

FREEDOM'S WALTZ

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Music: Scotland Forever by The Gaelforce Orchestra
From the CD album Scotland Forever
Available from iTunes Music Downloads

Rhythm/Phase: Waltz Phase V + 1 (Ronde & Slip)

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A A B C Interlude A B Ending

..... INTRODUCTION (9 Measures)

OPN FCNG DLW LEAD FEET FREE WAIT 2 MEAS;; APART POINT; PKUP & TCH;
DBL REVERSE SPIN TWICE DLW;; HOVER TELEMAR; PKUP SD CL; DIP BK, REC,
& TCH;

[1 & 2] In opn fcng pos DLW with lead feet free wait 2 measures;; [3] Step apart L, point R twd ptnr, -; [4] Fwd R pkup ptnr clsd pos LOD, tch L to right, -; [5 & 6] Fwd L commence lf turn, sd R [3/8 lf turn between steps 1 & 2], spin up to 1/2 lf on ball of R bringing left foot under body beside right no weight flexed knees; (W bk R commence to turn lf, cl L to right [heel turn] trng 1/2 lf between steps 1 & 2/sd & slightly bk R continue lf turn, XLIF of right;) Repeat measure 5 end clsd pos DLW; [7] Fwd L, diag sd & fwd R rising slightly [hovering] with body trng 1/8 to 1/4 rf, fwd L small step on toes to semi-clsd pos; [8] Fwd R pkup ptnr clsd pos LOD, sd L, cl R; [9] In clsd pos LOD dip bk L, rec R, tch L to right;

..... PART A (16 Measures)

1 LEFT TURN TO A HOVER CORTE;; BK WHISK; OPN NATURAL; OUTSIDE SPIN;
BK TURNING LOCK; MANUV; IMPETUS SEMI; FWD HOVER BJO; BK HOVER SEMI;
WEAVE 6 BJO;; FWD FWD/LK FWD; MANUV; IMPETUS SEMI; PKUP SD CL;

[1 & 2] Fwd L commence up to 1/4 lf turn, continue turn sd R diag across line of progression trng up to 1/4 lf, cl L; Bk R continue lf turn, sd & fwd L with hovering action continuing body turn, rec R with right side leading to bjo pos fcng LOD; [3] Bk L, bk & sd R, XLIB of right ending semi-clsd pos LOD; [4] Commence rf upper body turn fwd R heel to toe, sd L across line of dance, continue slight rf upper body turn to lead ptnr to step outside bk R with right side leading to bjo pos; [5] Commence rf body turn toeing in with right side lead bk L in CBMP small step 3/8 turn to right on step 1, fwd R in CBMP heel to toe continue rf turn, [3/8 rf turn between steps 2 & 3] sd & bk L to end clsd pos 1/4 rf turn on step 3; (W commence rf body turn with left side lead staying well in the M's right arm fwd R in CBMP outside ptnr heel toe, cl L to right on toes of both feet 5/8 turn between steps 1 & 2, continue to turn rf 1/4 between steps 2 & 3 fwd R between M's feet to end clsd pos 1/8 rf turn on step 3;) [6] Bk R with right side lead and right side stretch/XLIF of right, bk & slightly sd R starting to turn lf, sd & slightly fwd L to CBMP making 1/4 lf turn between steps 3 & 4 as body turns less; (W fwd L with left side lead and left side stretch/XRIB of left, fwd & slightly sd L starting lf turn, sd & slightly bk R to CBMP making 1/4 lf turn between steps 3 & 4 as body turns less;) [7] Fwd R commence rf upper body turn, continue rf turn to face ptnr sd L, cl R; [8] Commence rf upper body turn bk L, cl R [heel turn] continue rf turn [usually a total of about 3/8 turn], complete turn fwd L in tight semi-clsd pos; [9] Fwd R, fwd L with slight rising action, rec bk R; (W fwd L, sd & fwd R with slight lf turn twd RLOD, rec fwd L bjo pos fcng RLOD;) [10] Bk L, bk & sd R with slight rf body rotation, rec fwd L semi-clsd pos; (W fwd R, fwd & sd L with slight rf body rotation, rec fwd R semi-clsd pos;) [11 & 12] Fwd R DLC, fwd L commence lf turn, continue turn sd & slightly bk R to face DRC; Bk L LOD lead W to step outside to CBMP, bk R continue lf turn, sd & fwd L DLW bjo pos preparing to step outside ptnr; [13] In bjo pos fwd R, fwd L/lock R in back of left, fwd L; [14] Fwd R commence rf upper body turn, continue rf turn to face ptnr sd L, cl R; [15] Commence rf upper body turn bk L, cl R [heel turn] continue rf turn [usually a total of about 3/8 turn], complete turn fwd L in tight semi-clsd pos LOD; [16] Twd LOD fwd R pkup ptnr clsd pos, sd L, cl R;

