

Mol an Fear

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MUSIC: "Praise to the Man*" by Paul Cardall. CD: The Hymns Collection, Track 12. Available on iTunes.com and Amazon.com

SPEED: Slow to 32 MPM (39 RPM) or to comfort.

RHYTHM/PHASE: Slow Two Step. Phase V + 1 (Passing Cross Chasse).

FOOTWORK: SQQ, Opposite unless noted. **RELEASED:** August, 2014

SEQUENCE: A, B, C, D, Amod, B, C(1st 4 meas), Ending

*Music is a variation on "Scotland the Brave", the influence of which can be easily discerned in this instrumental version. Lyrics were composed by William Phelps as a tribute to Joseph Smith, founder of the LDS Church. The title "Mol an Fear" (pronounced "mole ahn fare") is Gaelic for "Praise the Man", and is intended to acknowledge both of these sources.

PART A

1-4 WAIT 3 PICKUP NOTES; REV UNDERARM TRN; SIDE BASIC; STEP RONDE BEHIND SIDE TO;

- 1-2 **{Wait}** Facing pos WALL low handhold trail feet free. Wait 3 pickup notes raising arms to BFLY;
{Rev Underarm Trn} side R lead W in LF trn, -, XLIF of R, rec R (side L commence LF trn, -, fwd R cont LF trn under trail arm, rec L complete trn) ending in BFLY WALL;
- 3-4 **{Side Basic}** side L, -, XRIB of L, rec L;
{Step Ronde Behind Side} side R ronde L, -, XLIB of R, side R releasing trail hands and open to RLOD;

5-8 LACE ACROSS; LACE HER BACK; OUTSIDE ROLL TO; BASIC ENDING [LOOSE CPI];

- 5-6 **{Lace Across}** small L to DRLW passing behind W releasing lead hands and joining trail hands, -, fwd R, fwd L shaping to W (step R to DRLC passing in front of M releasing lead hands and joining trail hands, -, fwd L, fwd R shape to M);
{Lace Her Back} small R to DRLC passing behind W releasing trail hands and joining lead hands, -, fwd L, fwd R to RLOD shape to W (step L to DRLW passing in front of M releasing trail hands and joining lead hands, -, fwd R, fwd L shape to M) ending in V-ED L OPEN RLOD;
- 7-8 **{Outside Roll}** fwd L RLOD, -, fwd R raising lead hands to lead W in RF underarm trn, fwd L trning to face W (fwd R RLOD, -, fwd & side L trng RF under lead hands, fwd R);
{Basic Ending} side R blending to Loose CP, -, XLIB of R, rec R to LOOSE CP WALL;

9-12 TWISTY BASIC; ; TRAV RIGHT TURN; SOLO ROLL DOWNLINE TO FACE;

- 9-10 **{Twisty Basic}** side L trng slightly RF,-, XRIB of L, rec L to end sidecar DRLW (side R trng slightly RF,-, XLIF of R, rec R); side R trng LF,-, XLIB of R, rec R (side L trng LF,-, XRIF of L, rec L) to end BJO DLW;
- 11-12 **{Trav Right Turn}** side and fwd L trng RF crossing in front of W to BJO RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc LOD & shift full wgt to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end BJO M FACING LOD;
{Solo Roll Down Line to Face} travelling down LOD fwd and across R cont RF trn to face WALL, -, side and bk L strong RF trn, side and fwd R complete RF trn to face WALL join lead hands (travelling down LOD bk and across L to face CNTR, -, side and fwd R cont RF trn, back and across L complete RF trn to face CNTR join lead hands);

13-16 UNDERARM TURN; OPEN BASIC; MAN SWITCH; LADY SPIRAL DOWN LOD & TURN TO FACE [LOW HANDHOLD];

- 13-14 **{Underarm Turn}** side L lead W in RF trn, -, XRIB of L, rec L (side R commence RF trn, -, fwd L cont RF trn under lead arm, rec R complete trn);
{Open Basic} side R open body to HOP, -, XLIB of R, rec fwd R to end in HOP LOD;
- 15-16 **{Man Switch}** Strong fwd L DLW in front of W with sharp RF trn to LEFT HOP, -, fwd R, fwd L (small fwd R, -, fwd L, fwd R) to end in LEFT HOP LOD;
{Lady Spiral & Turn to Face} small bk R, -, rec L, small fwd R adjusting to face W in low handhold position (strong fwd L w RF spiral, -, side and fwd R cont RF trn, side and bk L complete RF trn to face man and RLOD) joining hands to end LOW HANDHOLD LOD;

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PART B

1-4 TRAV X CHASSE; PASSING X CHASSE; BACK TRAV X CHASSE; LADY PASSING X CHASSE;

