

"ME & MY SISTER"

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MUSIC: "The Shores Of The Swilly", *Ballroom Emotions*, Casa Musica CP 5005, Track #4
PHASE & RHYTHM: Phase IV+2 Waltz [double reverse spin, running open natural]
SEQUENCE: A, A MOD-1, B, C, B, C, A MOD-2, END [Contact Choreographer for Availability]

PART A

- 1-4** WAIT (OP FCing / RLOD); Join LEAD HDS; STP TOG to CP; BK & CHASSE to SCP;
1 ___ [WAIT] OP FCing fc RLOD no hds lead ft free & pointed bk (W OP FCing fc LOD no hds lead ft free & pointed bk);
2 ___ [Join LD HDS] No wt chg slowly join lead hds (W no wt chg slowly join lead hds);
3 1___ [STP TOG to CP] Fwd L CP / RLOD bringing lt sd fwd head lt, ___ (W fwd R CP fc LOD bringing lt sd fwd head lt, ___);
4 12&3 [BK & CHASSE to SCP] Bk R lf trn, sd L/cl R, fwd L SCP / DLW (W fwd L, sd R/cl L, fwd R SCP / DLW);
- 5-8** OP NAT; OUTSD SWVL; CHASSE to SCP; CHAIR & EXTEND;
5 123 [OP NAT] SCP fwd R, rf trn sd & bk L, bk R BJO / RLOD (W SCP fwd L, fwd R, fwd L BJO fc LOD);
6 1___ [OUTSD SWVL] BJO bk L ptr outsd lead ptr swvl rf SCP / RLOD, ___ (W BJO fwd R outsd ptr swvl rf SCP / RLOD, ___);
7 12&3 [CHASSE to SCP] SCP / RLOD fwd R, sd L/cl R, fwd L SCP / RLOD (W fwd L, sd R/cl L, fwd R SCP / RLOD);
8 1___ [CHAIR & EXTEND] SCP / RLOD ck fwd R soft knee & slo extend RLOD, ___ (W SCP ck fwd L soft knee & slo extend RLOD, ___);
- 9-12** BK WHISK; WING; CK OUTSD, REC & STP FWD to BJO; MANUV;
9 123 [BK WHISK] Bk L, bk R, hook Lib SCP / RLOD (W bk R, bk L, hook Rib SCP / RLOD);
10 1_(123) [WING] SCP fwd R lf body trn lead ptr outsd lt sd SCAR / RLOD, ___ (W SCP fwd L, curve lf fwd R, fwd L SCAR outsd ptr lt sd fc LOD);
11 123 [CK OUTSD, REC & FWD to BJO] SCAR ck fwd L outsd ptr, rec bk R, lf trn fwd L BJO (W SCAR ck bk R, rec fwd L, lf trn bk R BJO);
12 123 [MANUV] BJO / DLW fwd R outsd ptr, rf trn fwd & sd L, cl R CP / RLOD (W BJO bk L ptr outsd, rf trn bk & sd R, cl L CP fc LOD);
- 13-16** OVERTRN SPIN TRN; OUTSD CK; BK PASSING CHG; BK to Slo PROM OVERSWY;
13 123 [OVERTRN SPIN TRN] CP / RLOD bk L rf pvt, fwd R LOD cont pvt, bk L CP / DRW (W CP fwd R rf pvt, bk L cont pvt, fwd R CP fc DC);
14 123 [OUTSD CK] CP / DRW bk R, sd L, fwd R BJO / DRW outsd ptr (W CP fwd L, sd R, bk L BJO ptr outsd fc DLC);
15 123 [BK PASSING CHG] BJO / DRW bk L ptr outsd, bk R, bk L BJO ptr outsd (W BJO fwd R outsd ptr, fwd L, fwd R BJO outsd ptr fc DLC);
16 12;___ [BK to Slo PROM OVERSWY] BJO bk R CP, bk & sd L head lt strong PROM, ___ (W BJO fwd L CP, fwd R head rt strong PROM, ___);
- 17-19** Fin OVERSWY; Slo RISE; RT LUNGE & SLIP;
17 No wt chg slo chg to OVERSWY POS head rt, ___ (W no wt chg slo chg to OVERSWY POS head lt, ___);
18 [Slo RISE] No wt chg slo rise on L to CP / DLW head lt, ___ (W no wt chg slo rise on R to CP fc DRC head rt, ___);
19 123 [RT LUNGE & SLIP] CP lower on L rt sd stretch head lt lunge sd & fwd R chging to lt sd stretch & head rt, rec bk L, slip lf bk R CP / DLC (W CP lower on R head rt lunge sd & bk L chging head lt, rec fwd R, slip lf fwd L CP fc DRW);

