

FIELDS OF ATHENRY

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MUSIC: Celtic Tranquility CD Track 14 Phil Coulter

RHYTHM: Slow Two Step

PHASE: RAL 4 + 1 (Triple Traveler)

SEQUENCE: INTRO – A – B – C – B – C – END

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INTRODUCTION

- 1 - 2 CP WALL WAIT ; ;
CP M fcg wall lead foot free wait ; ;

PART A

- 1 - 5 BASIC ; ; LUNGE BASIC 2 X ; ; SD DRAW CL ;
Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R; Sd L with slight lunge action, -, rec R, XLIF; Sd R with slight lunge action, -, rec L, XRIF;
Sd L, draw R to L, -, cl R;
- 6 - 9 UNDERARM TURN ; BASIC ENDING ; OPEN BASIC 2 X ; ;
Sd L blending to palm-to-palm, -, XRIB, rec L (Sd R commencing RF trn under lead hnds, -, XL over R to line of progression trng ½,
rec L cont turn to fc partner); Sd R, -, XLIB, rec R; Sd L open body to L ½ OP, - XRIB, rec fwd L;
Tng LF to fc ptr sd R, -, open body to ½ OP XLIB, rec R staying in ½ OP;
- 10-13 2 SWITCHES ; ; ; TO FC ;
Cross in front of woman Sd L to L ½ op, -, fwd R, fwd L (Fwd R, -, fwd L, fwd R); Fwd R, -, fwd L, fwd R (Cross in front of man Sd L
to ½ op, -, fwd R, fwd L); Repeat meas 10 – 11 ending in CP fcg wall ; ;
- 14-17 BASIC ; ; LUNGE BASIC 2 X ; ;
Repeat action of meas 1 – 4 ; ; ; ;

PART B

- 1 – 5 RT TURN WITH OUTSIDE ROLL ; BASIC ENDING ; BASIC ; ; SD DRAW CL ;
Crossing in front of woman sd & bk L fc RLOD, -, Sd & bk R almost crossing in bk trng ¼ RF leading woman under jnd hnds, XLIF
to fc ptr & COH(Fwd R commence RF twirl under lead hnds, -, fwd L, fwd & sd R to fc ptr); Sd R, -, XLIB, rec R;
Repeat meas 1 & 2 Part A ; ; Repeat meas 5 Part A ;
- 6 – 9 LEFT TURN WITH INSIDE ROLL ; BASIC ENDING ; SIDE BASIC ; WRAP TO FC LOD;
Fwd L commence 3/8 LF turn, -, Bring jnd lead hnds thru leading woman into LF trn cont LF trn sd R, XLIF to fc ptr & wall (Bk R
commence ¼ LF turn, -, Sd L trng LF under lead hnds, cont trng LF sd R to fc ptr); Repeat meas 7 Part A ; Sd L, -, XRIB, rec L; Sd
R, -, XLIF bringing lead hnds thru leading woman to trn LF, rec R ending in wrapped pos fcg lod (Sd L, -, commence LF turn fwd R,
cont LF turn rec fwd L to fc LOD);
- 10-13 SWEETHEART RUNS 2 X ; ; SOLO TURN IN 6 TO BFLY ; ;
Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R; Fwd L releasing wrap trng LF, -, sd R fcg COH, cl L; Bk R trng to fc RLOD, -, sd L to
fc Ptr & wall, cl R (Lady turns RF);
- 14-17 TWISTY BASIC ; ; DOUBLE UNDERARM TURN ; BASIC ENDING ;
Sd L, -, XRIB, rec L (Sd R, -, XLIF, rec R); Sd R, -, XLIB, rec R (Sd L, -, XRIF, rec L); Sd L, -, trng LF fwd R under jnd lead hnds
extending R arm through, rec L to fc ptr & wall in bfly (Sd R, -, trng RF fwd L under jnd lead hnds extending L arm through, rec L);
Sd R, -, XLIB, rec R;

PART C

- 1 – 4 SD BASIC ; REVERSE UNDERARM TURN ; LARIAT 6 FACE LOD IN LOW BFLY ; ;
Sd L, -, XRIB, rec L; Sd R, -, bring lead hnds through between faces XLIF, rec R (Sd L commence LF trn under jnd lead hnds, -,
XRIF trng ½, rec fwd L cont trn to fc COH to man's R sd); In plc L, -, commence LF trn R, L finish trn fc LOD in LOP (Fwd R, -, sm
fwd L, sm fwd R to LOP LOD); In plc R, -, L, R (Sm fwd L, -, fwd R trng RF to fc ptr & RLOD, cl L);
- 5 – 8 TRAVELING CROSS CHASSE 2 X ; ; ; FC DLW ;
Sd & fwd L trng LF DLC blend to R shldr lead with both hnds jnd about hip level, -, sd & fwd R diag LOD&W, XLIF (Sd & bk R blend
to L shldr lead, -, bk & sd L DLW, XRIF); Sd & fwd R trng RF DLW blend to L shldr lead, -, sd L DLC, XRIF (Bk & sd L blend to R
Shldr lead, -, bk & sd R DLC, XLIF); Repeat meas 5 & 6 ; ;
- 9 – 12 TRIPLE TRAVELER ; ; ; BASIC ENDING ;
Fwd L commence LF upper body turn to lead woman to man's left side raising lead hands to start woman into LF trn, -, fwd R, fwd L
(Bk R trn ¼ LF, -, cont trn sd & fwd L trng ½ under jnd lead hnds, sd & fwd R cont turn to fc LOD); Fwd R spiral LF under jnd
Hnds, -, fwd L, fwd R (Fwd L, -, fwd R, fwd L); Fwd L brng jnd hnds down & bk in a continuous circular motion to lead woman into a
RF trn, -, fwd & sd R to fc ptr, XLIF (Fwd R commence RF trn, -, sd L cont RF trn under jnd lead hnds, fwd R to fc ptr); Sd L, -, XRIB,
rec R end CP COH;
- 13-16 TRIPLE TRAVELER ; ; ; BASIC ENDING ;
Repeat meas 9 – 12 except moving to RLOD & end CP Wall; ; ; ;

ENDING

- 1 – 4 LUNGE BASIC 2 X ; ; SD TO PROMENADE SWAY ; CHANGE TO AN OVERSWAY ;
Repeat meas 3 & 4 Part A ; ; Sd & fwd L to SCP stretching L sd to look over jnd lead hnds, -, -, -, Relaxing L knee leaving R leg
Extended and stretching L sd of body looking to RDW, -, -, - ;