KINDRED SPIRITS

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MUSIC: “Kindred Spirits”, Phil Coulter, Heartland: The Composer’s Salute to Celtic Thunder,
Available as a download from Amazon, cut at 3:41 and fade out, slow 3% (or as desired) and normalize the crescendos
https://www.amazon.com/Kindred-Spirits/dp/B005JBE7PY/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1525579607&sr=1-1&keywords=KINDRED+SPIRITS%2C+PHIL+COULTER
(youtube location; bottom of p. 3)

RHYTHM: Bolero

PHASE IV+1 UNPH (switch) average difficulty

FOOTWORK: Opposite (W’s footwork in parentheses)

SEQUENCE: INTRO A B C B C A(1-8) ENDING Released: July 2018

INTRODUCTION
1-4 LOW BFLY WALL TRAIL FT FREE WAIT; HIP ROCKS BLENDING TO CP; BASIC;;
1 [wait] In low BFLY WALL trail ft free wait:
2 [hips to CP] Sd R w/ hip roll, -, rec L w/ hip roll, rec R w/ hip roll blending to CP;
3-4 [basic] Sd L, -, slip bk R, fwd L; Sd R, -, slip fwd L, bk R;

PART A
1-4 CROSS BODY; FORWARD BREAK; UNDERARM TURN; LUNGE BREAK;
1 [x body] Sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn to COH (Sd & fwd R, -, fwd L Xng IF of M trng LF, sm step sd R);
2 [fwd brk] Sd & fwd R, -, fwd L, bk R;
3 [underarm trn] Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
4 [lunge brk] Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd (Sd & bk L, -, bk R contra ck sit line, rec fwd L);

5-8 LEFT PASS; NEW YORKER; CRAB WALKS;;
5 [L pass] Cl L leading W to trn RF, -, trng LF slip bk R, fwd L to WALL (Fwd R trng RF w/bk to M, -, sd & fwd L w/strong LF trn, bk R);
6 [NY] Sd R, -, thru L to fc RLOD, bk R blending to BFLY;
7-8 [crab walks] Sd L, -, XRif, sd L; XRif, -, sd L, XRif (Sd R, -, XLif, sd R; XLif, -, sd R, XLif);

9-12 UNDERARM TURN; REVERSE UNDERARM TURN; SHOULDER TO SHOULDER 2X;;
9 [underarm trn] Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
10 [rev underarm trn] Sd R, -, XLif leading W to trn LF und ld hnds, rec R (Sd L, -, XRif trng LF, sd & fwd L);
11-12 [shld to shld 2x] Blending to BFLY sd L, -, XRif, rec L (Sd R, -, XLif, rec R); Sd R, -, XLif, rec R (Sd L, -, XRib, rec L);

13-16 LUNGE & TWIRL RLOD; PREP AIDA; AIDA LINE & SWITCH LUNGE; 2 SL ROCKS TO LOW BFLY;
13 [lunge & twrl RLOD] Lunge sd L ckg Lady w/ R hnd on her R hip, -, raising ld hnds rec R leading W to twrl LF, XLif (Lunge sd R ckg, -, twrl LF L, R),
14 [prep aida] Sd R, -, thru L, sd R to fc (Sd L, -, thru R, sd L);
15 [aida line & switch lunge] Bk L to aida line, -, sd R to BFLY lunge, - (Bk R to aida line , -, sd L to lunge, -);
16 [2 sl rks to low BFLY] Sd L w/ hip roll, -, sd R w/ hip roll to lo BFLY, -;
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PART B

1-4  
START FAN; HOCKEY STICK; FORWARD BREAK:
1  [start fan] Sd L, -, bk R bringing lady fwd, rec L (Sd & fwd R, -, fwd L, bk R trng LF);
2  [start hockey stk] Sd R, -, fwd L, bk R (Sm bk L to fan pos, -, cl R, fwd L);
3  [fin hockey stk] Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW
   (Fwd R, -, fwd L, fwd R trng LF ½ und jnd hnds);
4  [fwd brk] Sd & fwd R, -, fwd L, bk R;

5-8  
RIGHT PASS; TO A NEW YORKER; FENCeline W/ ARM SWEEPS 2X;:
5  [R pass] Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF, fwd L to fc
   COH (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds);
6  [NY] Sd R, -, thru L to fc LOD, bk R blnding to BFLY;
7-8  [fenceline w/ arm sweep 2X] Sd L sweeping trailing arms up & over, -, XRib hnds twd RLOD,
   rec L; Sd R sweeping arms up & over, -, XLif twd LOD, rec R to BFLY;

9-12  
UNDERARM TURN TO HANDSHAKE; SHADOW NY; CROSS BODY; SHADOW NY TO STACKED HNDS R ON TOP;
9  [underarm trn to hndshk] Sd L, -, XRib leading W to trn RF und ld hnds, rec L joining R hnds
   (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
10  [shad NY] R hnds joined sd R, -, thru L to fc LOD, bk R to fc;
11  [X body] R hnds joined sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn fc WALL
   (Sd & fwd R, -, fwd L Xing LF of M trng LF, sm step sd R);
12  [shad NY to stdk hnds R on top] R hnds joined sd R, -, thru L to fc RLOD, bk R to fc joining L
   hnds und R;