PART A MOD-1

- 1-4** OP REV TRN; OP FIN; HOV TELE to SCP; CHASSE to SCP;
1 123 [OP REV TRN] CP / DLC fwd L, lf trn sd & bk R, bk L BJO / RLOD ptr outsd (W CP bk R, lf trn fwd L, fwd R BJO outsd ptr fc LOD);
2 123 [OP FIN] BJO / RLOD bk R CP, sd & bk L lf trn, fwd R BJO outsd ptr DLW (W BJO fwd L CP, fwd R lf trn, bk L BJO ptr outsd fc DRC);
3 123 [HOV TELE to SCP] BJO / DLW fwd L CP, fwd R rf body trn, fwd L SCP / DLW (W BJO bk R CP, bk L rf trn, fwd R SCP / DLW);
4 12&3 [CHASSE to SCP] SCP / DLW fwd R, sd L/cl R, fwd L SCP / DLW (W SCP fwd L, sd R/cl L, fwd R SCP / DLW);
- 5-8** OP NAT; OUTSD SWVL; CHASSE to SCP; CHAIR & EXTEND;
9-12 BK WHISK; WING; CK OUTSD, REC & STP FWD to BJO; MANUV;
13-16 OVERTRN SPIN TRN; OUTSD CK; BK PASSING CHG; BK to Slo PROM OVERSWY;
17-19 Fin OVERSWY; Slo RISE; RT LUNGE & SLIP;

PART B

- 1-4** DBL REV SPIN; DRAG HEST; BK BK/LK BK; IMP to SCP;
1 12_(123&) [DBL REV SPIN] CP / DLC fwd L, fwd R, spin lf tch L to R CP / LOD (W CP bk R, cl L to R lf heel trn, fwd R / lf trn lk Lif CP fc RLOD);
2 12 [DRAG HEST] CP / LOD fwd L, lf trn sd & bk R BJO DRC, ___ (W CP bk R, sd & fwd L BJO fc DLW, ___);
3 12&3 [BK BK/LK BK] BJO / DRC bk L ptr outsd, bk R/lk Lif, bk R BJO / DRC (W BJO fwd R outsd ptr, fwd L/lk Rib, fwd L BJO fc DLW);
4 123 [IMP to SCP] BJO / DRC bk L ptr outsd, cl R to L rf heel trn, fwd L SCP / DLC (W BJO fwd R outsd ptr, fwd L rf trn, fwd R SCP / DLC);
- 5-8** WEAVE to SCP;; CHAIR & SLIP BK to BJO; OUTSD SWVL;
5 123;123 [WEAVE to SCP] SCP / DLC fwd R, fwd L lf trn, sd & bk R BJO / RLOD (W SCP / DLC fwd L, fwd R lf trn, fwd L BJO fc LOD);
6 BJO bk L ptr outsd, bk R CP lf trn, fwd L SCP / DLW (W BJO fwd R outsd ptr, fwd L CP, fwd R SCP / DLW);
7 123 [CHAIR & SLIP BK to BJO] SCP ck fwd R, rec bk L, lf slip bk R BJO / DLW (W SCP ck fwd L, rec bk R, lf slip fwd L BJO fc DRC);
8 1___ [OUTSD SWVL] BJO / DLW bk L ptr outsd lead ptr swvl rf 1/2 OP / DW, ___ (W BJO fwd R outsd ptr swvl rf 1/2 OP / DW, ___);

"ME & MY SISTER" Cont.

PART B Cont.

9-12 OP IN & OUT RUNS;; THRU, SD, BEH; ROLL 3;
9 123;123 [OP IN & OUT RUNS] ½ OP / DLW fwd R, sd & bk L rf trn, fwd R ½ LOP / LOD (W ½ OP / DLW fwd L, fwd R, fwd L ½ LOP / LOD);
10 ½ LOP fwd L, fwd R, fwd L ½ OP / LOD (W ½ LOP fwd R, sd & bk L rf trn, fwd R ½ OP / LOD);
11 123 [THRU, SD, BEH] ½ OP / LOD fwd R blend OP, sd L fc ptr & WALL, xRib (W ½ OP / LOD fwd L blend OP, sd R fc ptr & COH, xLib);
12 123 [ROLL 3] OP fwd L LOD trng lf, bk R cont lf trn, sd L fc ptr & WALL (W OP / LOD fwd R trng rf, bk L cont rf trn, sd R fc ptr & COH);

13-17 SYNC VINE; CHASSE to SCP; OP NAT; IMP to SCP; RUN OP NAT;
13 1&23 [SYNC VINE] OP / LOD fwd R/sd L, xRib, fwd L (W OP / LOD fwd L/sd R, xLib, fwd R);
14 12&3 [CHASSE to SCP] Blend SCP / DLW fwd R, sd L/cl R, fwd L SCP / DLW (W blend SCP / DLW fwd L, sd R/cl L, fwd R SCP / DLW);
15 123 [OP NAT] SCP fwd R, rf trn sd & bk L, bk R BJO / RLOD (W SCP fwd L, fwd R, fwd L BJO fc LOD);
16 123 [IMP to SCP] BJO bk L ptr outsd, cl R to L rf heel trn, fwd L SCP / DLC (W BJO fwd R outsd ptr, fwd L rf trn, fwd R SCP / DLC);
17 1&23 [RUN OP NAT] SCP / DLC fwd R/fwd L rf trn, bk R, bk L BJO / DRW ptr outsd (W SCP fwd L/fwd R, fwd L, fwd R BJO outsd ptr fc DLC);

