

CARINA
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TAUGHT BY
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COMPOSER: Mike & Diana Sheridan (612)459-8588 1983
7503 Ideal Avenue So., Cottage Grove, MN. 55016
RECORD: Telemark 915B "TANGO CARINA", Flip of "Mathilda"
Footwork: Opposite except as noted.
SEQUENCE: INTRO, A, B, A, C, B, A, TAG

MEAS.
1-4

INTRO.

WAIT; WAIT; PROGRESSIVE LINK; PROMENADE QUARTER BEAT

1-2 In CP-DW Wait 2 Meas.;;
3 QQS (PROG LINK) Fwd L X thighs, small stp sd R trng sharply RF (W trn sharply to SCP-LOD), Sd L twd LOD, -;
4 QQ&S (PROM QURTR BEAT) Thru R in tight V-SCP, Sd L twd LOD, Cl R staying in tight V-SCP/Pt L twd LOD with inside edge of L touching floor, -;

PART A

1-4.5 NATURAL PROMENADE TURN; ROCK TURN;; WALK, -, 2, -;

1 SQQ (NAT PROM TRN) Sd L in SCP twd LOD, -, Thru R trng RF to CP fac RLOD, Sd & Bk L continue trng RF;
2-3.5 SQQ (RK TRN) Fwd R DW cont RF trn, -, Rk Bk & Sd L, Recov R to fac DW-RLOD;
SQQS Bk L DC, -, Bk R trng LF, Sd & Fwd L trng LF to fac LOD; Cl R to L in CP-LOD, -;
3.5-4.5 SS Fwd L X thighs, -; Fwd R twd LOD (Body will fac DC), -;
4.5-8 OPEN TELEMAR; STP, TAP; CHASE RIGHT; RIGHT CHASSE;

4.5-6 QQSQQ (OP TELMK) Fwd L trng LF, Sd R cont LF trn (W Bk R trn LF bring L to R no wt, Cl L & heel trn); Sd & Fwd L to SCP DW, -, Thru R, Tch inside edge of L Fwd in SCP-DW;
7-8 SQQQQ (CHASE RIGHT) Sd & Fwd L, -, Thru R, Sd L Trn to CP-DWR; Stp sharply arnd W R to contra Bjo twd RLOD & chk fwd motion (W bk L trng RF), Bk L continuing to trn RF (W fwd L outsd M trng RF to CP-DCR),
Q&Q (CHASE) Curving RF Sd R/Cl L, Sd R small stp to fac DC in CP;
9-10 CONTRA CHECK, -, RECOV SCP, -; PROMENADE LINK;

9 SS (CONTRA CHK & RECOV) Fwd L X thighs leading with rt shoulder & chk fwd motion (W Bk R X thighs & chk bk motion extending body bk), -, Recov R leading W to trn sharply to SCP DC, -;
10 SQQ (PROM LINK) Sd & Fwd L twd DC, -, Thru R trng RF to CP-LOD, Tch L to R no wght;

PART B

1-4 WLK, -, 2, -; FLAWAY 4-STP SWVL-SQURE ON 3; STP, TAP, CHKD PROM;;

1 SS Fwd L X thigh, -, Fwd R, -;
2 QSS Fwd L X thighs, Sd & Bk R trn slightly RF, XLIB of R trng to SCP, - (W XRIB of L trng momentarily to SCP, Swvl LF on R to contra Bjo wt still on R);
3-4 QSSQDE (STP TAP & CHKD PROM) Fwd R XIF of L (W bk L trng to SCP-DC), Tap inside edge of L fwd in SCP, Sd & Fwd L DC, -; Thru F, Sd L, Tch R to L no wt trn body square as in CP but both M & W locking DC as in SCP, -;

5-10 RT LNG;SPAN DRG;CLOSE/PT,-,NAT TWST TRN;;CL PROM;

5 SS (RT LNG)Strong stp sd R both trn heads sharply to look RLOD
relax R knee in lunge line,-,hold,-;

6 SS (SPAN DRG)Recov L & drw R twd L slowly stretching L sd of
body continue looking RLOD,-,-;

7-9 &SSQQQS (CL/PT & NAT TWST TRN)With a stamp action like an Appel Cl
R & trn heads sharply to SCP LOD/Tch inside edge of L fwd twd
LOD,-,Sd & fwd L,-;Thru R trng RF,Sd L fc RLOD(W fwd R betwn
M's feet),XRIB of L(W fwd L to contra Bjo),Twst RF allowing
feet to uncross(W fwd R twd wall);chnng wt to R in SCP DC(W
swvl RF on R Cl L trng to SCP),-

10 SQQS (CLOS PROM)Sd & fwd L DC,-;Thru R,Sd L trng RF to CP-DW,Cl
R,-;

11-12 PROGRESSIVE LINK;PROMENADE QUARTER BEAT;

11-12 Repeat action MEAS. 3-4 of INTRO.

PART C

1-4 WLK,-,2,-;OP REV TRN-OP FIN;;;PROG SD STP,,BRSH TAP;

1 SS Repeat action MEAS. 1, PART B

2-3 QQSQQS(OP REV TRN-OP FIN)Fwd L trng LF,Sd R cont trn to fac RLOD,Bk
L twd LOD(W Bk R trng LF,Sd L trng foot so toe points LOD,Fwd
R outside M),-;Bk R trng LF,Sd L twd LOD continue LF trn, Fwd
R outside W to contra Bjo-DW,-;

4 QQ&S (PROG SD STP,,BRSH TAP)Fwd L trng slightly LF to fac LOD X
thighs,small stp Sd R twd wall,sharply drw L to R & quickly
push out to a side tap,-;

5-10 WLK,-2,-;PROG LNK;PROM TO PROM PIV;OVSWY&RECOV;PROM LINK;

5 SS Repeat action MEAS. 1,PART B

6 QQS Repeat action MEAS.3, INTRO.

7 QQQQ (PROM TO PROM PIV)Thru R (W thru L trng LF to CP as in a
pckup),continue trng LF Fwd L twd COH,Sd R twd DC continue RF
trn,Sd L twd LOD now in CP-Wall;

8-9 &SSSS (OVSWY & RECOV)Cl R to L/Trn heads sharply to V-SCP & Tch L
Sd & Fwd,-,Sd L into relaxed L knee & look at W leaving R
extended to sd,-;Hold,-,Recov R trng sharply to SCP-DC,-;

10 SQQ Repeat action MEAS. 10,PART A;

TAG

1 HOLD,-,OVSWY;

1 SS Hold,-,Stp sd L into relaxed L knee & look at W;