slightly LF, -, sd & fwd R, XLif (W bk R slight LF trn, -, bk & sd L, XRif);
6  Trng RF fwd R, -, sd & fwd L, XRif (W bk L trng RF, -, bk & sd R, XLif);
7  Fwd L trng slightly LF, -, sd & fwd R, XLif (W bk R slight LF trn, -, bk & sd L, XRif);
8  Trng RF fwd R, -, sd & fwd L to fc WALL, XRif (W bk L trng RF, -, bk & sd R, XLif);

REPEAT A

REPEAT B

PART C

1-4  LUNGE BASICS;; L TURN W/ INSIDE ROLL; BASIC ENDING;
1-2  [lunge basics] Sd L, -, rec R, XLIF (XRIF); Sd R, -, rec L, XRIF (XLIF) picking up LOD;
3  [left trn/inside roll] Fwd L trng LF to fc COH, -, sd R, XLIF (bk R trng LF ⅓ -, sd L trng LF und lead arms, sd R cont trng LF to fc ptr);
4  [basic end] Sd R, -, XLIB of R, rec R to BFLY (Sd L, -, XRib of L, rec L);

5-8  LUNGE BASICS;; L TURN W/ INSIDE ROLL; BASIC ENDING;
5-6  [lunge basics] Sd L, -, rec R, XLIF (XRIF); Sd R, -, rec L, XRIF (XLIF) picking up RLOD;
7  [left trn/inside roll] Fwd L trng LF to fc WALL, -, sd R, XLIF (bk R trng LF ⅓ -, sd L trng LF und lead arms,
8  [basic end] Sd R cont trng LF to fc ptr); Sd R, -, XLIB of R, rec R (Sd L, -, XRib of L, rec L);
REPEAT B

ENDING
1-4 UNDERARM TURN; SIDE DRAW CLOSE; REVERSE UNDERARM TURN; SIDE DRAW CLOSE;
   1 [undarm trn] Sd L, -, XRIB of L, rec L to BFLY (Sd R comm to trn RF under lead arms, -, XL
      trng to fc RLOD, fwd R trng to fc ptr);
   2 [sd dr cl] Sd R, -, draw cl L, -;
   3 [rev undarm trn] Sd R, -, XLif leading W to trn LF, rec R trng to fc BFLY (W sd L, -, XRif trng
      LF, rec L to fc):
   4 [sd dr cl] Sd L, -, draw cl R to BFLY, -;
5-7 TWIST VINE 8;; SD CORTE; **
   5-6 [sl twist vine 8] BFLY sd L, XRib, sd L, XLif; Sd, L, XRib, sd L, XRif;
   7 [sd corte] Sd L, -, lower leaving R toe pointed RLOD & stretching L sd look RLOD, -;

**Meas 5-7 can be done in CP if preferred

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INTRO: LOOSE CP WAIT;;
A
BASIC;; UNDARM TRN; OPEN BASIC;
SWITCHES;; OPEN BASICS;;
REPEAT A
B
BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
4 TRAVELING X CHASSES TO FC WALL;;;
A
BASIC;; UNDARM TRN; OPEN BASIC;
SWITCHES;; OPEN BASICS;;
B
BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
4 TRAVELING X CHASSES TO FC WALL;;;
C
LUNGE BASICS;; L TURN W/ INSIDE ROLL;
BASIC ENDING; LUNGE BASICS;;
L TURN W/ INSIDE ROLL; BASIC ENDING;
B
BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
4 TRAVELING X CHASSES TO FC WALL;;;
END
UNDARM TRN; SD DR CL;
REV UNDARM TRN; SD DR CL BFLY;
SL TWIST VINE 8;; SD CORTE;