PART C

1-4 Slo HOV CORTE;; BK WHISK; WING;
1 12;__3 [Slo HOV CORTE] BJO / DRW bk R CP, bk & sd L slo rise w/ lf trn, __; Cont rise w/ lf trn to CP / DLC, __, rec bk R to BJO / DLC
2 (W BJO fc DLC fwd L CP, fwd R slo rise w/ lf trn, __; Cont rise w/ lf trn to CP fc DRW, __, rec fwd L to BJO fc DRW);
3 123 [BK WHISK] Bk L, bk R, hook Lib SCP / DLC (W fwd R, fwd L, rf trn hook Rib SCP / DLC);
4 1__(123) [WING] SCP fwd R lf body trn lead ptr outsd lt sd SCAR / DLC, __, __ (W SCP fwd L, curve lf fwd R, fwd L SCAR outsd ptr lt sd fc DRW);

5-8 RT CHASSE; OUTSD CHG to BJO; MANUV; HEST CHG;
5 12&3 [RT CHASSE] SCAR / DLC fwd L outsd ptr lt sd, sd R/cl L, bk R BJO / RLOD (W SCAR bk R ptr outsd lt sd, sd L/cl R, fwd L BJO fc LOD);
6 123 [OUTSD CHG to BJO] BJO bk L ptr outsd, bk R CP lf trn, fwd L BJO / DLW (W BJO fwd R outsd ptr, fwd L CP lf trn, bk R BJO fc DRC);
7 123 [MANUV] BJO / DLW fwd R outsd ptr, fwd L rf trn, cl R CP / RLOD (W BJO bk L ptr outsd, bk & sd R rf trn, cl L CP fc LOD);
8 12_ [HEST CHG] CP / RLOD bk L rf trn, sd R CP / DLC, __ (W CP fwd R rf trn, fwd & sd L CP fc DRW, __);

PART B

1-4 DBL REV SPIN; DRAG HEST; BK BK/LK BK; IMP to SCP;
5-8 WEAVE to SCP;; CHAIR & SLIP BK to BJO; OUTSD SWVL;
9-12 OP IN & OUT RUNS;; THRU, SD, BEH; ROLL 3;
13-17 SYNC VINE; CHASSE to SCP; OP NAT; IMP to SCP; RUN OP NAT;

PART C

1-4 Slo HOV CORTE;; BK WHISK; WING;
5-8 RT CHASSE; OUTSD CHG to BJO; MANUV; HEST CHG;

PART A MOD-2

1-4 OP REV TRN; OP FIN; HOV TELE to SCP; CHASSE to SCP;
5-8 OP NAT; OUTSD SWVL; CHASSE to SCP; CHAIR & EXTEND;
9-12 BK WHISK; WING; CK OUTSD, REC & STP FWD to BJO; Slo DEVELOPE;;
11-12 1__;__ [Slo DEVELOPE] BJO / LOD slo ck fwd R outsd ptr, __; __; Lead ptr slo DEVELOPE, __; __;
(W BJO fc RLOD slo ck bk L ptr outsd, __; __; Slo DEVELOPE, __; __);

END

1-4 BK & CHASSE / TWL to BFY SCAR; DEVELOPE; BK & CHASSE / Lady ROLL to SHAD;
Slo SHAD X-CK & EXTEND;
1 12&3 [BK & CHASSE / TWL to BFY / SCAR] BJO / LOD bk L lf trn, lead ptr rf twl sd R/cl L, fwd R BFY SCAR / RLOD
(W BJO fwd R, rf twl under lead hds sd L/cl R, cont rf twl bk L BFY SCAR fc LOD);
2 1_ [DEVELOPE] BFY SCAR / RLOD fwd L outsd ptr lt sd lead ptr DEVELOPE, __; __ (W SCAR bk R ptr outsd lt sd DEVELOPE, __; __);
3 12&3(123) [BK & CHASSE / Lady ROLL to SHAD] Bk R, sd L/cl R, fwd L SHAD / WALL (W fwd L lf trn, bk R cont trn, sd L SHAD / WALL);
4 1_ [Slo SHAD X-CK & EXTEND] SHAD / WALL rt arm around ptr's rt hd x-ck Rif DLW extend lt arm out & up look lt, __; __
(W SHAD / WALL rt hd at waist on ptr's rt hd x-ck Rif DLW extend lt arm out & up look lt, __; __);