

RAINING IN MY HEART

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MUSIC: Raining in My Heart, Frank Chacksfield Orchestra, Vol. 2
available as download from Napster (speed slightly if desired)

RHYTHM: Slow Two Step

PHASE: PH IV Easy level (to introduce STS)

FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)

SEQUENCE: INTRO A A B A B B C B ENDING

INTRODUCTION

1-2 LOOSE CP WAIT;;

PART A

1-4 BASIC;; UND ARM TURN; OPEN BASIC;

1-2 {basic} Sd L, -, rec bk R, rec L; Sd R, -, rec bk L, rec R;
3 {undarm trn} Sd L, -, XRIB of L, rec L to BFLY (Sd R comm to trn RF under lead arms, -, XL trng to fc RLOD, fwd R trng to fc ptr);
4 {op basic} Sd R, -, brk bk L, rec R to ½ OP:

5-8 SWITCHES;; OPEN BASICS;;

5-6 {switches} Sd L XIF of W trng to L ½ OP, -, fwd R, fwd L (fwd R, -, fwd L, fwd R comm to XIF of M); Fwd R, -, Fwd L, Fwd R to fc blending to loose CP (XIF of M sd L trng to ½ OP, -, fwd R, fwd L to fc);
7-8 {open basics} Sd L to L ½ OP, -, brk bk R to fc RLOD, rec L; Sd R, -, brk bk L, to fc LOD, rec R to CP;

REPEAT A

PART B

1-4 BASIC/LADY WRAP;; FWD RUN 2; PICK UP RUN 2 TO LOW BFLY;

1 {sd basic} Sd L, -, rec R, XLIF (XRIF);
2 {basic/lady wrap} Sd R, -, XLIB leading W to trn LF, rec R trng to fc LOD (W sd L, -, XRif trng LF, rec L to fc LOD);
3 {fwd run 2} Fwd L, -, fwd R, fwd L;
4 {p/up run 2} Fwd R leading W to P/UP, fwd L, fwd R (W P/UP R, -, bk L, bk R);

5-8 4 TRAVELING CROSS CHASSES TO FACE WALL;;;

5 {4 traveling x chasses} W/ hnds at waist level elbows in fwd L trng slightly LF, -, sd & fwd R, XLif (W bk R slight LF trn, -, bk & sd L, XRif);
6 Trng RF fwd R, -, sd & fwd L, XRif (W bk L trng RF, -, bk & sd R, XLif);
7 Fwd L trng slightly LF, -, sd & fwd R, XLif (W bk R slight LF trn, -, bk & sd L, XRif);
8 Trng RF fwd R, -, sd & fwd L to fc WALL, XRif (W bk L trng RF, -, bk & sd R, XLif);

REPEAT A

REPEAT B

REPEAT B

PART C

1-4 LUNGE BASICS;; L TURN W/ INSIDE ROLL; BASIC ENDING;

1-2 {lunge basics} Sd L, -, rec R, XLIF (XRIF); Sd R, -, rec L, XRIF (XLIF) picking up LOD;
3 {left trn/inside roll} Fwd L trng LF to fc COH, -, sd R, XLIF (bk R trng LF ¼ -, sd L trng LF und lead arms, sd R cont trng LF to fc ptr);
4 {basic end} Sd R, -, XLIB of R, rec R to BFLY (Sd L, -, XRIB of L, rec L);

5-8 LUNGE BASICS;; L TURN W/ INSIDE ROLL; BASIC ENDING;

5-6 {lunge basics} Sd L, -, rec R, XLIF (XRIF); Sd R, -, rec L, XRIF (XLIF) picking up RLOD;
7 {left trn/inside roll} Fwd L trng LF to fc WALL, -, sd R, XLIF (bk R trng LF ¼ -, sd L trng LF und lead arms,
8 {basic end} sd R cont trng LF to fc ptr); Sd R, -, XLIB of R, rec R (Sd L, -, XRIB of L, rec L);

REPEAT B

ENDING

- 1-4 UNDERARM TURN; SIDE DRAW CLOSE; REVERSE UNDERARM TURN; SIDE DRAW CLOSE;**
 1 *{undarm trn}* Sd L, -, XRIB of L, rec L to BFLY (Sd R comm to trn RF under lead arms, -, XL trng to fc RLOD, fwd R trng to fc ptr);
 2 *{sd dr cl}* Sd R, -, draw cl L, -;
 3 *{rev undarm trn}* Sd R, -, XLif leading W to trn LF, rec R trng to fc BFLY (W sd L, -, XRif trng LF, rec L to fc):
 4 *{sd dr cl}* Sd L, -, draw cl R to BFLY, -;
5-7 TWIST VINE 8;; SD CORTE; **
 5-6 *{sl twist vine 8}* BFLY sd L, XRib, sd L, XLif; Sd, L, XRib, sd L, XRif;
 7 *{sd corte}* Sd L, -, lower leaving R toe pointed RLOD & stretching L sd look RLOD, -;

**Meas 5-7 can be done in CP if preferred

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INTRO: LOOSE CP WAIT;;

A

**BASIC;; UNDARM TRN; OPEN BASIC;
 SWITCHES;; OPEN BASICS;;**

REPEAT A

B

**BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
 4 TRAVELING X CHASSES TO FC WALL;;;**

A

**BASIC;; UNDARM TRN; OPEN BASIC;
 SWITCHES;; OPEN BASICS;;**

B

**BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
 4 TRAVELING X CHASSES TO FC WALL;;;**

B

**BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
 4 TRAVELING X CHASSES TO FC WALL;;;**

C

**LUNGE BASICS;; L TURN W/ INSIDE ROLL;
 BASIC ENDING; LUNGE BASICS;;**

L TURN W/ INSIDE ROLL; BASIC ENDING;

B

**BASIC/LADY WRAP;; FWD RUN 2; P/UP RUN 2;
 4 TRAVELING X CHASSES TO FC WALL;;;**

END

UNDARM TRN; SD DR CL;

REV UNDARM TRN; SD DR CL BFLY;

SL TWIST VINE 8;; SD CORTE;