

# **ROSE OF TRALEE II**

**2009 PNTSDF NOVICE/BASIC A/B WALTZ – OFFICIAL 1/17/09**

**Choreographers:** Ed & Elvira Glenn 10178 Empire Dr., Lafayette, CO 80026

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**Music:** CD "A Touch of Tranquility" Track 4 "The Rose of Tralee" Artist: Phil Coulter

**Download:** eMusic, Amazon, i-Tunes and others

**Time@100%** = 3:18

**Phase Rating / Rhythm:** II+2 Waltz (Hover, Spin Turn)

**PNTSDF Speed:** 106% (+6%)

**Footwork:** Opposite footwork (Woman's special directions shown in parentheses)

**Sequence:** Intro A B A(1-6) Intld 1 C B A(9-13) Intld 2 D Ending

## **INTRO**

### **1-4 WAIT;; SWAY LEFT; SWAY RIGHT;**

Wait in FACING WALL no hands joined, lead feet free;; Sd L shifting momentum of the body twd the L causing stretching of the body on the L, -, -; Sd R shifting momentum of the body twd the R causing stretching of the body on the R, -, -;

### **5-8 ROLL 3; THRU SD CL (BFLY WALL); BAL L & R;;**

Roll LF (W RF) L, R, L; Thru R trng, sd L to BFLY WALL, cl R; Sd L, bhnd R, in place L; Sd R, bhnd L, in place R;

## **A**

### **1-4 WALTZ AWAY & TOG;; STP SWING; SPIN MNVR;**

Trng LF (W RF) keeping only inside hands joined waltz fwd L, R, cl L; Trng RF (W LF) waltz tog R, L, cl R to BFLY WALL; Stp sd L trng to OPEN LOD, swing R fwd, (W stp sd R trng to OPEN LOD, swing L fwd,) -; mnvr sd & fwd R trng RF to fc RLOD, sd L, cl R (W spot spin LF L, R, L) to CP RLOD;

### **5-8 2 RF TRNS;; TWISTY VINE 3; FWD SD CL;**

[See RAL def for details] Trng RF bk L, sd R, cl L; Fwd R, sd L cl R to CP WALL; Sd L, bhnd R, sd L (W sd R, frnt L, sd R) to BJO DLW; Fwd R (W bk L) trng RF, sd L to CP WALL, cl R;

### **9-12 LFT TRNG BOX (SCAR DRW);;;;**

Fwd L trng ¼ LF, sd R, cl L; Bk R trng ¼ LF, sd L, cl R; Fwd L trng ¼ LF, sd R, cl L; Bk R trng LF to fc drw, sd L leading W to SCAR, cl R (W fwd L trng LF, sd & fwd R to SCAR, cl L);

### **13-16 TWNKL BJO DLW; MNVR; 2 RF TRNS;;**

XLifR (W xRibL), sd R trng to BJO DLW, cl L; Fwd R trng RF to fc RLOD, sd L, cl R; [See RAL def for details] Trng RF bk L, sd R, cl L; Fwd R, sd L cl R to CP WALL;

## **B**

### **1-8 CANTER; DIP BK; MNVR; 1 RF TRN; FWD WALTZ; 2 LF TRNS;; SD DRAW CL; HOLD,,**

Sd L, draw R, cl R; Bk L Relax knee, -, -; Rcvr R trng ¼ RF, sd L, cl R to fc RLOD; Trng RF bk L, sd R, cl L to CP LOD; Fwd R, fwd and slightly sd L, cl R; [See RAL manual for details] Trng LF fwd L, sd R, cl L; Bk R, Sd L, cl R to CP WALL; Sd L, draw R, cl R; Hold approximately 2 beats of music,,

## **INTERLUDE 1**

### **1-5 CANTER; SWAY LEFT; SWAY RIGHT; ROLL 3; THRU FC CL;**

In any facing position of dancer choice Sd L, draw R, cl R; In any facing position of dancer choice sd L shifting momentum of the body twd the L causing stretching of the body on the L, -, -; In any facing position of dancer choice sd R shifting momentum of the body twd the R causing stretching of the body on the R, -, -; Releasing any partner contact roll LF (W RF) L, R, L; Thru R trng RF (W LF), sd L, cl R to CP WALL;

## C

### 1-4 HOVER; MNVR; SPIN TRN; BACK HALF BOX TO SCAR DLW;

Fwd L, sd & fwd R rising, rcvr sd & fwd L to SCP LOD; Fwd R trng RF to fc RLOD, sd L, cl R; From CP RLOD bk L pivoting ½ RF, fwd R between W's feet heel to toe rising and leaving L leg extended bk and sd, rec sd and bk L (W fwd R between M's feet heel to toe pivoting ½ RF, bk L toe brush R to L, sd and fwd R) to CP LOD; Bk R, sd L w/slight RF trn to SCAR DLW, cl R;

