

FIVE HILLS TO TRAVEL

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Recording: Special - For Educational Use Only.  
Release Date: May '89.  
Sequence: INTRO AA B AA END. Footwork opposite unless noted otherwise.  
Rating: Phase V + I Waltz. Recommended speed - 43RPM.

MEAS.

INTRO

1 - 6 DIAMOND TURN with BACK SIDE DRAW ending;;; TURN. LEFT CHASSE sidecar; PICKUP;  
( 1-6 ) Wait for lead in music in CP fcg LOD - Fwd L trng LF, Cont Lf trn sd R, bk L to BJO; Cont LF trn bk R, Sd L, Fwd R; Cont LF trn fwd L, Sd R, Bk L; Bk R, Blending to CP fcg DW sd L, Draw R to L; Fwd R trng RF, Sd L/Cls R, Sd L to SCAR fcg RDW; Bk R(W fwd L)trng LF to end in CP fcg LOD, Sd L, Cls R;

PART A

1 - 4 TURN. RIGHT CHASSE banjo; BACK. BACK/LOCK. BACK; PICKUP; NATURAL PIVOT THREE;  
( 1-2 ) Fwd L trng LF, Sd R/Cls L, Sd R to BJO fcg RDC; Bk L, Bk R/Lk LIF, Bk R;  
( 3-4 ) Bk L trng RF(W fwd R outside M)to CP fcg LOD, Sd R, Cls L; Fwd R, L, R pivoting RF to CP fcg DW;

5 - 8 WHISK; SLOW SIDE LOCK; DOUBLE REVERSE SPIN; CHANGE OF DIRECTION;

( 5-6 ) Fwd L, Fwd & sd R rising to ball of foot, XLIB of R cont to full rise to ball of foot end in tight SCP; Thru R(W start LF trn), Sd & fwd L(W sd & bk R cont trn to CP fcg DC), XRIB of L trng slightly LF(W XLIF of R);  
( 7-8 ) Fwd L trng LF(W bk R commence 1/2 LF heel trn), Fwd & sd R around W commence LF spin on ball of foot(W cont LF trn on R heel & chg wgt to L), Cont LF spin on R with no wgt chg(W fwd & sd R around M trng LF/Lk LIF of R)to CP fcg DW; Fwd L, Fwd R trng LF to CP fcg DC, Draw L to R;

PART B

1 - 4 OPEN TELEMARK; RIPPLE CHASSE; NATURAL HOVER CROSS;;

( 1-2 ) Fwd L trng LF(W bk R trng LF cls L to R with no wgt), Sd R(W Trn LF on R heel & chg wgt to L), Sd & fwd L(W sd & fwd R)in tight SCP to fc DW; Thru R trng head R with R sway to CP, Sd L/Cls R holding R sway, Sd & fwd L to end with no sway in SCP;  
( 3-4 ) Fwd R DW comence RF trn, Cont RF trn sd L DW(W heel trn cls R to L with no wgt cont RF trn & chg wgt to R), With a strong RF turn on L small sd R DW (W Sd L)to CP; Fwd L XIF R on toe(W bk R on toe with L sd stretch)to CONTRA SCAR/Rec R, Sd & fwd L(W small sd R), With L sd lead fwd R(W bk L)to CONTRA BJO;

5 - 8 REVERSE FALLAWAY; SLIP & CHASSE banjo; NATURAL WEAVE;;

( 5-6 ) Fwd L trng LF, Sd R, XLIB; Bk R trng LF(W trng LF fwd L)to CP fcg WALL, Sd L/Cls R to L, Sd L to BJO fcg DW;  
( 7-8 ) Fwd R trng RF, Cont RF trn sd L(W cls L to R), Sd & bk R with R sd lead(W sd & fwd L with L sd lead); Bk L to CONTRA BJO, Sd & bk R to CP trng LF, Sd & fwd L;

9 -12 OPEN NATURAL; SWIVEL WHISK; SYNCOPATED WHISK; SEMI CHASSE;

( 9-10 ) XRIF to CONTRA BJO, Trng RF sd L, bk R to LOD in CONTRA BODY fcg RLOD; Bk L trn RF, Cont RF trn on L allowing R to remain fwd during trn to end in tight SCP(W sd L), Hold(W XRIB of L to end in Tight SCP);  
(11-12) Thru R trng RF to CP/Cls L to R, Sd R, XLIB of R; Thru R trng RF, Sd L/Cls R, Sd L to SCP fcg LOD;

13-16 WEAVE 6;; MANUEVER; HESITATION CHANGE;

(13-14) Fwd R, Fwd L trng LF to CP, Sd & slightly bk R DC to CONTRA BJO; Bk L DC, Bk R trng LF to CP, Sd & fwd L DW to CONTRA BJO;  
(15-16) XRIF to CONTRA BJO, Trng RF sd L, Cls R to L in CP fcg RLOD; Bk L trng RF to CP fcg DC, Sd R trng slightly RF, Draw L to R;

END

1 - 5 TURN. RIGHT CHASSE banjo; PICKUP; TURN. LEFT CHASSE sidecar; PICKUP; REVERSE FALLAWAY & EXTEND;

( 1-5 ) Fwd L trng LF, Sd R/Cls L, Sd R to BJO fcg RDC;Bk L trng RF(W fwd R outside M) to CP fcg LOD, Sd R, Cls L; Fwd R trng RF, Sd L/Cls R,Sd L to SCAR fcg RLW; Bk R trng LF(W fwd L trng LF) to CP fcg LOD, Sd L, Cls R; Fwd L trng LF, Sd R, XLIB to SCP fcg RLOD - Extend twd LOD upper body with R sway to look thru twd