- 1-2 **{Trav X Chasse}** side and fwd L trng LF to DLC w R shoulder lead, -, side and fwd R to DLW, XLIF of R (bk and side R trng LF to face DRLW w L shoulder lead, -, bk and side L to DLW, XRIF of L);
{Passing X Chasse} fwd R commencing RF trn strong L side lead, -, side L cont RF trn and passing W on her R side, XRIF of L trng RF to face woman and DRLW (small bk and side L commencing RF trn, -, small side and fwd R cont RF trn, XLIF of R to face man and DLC);
- 3-4 **{Back Trav X Chasse}** bk and side L trng RF to face DRLC w R shoulder lead, -, side and bk R to DLC, XLIF of R (fwd and side R trng RF to DLW w L shoulder lead, -, fwd and side L to DLC, XRIF of L);
{Lady Passing X Chasse} bk and side R commencing LF trn, -, small side and fwd L cont LF trn, XRIF of L to face W and DLW (fwd L commencing LF trn strong R side lead, -, side R cont LF trn and passing M on his L side, XLIF of R to face man and DRLC);

5-8 CHECK & WRAP LADY TO WALL; WHEEL ½; WHEEL UNWRAP TO WALL; BASIC ENDING PICKUP TO;

- 5-6 **{Check & Wrap Lady to Wall}** fwd check L, -, small rec R commence RF trn raising lead hand and looping it around W's head to commence wrap, curving L to face approx WALL or DRLW to complete W's wrap (small check bk R, -, small fwd L commencing LF trn, fwd to close R to L to face approx WALL or DRLW) end in WRAPPED POS;
{Wheel ½} curving fwd R commencing RF trn, -, curving fwd L cont trn, curving fwd R cont RF trn (curving bk L commencing RF trn, -, curving bk R cont RF trn, curving bk L cont RF trn) ending WRAPPED POS CENTER or DLC;
- 7-8 **{Wheel Unwrap to Wall}** fwd and side L cont RF trn to face approx WALL begin to raise lead hand, -, small XRIB of L with rock action lead W in underarm trn under joined lead hands, rec L (sm bk and side R cont RF trn under joined lead hands, -, fwd and side L cont RF trn, rec fwd R w check action completing trn) end lead hands joined facing WALL;
{Basic Ending, Pickup to} side R blending to Loose CP, -, XLIB of R, rec R beginning to LF trn pickup action;

PART C

1-4 TRIP TRAVELLER; ; LADY END WITH FREE ROLL TO; OPEN BASIC;

- 1-2 **{Begin Trip Traveller}** fwd L commence upper body LF trn and lead W to M's L side raising lead hands to start W LF trn, -, fwd R, fwd L (side and bk R with 1/4 LF trn, -, cont LF trn side and fwd L with 1/2 LF trn under joined lead hands, side and fwd R continue LF trn face LOD); fwd R spiral under joined lead hands, -, fwd L, fwd R (fwd L, -, fwd R, fwd L);
- 3-4 **{Lady End with Free Roll to}** fwd L lead W free roll w lead hand then release, -, fwd R, fwd and across L with ¼ LF trn to face W and CNTR (fwd R commence RF trn 1/4, -, side L cont RF trn 1/2, side R continuing RF trn 1/2 to face M and WALL);
{Open Basic} side R open body and scoop W to HOP, -, XLIB of R, rec fwd R (side L cont RF trn to HOP, -, XRIB of L; rec fwd L) end in HOP RLOD;

5-9 MAN SWITCH; OPEN BASIC TO; UNDERARM TURN [TO LOOSE CP]; SIDE LUNGE SLOW RECOVER; MAN BCK HOVER BRUSH/LADY HOVER OUT TO FACE;

- 5-6 **{Man Switch}** Strong fwd L DRLC in front of W with sharp RF trn to LEFT HOP, -, fwd R, fwd L (small fwd R, -, fwd L, fwd R) to end in LEFT HOP RLOD;
{Open Basic} side R trng to HOP LOD, -, XLIB of R, rec R joining lead hands facing WALL;
- 7-8 **{Underarm Turn}** side L lead W in RF trn, -, XRIB of L, rec L (side R commence RF trn, -, fwd L cont RF trn under lead arm, rec R complete trn) blend to Loose CP WALL;
{Side Lunge Slow Recover} side R flex knee, -, rec L, - to end in SCP LOD;
- SS
- QQ 9 **{Man Back Hover Brush/Lady Hover Out to Face}** -, -, bck R w slight rise brush L to R, rec L (thru step L, -, fwd R w slight rise trng LF brush L to R, rec L to face man) end both R foot free;
(SQQ)

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PART D

1-4 TWO PASSING HOVERS; TO STACKED HANDS; LADY 2-HAND OUTSIDE SPIN; BRING HER TO MAN'S SKATER [LOD];