### 5-8 3 PROG TWNKLS;;; FWD POINT;

XlifR (W xRibL), sd R trng to BJO DLC, cl L; XRifL (W xLibR), sd L trng to SCAR DLW, cl R; XlifR (W xRibL), sd R trng to BJO DLC, cl L; Fwd R, point L fwd (W point R bk), -;

### 9-12 3 BK TWNKLS;;; BK TCH TO CP LOD;

X LibR (W xRifL), sd R trng to SCAR DLW, cl L; X RibL (W xLifR), sd L trng to BJO DLC, cl R; X LibR (W xRifL), sd R trng to SCAR DLW, cl L; Bk R blending to CP LOD, tch L, -;

### 13-16 FWD WALTZ; MNVR; 2 RF TRNS;;

Fwd L, fwd and slightly sd R, cl L; Fwd R trng RF to fc RLOD, sd L, cl R; [See RAL def for details] Trng RF bk L, sd R, cl L; Fwd R, sd L cl R to CP WALL;

## INTERLUDE 2

### 1-3 FWD SD CL TO BFLY; BAL L & R;;

Fwd R trng RF to fc partner, sd L blending to BFLY WALL, cl R; Sd L, xRib L (W x Lib R), rcvr L; Sd R, xLib R (W xRibL), rcvr R;

## D

### 1-4 WALTZ AWAY; BOTH ROLL ACROSS TO LOP LOD; THRU TWNKL; THRU SD CL BFLY COH;

Trng LF (W RF) keeping only inside hands joined waltz fwd L, R, cl L to OPEN LOD; Trng RF (W LF) roll across in front of W R, L, R to LEFT OPEN LOD; Thru L, trng LF (W RF) sd R to fc partner, cl L; Thru R trng to BFLY COH, sd L, cl R;

### 5-8 TWISTY VIN 3; FWD SD CL; BAL L & R;;

In BFLY COH Sd L, bhnd R, sd L (W sd R, frnt L, sd R) to BFLY BJO DRC; Fwd R (W bk L) trng RF, sd L, cl R to BFLY COH; Sd L, xRib L (W x Lib R), rcvr L; Sd R, xLib R (W xRibL), rcvr R;

### 9-12 WALTZ AWAY; BOTH ROLL ACROSS TO LOP RLOD; THRU TWNKL; THRU SD CL BFLY WALL;

Trng LF (W RF) keeping only inside hands joined waltz fwd L, R, cl L to OPEN RLOD; Trng RF (W LF) roll across in front of W R, L, R to LEFT OPEN RLOD; Thru L, trng LF (W RF) sd R to fc partner, cl L; Thru R trng to BFLY WALL, sd L, cl R;

### 13-16 TWISTY VIN 3; FWD SD CL; SWAY LEFT; SWAY RIGHT;

In BFLY WALL Sd L, bhnd R, sd L (W sd R, frnt L, sd R) to BFLY BJO DLW; Fwd R (W bk L) trng RF, sd L, cl R to FACING WALL no hands joined; Sd L shifting momentum of the body twd the L causing stretching of the body on the L, -, -; Sd R shifting momentum of the body twd the R causing stretching of the body on the R, -, -;

## ENDING

### 1-4 ROLL 3; THRU FC CL; CANTER; SD LUNGE HOLD

Roll LF (W RF) L, R, L; Thru R trng RF (W LF), sd L to CP WALL, cl R; Sd L, draw R, cl R; Sd L relax knee, hold – [direction dancers look and other styling is dancer choice]

# Unbelievable

## 2009 PNTSDF Novice and Basic A/B Two Step – OFFICIAL 1/17/09

**Dance By:** Bev Oren, 1043 Santo Antonio Dr #141, Colton, CA 92324, (951) 264-7320, BevQsRnds@aol.com  
**CD Music:** "16 Biggest Hits" by Diamond Rio, Track 5 and name of song: "Unbelievable"  
**MP3 Download:** i-Tunes, Wal-Mart, Amazon, Puretracks and others **Time:** 2:21 @ 100%  
**Rhythm/Phase:** Two Step. ROUNDALAB Phase II+2 (Strolling Vine, Whaletail)  
**Footwork:** Opposite, directions for M (except where noted) **Released:** NSDC June 2008  
**Sequence:** INTRO, A, BRG, B1-8, A, C, B, A, END **PNTSDF speed:** 95.5% [43 RPM]