13-16  
X HAND UNDARM TRN; BRK BK W/M’S HEADLOOP TO ½ OP; SWITCH & WALK 2 RLOD;
SWITCH & WALK 2 TO CP;
13  [X hnd underarm trn] Sd L raising R hnds, -, raising L hnds & lowering R hnds XRib leading
   W to trn RF, lowering L hnds rec L to stdk hnds L on top (W/ slight RF trn sd & fwd R, -, fwd L
   trng RF to fc RLOD, sd R to fc ptr);
14  [brk bk w/ M's headloop to L ½ OP] Sd R raising L hnds and looping over M’s head
   lowering hnds to M’s shoulder & releasing both hnds, -, brk bk L, fwd R to L ½ OP LOD;
15  [switch & walk 2 RLOD] Sd & fwd L trng to L ½ OP, -, fwd R, fwd L;
16  [switch & walk 2 LOD to CP] Sd & fwd R trng to ½ OP, -, fwd L, fwd R blending to CP;

PART C

1-4  
TURNING BASIC; TURNING BASIC 1/2; OPEN BREAK:
1-2  [trng basic] Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd &
   fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, rec R);
3  [trng basic 1/2] Repeat meas 1, Part C to fc WALL;
4  [op brk] Sd & fwd R, -, sm apt L, rec R;

5-8  
DOUBLE HAND OPENING OUT 2X; LUNGE & TWIRL RLOD; FORWARD ½ BASIC TO CP;
5-6  [dbl hnd openg out 2X] Blending to BFLY cl L trng LF, -, lower on L extending R ft to sd
   & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib
   lowering, fwd R to BFLY); Maintaining BFLY cl R trng RF, -, lower on R extending L ft to
   sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk L rotating RF, -, XRib
   lowering, fwd L to BFLY);
7  [lunge & twrl RLOD] Lunge sd L ckg Lady w/ R hnd on her R hip, -, raising ld hnds rec R
   leading W to twrl LF, XLif (Lunge sd R ckg, -, twrl LF L, R);
8  [fwd ½ basic] Sd R blnding to CP, -, slip fwd L, bk R;

9-10  
PROMENADE SWAY; TO RIGHT LUNGE & ROCK 2;
9  [prom sway] Sd L & fwd w/ right sd stretch looking over ld hnds, -, relax L knee lowering, -
   (Sd & fwd R to SCP w/ L sd stretch looking over ld hnds, -, relax R knee, -);
10  [R lunge & rk 2] With slight rolling action sd & fwd R softening R knee & looking twd W, -, w/
    hip roll action rk bk on L, rec fwd on R (With slight rolling action sd & bk L softening L
    knee & looking well to L, -, w/ hip roll action rk fwd on R, rec bk on L); [figures in meas 9 &
    10 keep timing count thru silence]
REPEAT B
REPEAT C
REPEAT A (1-8)

ENDING

1-4 UNDERARM TURN; HIP ROCKS SLOWING; PROMENADE SWAY; TO RIGHT LUNGE & HOLD;
1 [underarm trn] Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
2 [hip rks] Blending to CP sd R w/ hip roll, -, rec L w/ hip roll, rec R w/ hip roll;
3 [prom sway] Sd L & fwd w/ right sd stretch looking over ld hnds, -, relax L knee lowering, - (Sd & fwd R to SCP w/ L sd stretch looking over ld hnds, -, relax R knee, -);
4 [R lunge & hold] With slight rolling action sd & fwd R softening R knee & looking twd W, -, hold as music fades, - (With slight rolling action sd & bk L softening L knee & looking well to L, -, hold, -);

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INTRO: LOW BFLY WALL TRAIL FT FREE WAIT; HIP RKs TO CP; BASIC;;
A X BODY TO COH; FWD BRK; UNDARM TRN; LUNGE BRK; L PASS FC WALL; NY;
CRAB WALKS;; UNDRM TRN; REV UNDRM TRN; SHLD TO SHLD 2X;;
LUNGE & TWIRL RLOD; PREP AIDA; AIDA LINE & SWITCH LUNGE; 2 SL RKs TO LOW BFLY;
B
START A FAN; TO A HOCKEY STICK;; FWD BRK; R PASS FC COH; TO A NY; FENCeline
W/ ARM SWEEP 2X;; UNDRM TRN TO HNDSHAKE; SHAD NY; X BODY TO WALL; SHAD NY
TO STKD HNDS R ON TOP; X HND UNDRM TRN; BRK BK W/ M’S HEADLOOP TO ½ OP;
SWITCH & WALK 2 RLOD; SWITCH & WALK 2 TO CP;
C
TRNG BASIC TO COH;; TRNG BASIC ½ TO WALL; TO OP BRK; DBL HND OPENING OUT 2X;;
LUNGE & TWIRL RLOD; FWD ½ BASIC; PROM SWAY; TO R LUNGE & RK 2;
B
START A FAN; TO A HOCKEY STICK;; FWD BRK; R PASS TO COH; TO A NY; FENCeline
W/ ARM SWEEP 2X;; UNDRM TRN TO HNDSHAKE; SHAD NY; X BODY TO WALL; SHAD NY
TO STKD HNDS R ON TOP; X HND UNDRM TRN; BRK BK W/ M’S HEADLOOP TO ½ OP;
SWITCH & WALK 2 RLOD; SWITCH & WALK 2 TO CP;
C
TRNG BASIC TO COH;; TRNG BASIC ½ TO WALL; TO OP BRK; DBL HND OPENING OUT 2X;;
LUNGE & TWIRL RLOD; FWD ½ BASIC; PROM SWAY; TO R LUNGE & RK 2;
A (1-8)
X BODY TO COH; FWD BRK; UNDRM TRN; LUNGE BRK; L PASS TO WALL; NY; CRAB WALKS;;
ENDING
UNDARM TRN; HIP RKs SLOWING; PROM SWAY; TO R LUNGE & HOLD;

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