

Fields of Athenry

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MUSIC: Celtic Tranquility CD Track 14, Phil Coulter

PHASE: RAL IV + 1 (Triple Traveler)

RHYTHM: Slow Two Step

SEQUENCE: **INTRO – A – B – C – B – C – END**

INTRODUCTION

1 - 2 CP WALL WAIT ; ;

CP M fcg wall lead foot free wait ; ;

PART A

1 - 5 BASIC ; ; LUNGE BASIC 2 X ; ; SD DRAW CL ;

Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R; Sd L with slight lunge action, -, rec R, XLIF; Sd R with slight lunge action, -, rec L, XRIF;

Sd L, draw R to L, -, cl R;

6 - 9 UNDERARM TURN ; BASIC ENDING ; OPEN BASIC 2 X ; ;

Sd L blending to palm-to-palm, -, XRIB, rec L (Sd R commencing RF trn under lead hnds, -, XL over R to line of progression trng ½, rec L cont turn to fc partner);

Sd R, -, XLIB, rec R; Sd L open body to L ½ OP, - XRIB, rec fwd L;

Tng LF to fc ptr sd R, -, open body to ½ OP XLIB, rec R staying in ½ OP;

10 – 13 2 SWITCHES ; ; ; TO FC ;

Cross in front of woman Sd L to L ½ op, -, fwd R, fwd L (Fwd R, -, fwd L, fwd R) ;

Fwd R, -, fwd L, fwd R (Cross in front of man Sd L to ½ op, -, fwd R, fwd L) ;

Repeat meas 10 – 11 ending in CP fcg wall ; ;

14 – 17 BASIC ; ; LUNGE BASIC 2 X ; ;

Repeat action of meas 1 – 4 ; ; ;

PART B

1 – 5 RT TURN WITH OUTSIDE ROLL ; BASIC ENDING ; BASIC ; ; SD DRAW CL ;

Crossing in front of woman sd & bk L fc RLOD, -, Sd & bk R almost crossing in bk trng ¼ RF leading woman under jnd hnds, XLIF to fc ptr & COH (Fwd R commence RF twirl under lead hnds, -, fwd L, fwd & sd R to fc ptr) ;

Sd R, -, XLIB, rec R;

Repeat meas 1 & 2 Part A ; ; Repeat meas 5 Part A ;

6 – 9 LEFT TURN WITH INSIDE ROLL ; BASIC ENDING ; SIDE BASIC ; REVERSE WRAP FC LOD ;

Fwd L commence 3/8 LF turn, -, Bring jnd lead hnds thru leading woman into LF trn cont LF trn sd R, XLIF to fc ptr & wall (Bk R commence ¼ LF turn, -, Sd L trng LF under lead hnds, cont trng LF sd R to fc ptr) ;

Repeat meas 7 Part A ;

Sd L, -, XRIB, rec L; Sd R, -, XLIF bringing lead hnds thru leading woman to trn LF, rec R ending in wrapped pos fcg fcg lod (Sd L, -, commence LF turn fwd R, cont LF turn rec fwd L to fc LOD);

10 – 13 SWEETHEART RUNS 2 X ; ; SOLO TURN IN 6 TO BFLY ; ;

Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R; Fwd L releasing wrap trng LF, -, sd R fcg COH,

cl L; Bk R trng to fc RLOD, -, sd L to fc Ptr & wall, cl R (Lady turns RF);
14 – 17 TWISTY BASIC ; ; DOUBLE UNDERARM TURN ; BASIC ENDING ;
Sd L, -, XRIB, rec L (Sd R, -, XLIF, rec R); Sd R, -, XLIB, rec R (Sd L, -, XRIF, rec L);
Sd L, -, trng LF fwd R under jnd lead hnds extending R arm through, rec L to fc ptr & wall in bfly
(Sd R, -, trng RF fwd L under jnd lead hnds extending L arm through, rec L);
Sd R, -, XLIB, rec R;

PART C

1 – 4 SD BASIC ; REVERSE UNDERARM TURN ; LARIAT 6 FACE LOD IN LOW BFLY ; ;
Sd L, -, XRIB, rec L; Sd R, -, bring lead hnds through between faces XLIF, rec R (Sd L
commence LF trn under jnd lead hnds, -, XRIF trng ½, rec fwd L cont trn to fc COH to man's R
sd);
In plc L, -, commence LF trn R, L finish trn fc LOD in LOP (Fwd R, -, sm fwd L, sm fwd R to LOP
LOD);
In plc R, -, L, R (Sm fwd L, -, fwd R trng RF to fc ptr & RLOD, cl L);
5 – 8 TRAVELING CROSS CHASSE 2 X ; ; ; FC DLW ;
Sd & fwd L trng LF DLC blend to R shldr lead with both hnds jnd about hip level, -, sd & fwd R
diag LOD&W, XLIF (Sd & bk R blend to L shldr lead, -, bk & sd L DLW, XRIF) ;
Sd & fwd R trng RF DLW blend to L shldr lead, -, sd L DLC, XRIF (Bk & sd L blend to R Shldr
lead, -, bk & sd R DLC, XLIF);
Repeat meas 5 & 6; ;
9 – 12 TRIPLE TRAVELER ; ; ; BASIC ENDING ;
Fwd L commence LF upper body turn to lead woman to man's left side raising lead hands to start
woman into LF trn, -, fwd R, fwd L (Bk R trn ¼ LF, -, cont trn sd & fwd L trng ½ under jnd lead
hnds, sd & fwd R cont turn to fc LOD);
Fwd R spiral LF under jnd Hnds, -, fwd L, fwd R (Fwd L, -, fwd R, fwd L);
Fwd L brng jnd hnds down & bk in a continuous circular motion to lead woman into a RF trn, -,
fwd & sd R to fc ptr, XLIF (Fwd R commence RF trn, -, sd L cont RF trn under jnd lead hnds, fwd
R to fc ptr);
Sd L, -, XRIB, rec R end CP COH;
13 – 16 TRIPLE TRAVELER ; ; ; BASIC ENDING ;
Repeat meas 9 – 12 except moving to RLOD & end CP Wall; ; ; ;

ENDING

1 – 4 LUNGE BASIC 2 X ; ; SD TO PROMENADE SWAY ; CHANGE TO AN OVERSWAY ;
Repeat meas 3 & 4 Part A ; ; Sd & fwd L to SCP stretching L sd to look over jnd lead hnds, -, -, -
; Relaxing L knee leaving R leg extended and stretching L sd of body looking to RDW, -, -, - ;