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..... PART B (16 Measures)

DIAMOND TURN;;;; TELEMARK SEMI; IN & OUT RUNS;;; THRU TO WHIPLASH;
FALLAWAY RONDE & SLIP; DBL REVERSE SPIN; 2 LEFT TURNS DLW;;; FWD
WALTZ; MANUV; IMPETUS SEMI; PKUP SD CL;

[1 - 4] Fwd L trng lf on diag, continue lf turn sd R, bk L with partner outside M in CBMP; Staying in CBMP & trng lf step bk R, sd L, fwd R outside partner in CBMP; Fwd L trng lf on diag, sd R, bk L with W outside M in CBMP; Bk R continue lf turn, sd L, fwd R in CBMP; [5] Fwd L commence lf turn, sd R continue lf turn, sd & slightly fwd L to end tight semi-clsd pos; [6 & 7] Fwd R start rf turn, sd & bk L DLW to clsd pos, bk R with right side lead to bjo pos; Bk L trng rf, sd & fwd R between W's feet continue rf turn, fwd L to semi-clsd pos; (W fwd L, fwd R between M's feet, fwd L outside ptrn with left side lead to bjo pos; Fwd R start rf turn, fwd & sd L continue turn, fwd R to semi-clsd pos;) [8] Twd LOD thru R, trng body rf to end in clsd pos point L & hold, -; (W thru L, swivel on left to face ptrn clsd pos point R & hold, -;) [9] Flare L counter-clockwise (W flare R clockwise) XIB with no weight, bk L with slight rise & lf rotation, slip bk R small step keep left leg extended (W fwd L swiveling rf) end clsd pos DLC; [10] Fwd L commence lf turn, sd R [3/8 lf turn between steps 1 & 2], spin up to 1/2 lf between steps 2 & 3 on ball of right bringing left foot under body beside right no weight flexed knees; (W bk R commence lf turn, cl L to right heel turn trng 1/2 lf between steps 1 & 2/sd & slightly bk R continue lf turn, XLIF of right;) [11 & 12] Fwd L commence up to 1/4 lf turn, continue turn sd R diag across line of progression trng up to 1/4 lf, cl L; Bk R commence up to 1/4 lf turn, continue turn sd L twd line of progression trng up to 1/4 lf, cl R end clsd pos DLW; [13] Fwd L, fwd & slightly sd R, cl L; [14] Fwd R commence rf upper body turn, continue rf turn to face ptrn sd L, cl R; [15] Commence rf upper body turn bk L, cl R [heel turn] continue rf turn [usually a total of about 3/8 turn], complete turn fwd L tight semi-clsd pos; [16] Twd LOD fwd R pkup ptrn clsd pos, sd L, cl R;

..... PART C (16 Measures)

VIENNESE TURNS TWICE;;;; TURN LEFT & RT CHASSE BJO; OUTSIDE CHNG SEMI;
RUNNING OPN NATURAL; RIGHT TURNING LOCK; THRU SD LOCK; DBL REVERSE
SPIN; HOVER TELEMARK; NATURAL WEAVE;;; MANUV; IMPETUS SEMI; PKUP SD
CL;

[1 - 4] Fwd L commence lf turn, sd R continue lf turn, XLIF of right; Bk R continue lf turn, sd L continue lf turn, cl R to left; (W bk R commence lf turn, sd L continue lf turn, cl R to left; Fwd L continue lf turn, sd R continue lf turn, XLIF of right;) Repeat measures 1 & 2;; [5] Fwd L commence lf turn to fc COH, sd R/cl L, sd R blind bjo pos; [6] Bk L, bk R trng lf, sd & fwd L to semi-clsd pos; (W fwd R, fwd L, fwd R to semi-clsd pos;) [7] Thru R commence to turn rf, sd & bk L with slight left side stretch [3/8 rf turn between steps 1 & 2]/bk R with right side lead preparing to lead W outside ptrn [1/8 rf turn between steps 2 & 3], with slight right side stretch bk L in CBMP; (W thru L commence upper body rf turn staying well into M's right arm with slight right side stretch fwd R/fwd L with left side lead preparing to step outside ptrn, with slight left side stretch fwd R outside ptrn in CBMP;) [8] Bk R backing LOD with right side lead commence rf turn/XLIF of right to face COH, with slight left side stretch continue to turn upper body rf sd & fwd R continue rf turn, fwd L semi-clsd pos; (W fwd L with left side lead commence rf turn/XRIB of left, with slight right side stretch fwd & sd L stay well into M's right arm continue rf turn, fwd R semi-clsd pos;) [9] Thru R, fwd & sd L commence slight lf turn, lock R in back of left (W lock L in front of R) clsd pos DLC; [10] Fwd L commence lf turn, sd R [3/8 lf turn between steps 1 & 2], spin up to 1/2 lf between steps 2 & 3 on ball of R bringing left foot under body beside right no weight flexed knees; (W bk R commence lf turn, cl L to right heel turn trng 1/2 lf between steps 1 & 2/sd & slightly bk R continue lf turn, XLIF of right;) [11] Fwd L, diag sd & fwd R rising slightly [hovering] with body trng 1/8 to 1/4 rf, fwd L small step on toes to semi-clsd pos; [12 & 13] Fwd R commence rf turn, sd L with left side stretch, with right side lead bk R DLC preparing to lead W outside ptrn; With right side stretch bk L in CBMP, bk R commence lf turn passing thru clsd pos, with left side stretch sd & fwd L in CBMP; (W fwd L, fwd R, fwd L preparing to step outside ptrn; With left side stretch fwd R in CBMP outside ptrn, fwd L commence to turn lf passing thru clsd pos, with right side stretch sd R in CBMP;) [14] Fwd R commence rf upper body turn, continue rf turn to face ptrn sd L, cl R; [15] Commence rf upper body turn bk L, cl R [heel turn] continue rf turn, complete turn fwd L tight semi-clsd pos; [16] Twd LOD fwd R pkup ptrn clsd pos, sd L, cl R;

