

RACHEL'S SONG

Composer: Bill & Helen Stairwalt, 602 N. Victoria Rd. MH#135, Donna, TX 78537 (210)464-9207
Record: DMC 001-A
Rhythm/Phase: Slow Two-Step/ Basic(Unphased)
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: **INTRO, ABCD ABCD A TAG**

FASTER TEMPO SIDE - 45

INTRO

1-4 **WAIT 2 MEAS;; APT PT; TOG, TCH;**
1-4 Wait 2 meas in OP/FCG;; Apt L, -, pt R,-; Tog to loose CP R, -, tch L, -;

PART A

1-4 **BASIC;; UNDERARM TURN; BASIC ENDING;**
1-2 Sd L, -, XRIBL (W XLIBR), rec L; Sd R, -, XLIBR (W XRIBL), rec R;
3-4 Sd L to jn ld hnds palm to palm, -, XRIBL, rec L (W sd R comm to trn RF undr ld arms, -, XLOR twd LOD trn RF to fc RLOD, rec fwd R to trn 1/4 to fc ptr/COH); Sd R, -, X LIBR (W XRIBL) begin to open body away from ptr, rec R (W rec L like pickup action in frontM DC);

5-8 **LEFT TRN INSIDE ROLL; BASIC ENDING; LEFT TRN INSIDE ROLL; BASIC ENDING;**
5-6 Fwd L trn 1/2LF to fc COH, -, sd R, XLIFR twd LOD (W bk R trn 1/2LF, -, sd L trn LF undr ld arms, cont trn LF to fc ptr R) CP; Sd R, -, XLIBR (W XRIBL) begin open body away from ptr, rec R (W rec L like pickup action IFM/DRW);
7-8 Repeat meas 5 PART A Repeat meas 2 PART A to BFLY;

PART B

1-4 **LUNGE BASICS;; RIGHT TURN OUTSIDE ROLL; BASIC ENDING;**
1-2 In BFLY sd L, -, rec R, XLIFR (XIF); Sd R,-, rec L, XRIFL (XLIRF) manuv IFW;
3-4 XIFW sd & bk L stay fc RLOD, -, sd & bk R trng RF to fc COH ld W undr jnd ld arms, XLIFR fc COH (W fwd R LOD comm RF twrl undr ld arms, -, twrl L, R to fc Wall); Sd R, -, XLIBR (XRIBL) begin to open body away from ptr, rec R manuv IFW (W sd L, -, XRIBL, rec L);

5-8 **RIGHT TURN OUTSIDE ROLL; BASIC ENDING; OPEN BASIC;;**
5-6 Repeat meas 3 PART B; Repeat meas 2 PART A;
7-8 Sd L to HLOP, -, XRIBL (XLIRB), rec L to fc ptr/wail; Sd R to HLOP, -, XLIBR (XRILB), rec R comm to XIFW;

PART C

1-4 **TWO-SWITCHES;; OPEN BASIC;;**
1-4 XIFW Sd L trn to HLOP, -, fwd R, fwd L (fwd R, -, fwd L, fwd R comm to XIFM); Fwd R (XIFM sd L trn to HOP), -, fwd L, fwd R fc ptr loose CP; Repeat meas 7-8 PART B;;

5-8 **TWO SWITCHES;; OPEN BASIC;;**
5-8 Repeat meas 1-2 PART C;; Repeat meas 7 PART B; Sd R to HOP, -, XLIBR (W XRIBL) begin to open body away from ptr, rec R (W rec L like pickup action IFM DC);

PART D

1-4 **TRIPLE TRAVELER;;;:**
1 Fwd L trn 1/2LF to fc COH, -, sd & fwd R, fwd & XLIFR fc LOD (W bk R trn 1/2LF, -, sd L trn LF undr ld arms, cont trn LF to fc ptr/Wall R);
2 Fwd R spiral LF undr jnd hnds (W trn to fc LOD fwd L), -, lwr hnds out IF ptrs waist level as move fwd L, R;
3 Fwd L begin to bring jnd hnds dwn btwn ptrs (W fwd R comm RF twirl), -, sd R to fc COH, XLIFR (W twirl RF undr ld arms L, R to fc ptr/Wall) CP/COH;
4 Repeat meas 6 PART A;

5-8 **TRIPLE TRAVELER TO RLOD;;;:**
5 Fwd L trn 1/2LF fc Wall, -, sd & fwd R, fwd & XLIFR fc RLOD (W bk R trn 1/2LF, -, sd L trn LF undr ld arms, cont trn LF to fc ptr/COH R);
6 Fwd R spiral LF undr jnd hnds (W trn to fc RLOD fwd L), -, lwr hnds out IF ptrs at waist level as move fwd L, R;
7 Fwd L begin to bring jnd hnds dwn btwn ptrs (W fwd R comm RF twirl), -, fwd R to fc Wall, XLIFR (W twirl RF undr ld arms L, R to fc ptr/COH) CP/WALL;
8 Repeat meas 2 PART A;

TAG

1-2 **UNDERARM TURN; SIDE, APT, PT;**
1-2 Repeat meas 3 PART A; Sd R, -, APT L, PT R twd ptr;
NOTE: Timing With Exception Of Intro Is SQQ.