### INTRO

#### [CP WALL] WAIT; WAIT; 1/2 BOX; SCIS THRU to SCP;

1-2 Wait two measures;;  
3 Sd L, cl R, fwd L,-;  
4 Sd R, cl L, XRIF to SCP LOD,-;

### PART A

#### [SCP LOD] 2 FWD 2 STEPS;; HITCH – DBL;;

1-2 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;  
3-4 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-;

#### [SCP LOD] LACE ACROSS; CIRCLE PICK UP to CP LOD [CP LOD]; REV BOX;;

5 Lead W under M's L & W's R raised hands fwd L, cl R, fwd L to LOP LOD,-;  
6 Fwd R, cl L, bk R (*W trng RF fwd L, fwd R, fwd L*) to CP LOD,-;  
7-8 Sd L, cl R, bk L,-; Sd R, cl L, fwd R,-;

#### [CP LOD] 2 FWD 2 STEPS;; PROG SCIS – DBL to BJO, CKG;;

9-10 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;  
11-12 Sd L, cl R, XLIF (*W XRIB*) to SCAR DLW,-; Sd R twd WALL, cl L, XRIF (*W XLIB*) chkg to BJO DLC,-;

#### [BJO DLC] WHALETAIL;; WALK & FC [CP WALL]; 2 SIDE CLOSES;

13 qqqq XLIB (*W XRIF*), sd R as body comm 1/4 RF body trn, fwd L with left shldr lead, lk RIB (*W lk LIF*);  
14 qqqq Sd L comm 1/4 LF body trn, cl R completing 1/4 LF body trn, XLIB (*W XRIF*) comm RF body trn, sd R completing  
1/4 RF body trn;  
15 ss Fwd L,-, fwd R trng 1/8 RF to CP WALL,-;  
16 qqqq Sd L, cl R, sd L, cl R;

### BRIDGE

#### [CP WALL] TWISTY VINE 8 [CP WALL];;

1-2 qqqq:qqqq Sd L, XRIB (*W XLIF*), sd L, XRIF (*W XLIB*); Sd L, XRIB (*W XLIF*), sd L, XRIF (*W XLIB*);

### PART B

#### [CP WALL] STROLLING VINE;;;;

1-2 ss:qqqs Comm slight RF upper body trn sd L,-, with slight LF upper body trn XRIB (*W XLIF*,-); Sd L, cl R, sd L trng  
1/2 LF to CP COH,-;  
3-4 ss:qqqs Comm slight LF upper body trn sd R,-, with slight RF upper body trn XLIB (*W XRIF*,-); Sd R, cl L, sd R trng  
1/2 RF to CP WALL,-;

#### [CP WALL] TRAVELING BOX [SCP LOD];;;;

5-6 qqs:ss Sd L, cl R, fwd L,-; Trng to RSCP RLOD fwd R,-, fwd L,-;  
7-8 qqs:ss Blend to CP WALL sd R, cl L, bk R,-; Trng to SCP LOD fwd L,-, fwd R,-;

#### [SCP LOD] CUT BACK – 2X; ROCK BACK, REC;

9 qqqq XLIF, bk R, XLIF, bk R;  
10 ss Rk bk L,-, rec R,-;

## **PART C**

### [CP WALL] 2 TURNING 2 STEPS [CP WALL];; TWIRL VINE 3 to BFLY [BFLY WALL]; WRAP

#### [WRAPPED POS LOD];

- 1-2 Sd L, cl R comm RF trn, sd and bk L across line of progression complete 1/2 RF trn,-; Sd R, cl L comm RF trn,  
fwd R complete 1/2 RF trn (*W sd R, cl L comm RF trn, fwd R complete 1/2 RF trn,-; Sd L, cl R comm RF trn, sd and bk L across line of progression complete 1/2 RF trn*) to CP WALL,-;
- 3 Sd L, XRIB, sd L leading W under joined lead hands (*W 1 full RF trn under joined lead hands R, L, R*) to BFLY  
WALL,-;
- 4 Sd R, XLIB, sd R trng 1/4 to WRAPPED POS LOD (*W wraps trng 3/4 LF L, R, L*) keeping all hands joined bringing M's L & W's R thru between around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's right side fcg LOD,-;

#### [WRAPPED POS LOD] UNWRAP; LADY ROLL IN; RK SD, REC, CROS, RK SD; REC, CROS, SD, CLOS;\*\*

- 5 Release M's L & W's R hands step in place L, R, L, tch R (*W unwrap trng RF a full trn R, L, R, tch L*) to end OP  
LOD;
- 6 Step in place R, L, R trng 1/4 RF (*W roll 1-1/4 LF trn L, R, L*) to any facing position of dancer choice,-;
- 7 QQQQ Rk sd L, rec R, XLIF, rk sd R;
- 8 QQQQ Rec L, XRIF, sd L, cl R;
- \*\* Please see note regarding this figure at end of cue sheet**