..... INTERLUDE (11 Measures)

LEFT TURNING BOX;;;; FWD WALTZ; NATURAL TELEMARK DLW; CROSS HOVER
BJO; CROSS HOVER SDCAR; CROSS HOVER SEMI; THRU & SEMI CHASSE;
PKUP SD CL;

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[1 - 4] Fwd L commence 1/4 lf turn, complete turn sd R, cl L; Bk R commence 1/4 lf turn, complete turn sd L, cl R; Fwd L commence 1/4 lf turn, complete turn sd R, cl L; Bk R commence 1/4 lf turn, complete turn sd L, cl R; [5] In clsd pos LOD fwd L, fwd & slightly sd R, cl L; [6] Fwd R commence to turn rf, sd L with left side stretch, continue rf turn sd & fwd R small step end sdcar pos DLW; (W bk L commence rf turn, cl R to left heel turn with right side stretch, staying well in M's right arm continue rf turn sd & slightly bk L ending sdcar pos;) [7] XLIF of right, sd R with slight rise commence left turn, rec fwd L complete turn to bjo pos; [8] XRIF of left, sd L with slight rise commence right turn, rec fwd R complete turn to sdcar pos; [9] XLIF of right, sd R with slight rise commence left turn, rec fwd L semi-clsd pos LOD; [10] Thru R, fwd L/cl R, fwd L; [11] Twd LOD fwd R pkup ptrn clsd pos, sd L, cl R;

. ENDING (14 Measures)

CLSD TELEMAR; FWD CHK/LADY DEVELOPE; BK HOVER SEMI; WEAVE 6 SEMI;;
CURVED FEATHER CHKNG; BACK PASSING CHANGE; STEP BK & CHASSE BJO;
FWD FWD/LK FWD; MANUV; 2 RIGHT TURNS FC WALL;; DIP BK, REC, & TCH;
SD LUNGE & HOLD;

[1] Fwd L commence to turn lf, fwd & sd R around W close to W's feet trng lf, fwd & sd L end in tight bjo pos; (W bk R commence lf heel turn on right heel bringing left beside right with no weight, continue lf turn on right heel and chng weight to L, bk & sd R;) [2] Fwd R outside ptrn chkng, -, -; (W bk L, bring right foot up left leg to inside of left knee, extend R fwd;) [3] Bk L, trng rf to face ptrn sd R with slight rising [hover] action, rec fwd L semi-clsd pos; [4 & 5] Fwd R DLC, fwd L commence lf turn, continue turn sd & slightly bk R to face DRC; Bk L line of dance lead W to step outside to CBMP, bk R continue lf turn, sd & fwd L DLW semi-clsd pos; [6] Fwd R in CBMP commence to turn rf, with left side stretch continue rf turn sd & fwd L, continue upper body turn to the right with left side stretch fwd R outside ptrn in CBMP diag reverse line of dance & wall; [7] Staying in CBMP bk L, bk R, bk L; [8] Crossing line of progression and in front of W step bk R commence slight lf turn, sd L/cl R, sd L blnd bjo pos DLW; [9] Fwd R, fwd L/lock R bhnd left, fwd L; [10] Fwd R commence rf upper body turn, continue rf turn to face ptrn sd L, cl R; [11 & 12] Bk L commence up to 1/4 rf turn, continue turn sd R twd LOD trng up to 1/4 rf, cl L; Fwd R commence up to 1/4 rf turn, continue turn sd L trng up to 1/4 rf to end fcng wall clsd pos, cl R; [13] Dip bk L, rec R, tch L to right no weight; [14] Twd LOD sd lunge L, hold, hold;