- 1-2 {Two Passing Hovers to Stacked Hands} thru step R shaping upper body to W and passing her, -, fwd and side L w slight rise trng RF brushing R to L, rec R (woman identical footwork); thru step L, -, fwd and side R w slight rise trng LF brush L to R, rec L shaping to W and joining stacked hands R over L (woman identical footwork);
- 3-4 {Lady 2-Hand Outside Spin to Man's Skater} thru step R with RF trn to face W and WALL commence W outside spin action under joined R hands, -, small side rock L continuing W spin action under joined L hands so W ends on M's R side, close R to L keep joined L hands high and lower joined R hands to waist level (fwd R trn RF under joined R hands, -, small fwd L cont RF trn under joined L hands, small fwd R cont RF trn to face approx CNTR);
small XLIF of R trn ¼ LF under joined L hands to face LOD leading W to XIB of M, -, small side R leading W to M's L side bring L hand to shoulder level, small fwd L adjusting as needed to MAN'S SKATER POS (fwd and side L to XIB of man cont RF trn to face LOD, -, fwd and across R to M's L side, small fwd L to M's L side) ending in MAN'S SKATER LOD;

5-8 LADY ROLL ACROSS TO SKATER [LOD]/MAN IN 2; FWD 3; SIDE BASIC APART; STEP TOG TOUCH TO BLFY WALL;

- S - Q (SQQ) {Lady Roll across to Skater LOD/Man in 2} small fwd R releasing R hand and L hand lead W to DLW, -, lead W to RF roll keep L hands joined, strong fwd and side L adjusting to Skater pos placing R hand on W's R hip (fwd R to DLW, -, fwd and side L w strong RF trn, bk and side R to complete RF trn and face LOD) to end in SKATERS POS LOD;
{Forward 3} fwd R, -, fwd L, small fwd R;
{Side Basic Apart} strong side L releasing lead hand, -, XRIB of L shaping to W, rec L;
- S - - {Step Tog Touch to BFLY Wall} strong side R trn ¼ to face W and WALL joining hands to BFLY, -, point L down LOD, - ending in BFLY WALL;

PART Amod

1-4 UNDERARM TURN; REV UNDERARM TURN; SIDE BASIC; STEP RONDE BEHIND SIDE TO;

- 1-2 {Underarm Turn} side L lead W in RF trn, -, XRIB of L, rec L (side R commence RF trn, -, fwd L cont RF trn under lead arm, rec R complete trn);
{Rev Underarm Turn} side R lead W in LF trn, -, XLIF of R, rec R (side L commence LF trn, -, fwd R cont LF trn under trail arm, rec L complete trn) ending in BFLY WALL;
- 3-4 Measures 3-4 are the same as Part A

5-16 LACE ACROSS; LACE HER BACK; OUTSIDE ROLL; BASIC ENDING [LOOSE CLOSED]; TWISTY BASIC; ; TRAV RIGHT TURN; SOLO ROLL DOWNLINE; UNDERARM TURN; OPEN BASIC; MAN SWITCH; LADY SPIRAL DOWN LOD & TURN TO FACE [LOW HANDHOLD];

- 3-16 Measures 3-16 are the same as Part A

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REPEAT PART B

- 1-4 TRAV X CHASSE; PASSING X CHASSE; BACK TRAV X CHASSE; LADY PASSING X CHASSE;
5-8 CHECK & WRAP LADY TO WALL; WHEEL ½; WHEEL UNWRAP TO WALL; BASIC ENDING PICKUP TO;

REPEAT PART C (1-4)

- 1-4 TRIP TRAVELLER; ; LADY END WITH FREE ROLL TO; OPEN BASIC;

ENDING

- 1-6 MAN SWITCH; BASIC ENDING; STEP SIDE TO PROM SWAY; [MUSIC SLOWS] CHNG TO OVERSWAY; RISE & CLOSE; SLOW CONTRA CHECK & EXTEND
- 1-2 {**Man Switch**} strong fwd L DLW in front of W with sharp RF trn to LEFT HOP, -, fwd R, fwd L (small fwd R, -, fwd L, fwd R) to end in LEFT HOP RLOD;
{**Basic Ending**} side R blending to Loose CP, -, XLIB of R, rec R to LOOSE CP WALL;
- S -- 3-4 {**Step Side to Prom Sway**} fwd and side L trng to SCP and stretching body upward to look over joined lead hands, -, relax L knee, -;
- {**Change to Oversway**} keep L knee relaxed and slowly change to L side stretch w slight LF trn, -, -, -;
- Q 5-6 {**Rise & Close**} relax L side stretch while rising on L drawing R to L, -, -, close R;
{**Slow Contra Check & Extend**} commence LF upper body trn flexing knees w strong R side lead check fwd L in CBMP, -, slowly extend L arm along shoulder line as music fades (commence LF upper body trn flexing knees with strong R side lead bk R in CBMP looking well to L, -, slowly extend L arm along shoulder line as music fades)
- S --