

MIRA RIVER WALTZ

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MUSIC: CD – Scottish Tranquility
“Song For The Mira”
RHYTHM: Waltz
PHASE: RAL Phase II

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SPEED: 46 - 47 RPM
RELEASE DATE: June, 2007
SEQUENCE: INTRO-A-A-B-A(9-16)-C-B-A(1-8)-END

INTRODUCTION

- 1 – 4 CP FCG WALL WAIT ; ; DIP BK & HOLD ; REC TO BFLY ;
1-2 CP M fcg WALL 1d ft free wait ; ;
3-4 Bk L relaxing L knee, - , - ; Rec fwd R to BFLY WALL, tch L , - ;

PART A

- 1 – 4 WALTZ AWAY AND TOGETHER ; ; SOLO TURN IN 6 TO CP ; ;
1-2 With insd hnds jnd fwd L trng away from ptr, sd & fwd R to slight bk to bk, cl L ;
Sd & fwd R trng to fc ptr, sd & fwd L, cl R to BFLY WALL ;
3-4 Fwd L comm LF trn away from ptr, cont trn sd R, cl L to complete ¾ trn ;
Bk R comm LF trn, cont trn sd L, cl R to CP WALL ;
- 5 – 8 DIP BACK & HOLD ; MANEUVER ; 2 RIGHT TURNS ; ;
5-6 Bk L relaxing L knee, - , - ; Rec fwd R comm RF trn, cont RF trn to fc RLOD sd L, cl R ;
7-8 Bk L comm RF trn, cont trn sd R completing 3/8 trn, cl L ;
Fwd R comm RF trn, cont trn sd L competing 3/8 trn, cl R fcg wall ;
- 9 – 12 TWISTY BALANCE LF & RT ; ; TWISTY VINE ; FORWARD FACE CLOSE ;
9-10 CP sd L comm RF trn, XRIB to SCAR, rec fwd L trng LF to fc ptr & wall (Sd R, XLIF, rec bk R) ;
Sd R comm LF trn, XLIB to BJO, rec fwd R to fc ptr & WALL (Sd L, XRIF, rec bk L) ;
11-12 Sd L comm RF trn, XRIB (XLIF) to SCAR, sd L trng LF; Blending to BJO XRIF (XLIB), sd L to fc ptr CP, cl R ;
- 13 – 16 LEFT TURNING BOX ; ; ; TO BFLY ;
13-14 Fwd L, trn ¼ LF sd R, cl L ; Bk R, trn ¼ LF sd L, cl R ;
15-16 Fwd L, trn ¼ LF sd R, cl L ; Bk R, trn ¼ LF sd L, cl R blend to BFLY WALL ;

PART B

- 1 – 4 STEP SWING ; SPIN MANEUVER ; PIVOT 3 TO SCP ; PICK UP SIDE CLOSE ;
1-2 Sd & fwd L to OP/LOD, swing R thru, - ; Fwd R trng RF, cont trn sd L, cl R end in CP/RLOD
(LF spin L, R, L end fcg LOD) ;
3-4 Bk L comm RF pvt, cont RF pvt fwd R betwn W's feet, fwd L to SCP DLC ; Sm fwd R ldng W to trn LF, sd L, cl
R to CP LOD (Fwd L comm LF trn, cont LF trn in frnt of ptr sd R, cl L) ;
- 5 – 8 BALANCE FORWARD & BACK ; ; 2 LEFT TURNS ; ;
5-6 Fwd L, cl R, sip L ; Bk R, cl L, sip R ;
7-8 Fwd L comm LF trn, cont LF trn sd R, cl L completing 3/8 LF trn ;
Cont LF trn bk R, cont LF trn sd L, cl R end in CP WALL ;
- 9 – 12 DIP BACK & HOLD ; RECOVER TO SIDECAR ; TWINKLE TO BANJO ; FORWARD FACE CLOSE ;
9-10 Bk L relaxing L knee, - , - ; Rec fwd R trng RF, sd L, cl R end in SCAR DRW ;
11-12 XLIF (XRIB) , trn LF to fc DLW, cl L ; Fwd R comm RF trn, sd L to fc ptr & wall, cl R ;
- 13 – 16 TWIRL VINE ; THRU FACE TO CP ; CANTER TWICE ;
13-14 Raise ld hnds sd L, XRIB, sd L (Sd & fwd R trng ½ RF undr jnd ld hnds, sd & bk L trn ½ RF, sd R) ;
Thru R to momentary SCP, sd L to fc ptr & wall in CP, cl R ;
15-16 Sd L, draw R, cl R ; Sd L, draw R, cl R ;

PART C

- 1 – 4 BALANCE LEFT ; REVERSE TWIRL TO LEFT OPEN ; OPEN BOX ; ;
1-2 Sd L, XRIB, rec in pl L ; Bring ld hnds thru fwd R to RLOD, fwd L, fwd R (Sd & fwd L trng ½ LF under jnd ld
hnds, sd & bk R trng ½ LF, sd & fwd L trng ¼ to fc RLOD) end in LOP fcg RLOD ;
3-4 Fwd L, sd R, cl L (Fwd R, sd L, cl R) ; Bk R, sd L, cl R (Bk L, sd R, cl L) ;
- 5 – 8 THRU TWINKLE ; THRU FACE TO BFLY ; TWIRL VINE ; PICK UP SIDE CLOSE ;
5-6 Thru L comm LF trn, cont LF trn sd R, comp ½ LF trn cl L ; Thru R comm RF trn, sd L to fc ptr, cl R to BFLY ;
7-8 Repeat action of meas 13 Part B ; Blend to momentary SCP repeat meas 4 Part B ;
- 9 – 12 FORWARD WALTZ ; DRIFT APART ; THRU TWINKLE ; PICK UP TO SIDECAR ;
9-10 Fwd L, fwd & slightly sd R, cl L ; Sm fwd R, cl L, sip R (Bk L, bk R, cl L) end fcg LOD ld hnds jnd ;
11-12 XL thru to wall, trng LF sd R, cont trn to fc COH cl L ; Thru R comm RF trn, cont RF trn sd L, cont RF trn cl R
end in SCAR fcg DLW (XL thru trng 1/8 LF, sd R, cl L end in SCAR fcg DRC) ;
- 13 – 16 3 PROGRESSIVE TWINKLES ; ; FORWARD FACE CLOSE TO BFLY WALL ;
13-14 XLIF (XRIB), trng ¼ LF sd R, cl L end in BJO DLC ; XRIF (XLIB), trng ¼ RF sd L, cl R end in SCAR DLW ;
15-16 Repeat meas 13 ; Fwd R comm RF trn, cont RF trn sd L to fc ptr & wall , cl R end in BFLY ;

ENDING

- 1 – 3 TWIRL VINE ; THRU FACE TO CP ; DIP BACK TWIST KISS [OPT LEG CRAWL] ;
1-2 Repeat meas 13 & 14 Part B ; ;
3 Bk L relaxing L knee, twist slightly LF, kiss ptr if you desire [Keep R leg extended sd & fwd while W slowly
lifts L leg up along man's outer thigh]