#### [CP WALL] LEFT TURNING BOX 1/2 [CP COH];; [NO HDS JOINED] SKATE LEFT & RIGHT; SIDE 2 STEP;

- 9-10 Sd L, cl R, fwd L trng 1/4 LF,-; Sd R, cl L, bk R trng 1/4 LF to CP COH,-;
- 11 s&s& Release joined hands swivel LF on R and step fwd on L/draw R to L,-, swivel RF on L and step fwd on R/draw L to R,-;
- 12 Sd L, cl R, sd L,-;

#### [M fcg COH, NO HDS JOINED] SKATE RIGHT & LEFT; SIDE 2 STEP; [CP COH] LEFT TURNING BOX 1/2 [CP WALL];;

- 13 s&s& Swivel RF on L and step fwd on R/draw L to R,-, swivel LF on R and step fwd on L/draw R to L,-;
- 14 Sd R, cl L, sd R,-;
- 15-16 Blend to CP COH sd L, cl R, fwd L trng 1/4 LF,-; Sd R, cl L, bk R trng 1/4 LF to CP WALL,-;

## **END**

#### [CP WALL] 2 TURNING 2 STEPS [CP WALL];; TWIRL VINE 3 to BFLY [BFLY WALL]; WRAP & POINT;

- 1-3 Repeat action Meas 1-3 PART C;;
- 4 Sd R, XLIB, sd R trng 1/4 to WRAPPED POS LOD (*W wraps trng 3/4 LF L, R, L*) keeping all hands joined bringing M's L & W's R thru between around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's right side fcg LOD, point L in direction of dancer choice;

**\*\*Note regarding Rk Sd, Rec, Cros, Rk Sd; Rec, Cros, Sd, CLOS: This dances as a Door-Dbl where the slow steps have been replaced by quick steps, followed by a Side, Close for a total of 8 quick steps. [QQQQ; QQQQ;]**

# BASIC "A" & BASIC "B" DIVISIONS - 2009

(Official 1/17/09)

## GENERAL TERMS

Acknowledge  
Apart  
Across  
Away  
Back  
Forward  
Hold  
Quick

Side  
Slow  
Solo  
Together  
Turn away  
Turn in  
Turn out

## DIRECTIONS

COH, LOD, RLOD, WALL

## POSITIONS

Banjo  
Butterfly  
Closed  
Facing  
Left Open

Open  
Open Facing  
Semi-closed  
Sidecar  
Wrapped

## ACTIONS

Bow  
Brush  
Bump  
Curtsy  
Draw  
Heel  
Kick  
Knee  
Lift  
Pivot  
Point

Shake  
Spin  
Stamp  
Swing  
Swivel  
Tap  
Toe  
Touch  
Twist  
Unwrap  
Wiggle  
Wrap

# BASIC "A" & BASIC "B" DIVISIONS - 2009

(Official 1/17/09)

## WALTZ FIGURES

Apart & Together  
Back (step)  
Back Twinkle  
Back Waltz  
Balance (Forward & Back)  
Balance (One Step)  
Balance (Side)  
Behind  
Box  
Box, Left Turning  
Box, Right Turning  
Canter  
Change Sides  
Check  
Circle Away  
Circle Away & Together  
Close  
Cross  
Dip  
Face  
Forward (step)  
Forward Waltz  
Lace (Lace Across and Lace Back)  
Lady Under  
Left Face Turning Waltz  
Man Under  
Maneuver  
Open Box  
Open Reverse Box  
Pickup  
Progressive Box  
Progressive Twinkle  
Recover  
Reverse Box  
Reverse Twirl  
Reverse Twirl Vine  
Right Face Turning Waltz  
Rock  
Roll  
Side (step)

Solo Left Turning Box  
Solo Waltz Turn  
Spin Maneuver  
Spot Spin  
Standard Waltz  
Step  
Sway  
Thru  
Thru Side Close  
Thru Twinkle  
Turn Face Close  
Twinkle  
Twirl  
Twirl Vine  
Twisty Vine  
Vine 3  
Vine 6  
Waltz Away & Together  
Wheel

**ADDITIONAL FIGURES FROM  
COMPULSORIES (includes Preteen  
compulsory):** California Twirl, Hover,  
Spin Turn

**ADDITIONAL FIGURE PER CRDJ  
REQUEST:** Box Finish