



Phil Coulter

## OUT ON THE MIRA

Choreographers:	<b>Release date:</b> January 2005
<b>Annette &amp; Frank Woodruff</b> Rue du Camp, 87 7034 Mons, Belgium Tel: 00 32 65 73 19 40	<b>Rhythm &amp; Phase: Waltz IV+1</b> (Curved Feather) <b>Educ hint: Diagonal work!</b>
	<b>Music:</b> Phil Coulter, Scottish Tranquility CD, <b>Song for the Mira</b> or mp3 from Amazon or others.
	<b>Time &amp; Speed:</b> 3'48" @ CD speed – 5% (download speed = 3:24)
<b>annetteandfrank@gmail.com</b>	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
	<b>Sequence: Intro-AA-B-C-A-B-C-Ending</b>

### INTRODUCTION

<b>1 - 2</b>	<b>Wait;;</b>	FCG no hnds DLW wt 2 meas;;
<b>3</b>	<b>Together touch;</b>	Tog L to CP w/ slight bdy RF trn, tch R, -;
<b>4</b>	<b>Box finish;</b>	Bk R trng ¼ LF, sd L, cl R to CP DLC;

### PART A

<b>1</b>	<b>1 Left Turn;</b>	Fwd L trng LF, sd R contg LF trn, cl L to CP RLOD;
<b>2</b>	<b>Hover Corte;</b>	Bk R, trng LF sd & fwd L LOD hvrg & leavg R leg ip, compg ½ LF trn rec R ( <i>W brush L to R &amp; fwd L</i> ) to BJO DLW;
<b>3</b>	<b>Back chasse to SCAR;</b>	Bk L, trng RF sd R/cl L, sd & fwd R to SCAR DRW;
<b>4</b>	<b>Fwd Hover to SCP DLC;</b>	Fwd L, fwd R hvrg & trng strongly LF leavg L leg ip, rec L ( <i>W bk R, bk L hvrg, brush R to L &amp; fwd R</i> ) to SCP DLC;
<b>5</b>	<b>Wing;</b>	Fwd R, draw L, trn bdy LF w/ L sd stretch ( <i>W fwd L trng LF stg to trvl arnd M, fwd R contg LF trvl, fwd L w/ LF bdy trn &amp; R sd stretch</i> ) to SCAR DLC;
<b>6</b>	<b>Turn L chasse to BJO;</b>	Fwd L stg to trn LF, contg LF trn sd R/cl L, sd & bk R to BJO DRC;
<b>7</b>	<b>Impetus to SCP;</b>	Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L ( <i>W fwd R outsd ptrt pvtg RF, sd &amp; fwd L contg RF trn arnd M, brush R to L &amp; fwd R</i> ) to SCP DLC;
<b>8</b>	<b>Pick up DLC;</b>	Sm fwd R, sm sd L, cl R ( <i>W fwd L trng LF, fwd &amp; sd R contg LF trn in front of M, cl L</i> ) to CP DLC;
<b>9</b>	<b>Telemark to SCP;</b>	Fwd L stg LF trn, sd R contg LF trn, sd & slightly fwd L ( <i>W bk R stg LF trn, cl L [heel trn] contg LF trn, sd &amp; slightly fwd R</i> ) to SCP DLW;
<b>10</b>	<b>Cross Pivot to SCAR;</b>	Fwd R in front of W stg RF trn, sd L w/ strong RF trn, fwd R ( <i>W sm fwd L stg RF trn, fwd R btw M's ft pvtg RF, sd &amp; bk L</i> ) to SCAR DLW;
<b>11</b>	<b>Cross Swivel to BJO;</b>	Fwd L, swvlg on L ft & trng LF pt R ft sd twd LOD, fwd R ckg to BJO DRC;
<b>12</b>	<b>Back chasse to SCAR;</b>	Bk L, trng RF sd R/cl L, sd & fwd R to SCAR DLW;
<b>13</b>	<b>Cross Hover to SCP LOD;</b>	XLif, sd R hvrg, rec L ( <i>WXRib, sd &amp; bk L w/ strong RF trn, fwd R</i> ) to SCP LOD;
<b>14</b>	<b>Maneuver;</b>	Fwd R trng RF, sd L in front of W, cl R ( <i>W fwd L, fwd R, cl L</i> ) to CP RLOD;
<b>15</b>	<b>Spin Turn;</b>	Trng upper bdy RF bk L pvtg ½ RF & leavg R if, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L ( <i>W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, bk L contg trn, brush R to L &amp; sd &amp; fwd R</i> ) to CP DLW;
<b>16</b>	<b>Box Finish;</b>	Bk R, trng ¼ LF sd L, cl R to CP DLC;

### PART B

<b>1 - 2</b>	<b>2 L Turns;;</b>	Fwd L stg LF trn, sd R contg LF trn, cl L; contg LF trn bk R, sd L contg LF trn, cl R to CP DLW;
<b>3</b>	<b>Hover;</b>	Fwd L, fwd & sd R hvrg & trng RF, rec L to SCP DLC;
<b>4</b>	<b>Syncopated Vine;</b>	Thru R, sd L/XRib ( <i>W xib</i> ), sd L to SCP DLC;
<b>5 - 6</b>	<b>Weave;;</b>	Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC ( <i>W fwd L trng LF, sd &amp; bk R to CP, contg LF trn sd &amp; fwd L LOD to BJO</i> ); bk L LOD, bk R trng LF trn, sd & fwd L ( <i>W fwd R outsd ptr, fwd L to CP contg LF trn, sd &amp; bk R</i> ) to BJO DLW;

7	<b>Curved Feather;</b>	Staying in BJO thruout fwd R stg to trn RF, w/ L sd stretch contg RF trn sd & fwd L, contg upper bdy trn w/ L sd stretch fwd R ( <i>W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L</i> ) ckg to BJO DRW;
8	<b>Back Passing Change;</b>	Bk L, bk R w/ R sd stretch, bk L ( <i>W fwd R outsd ptr, fwd L w/ L sd stretch opg hd, fwd R</i> ) to BJO DRW;
9	<b>Back chasse to BJO;</b>	Bk R, trng LF sd L./cl R, sd L to BJO DLW;
10	<b>Curved Feather;</b>	Staying in BJO thruout fwd R stg to trn RF, w/ L sd stretch contg RF trn sd & fwd L, contg upper bdy trn w/ L sd stretch fwd R ( <i>W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L</i> ) ckg to BJO DRW;
11	<b>Back back lock back;</b>	Bk L, w/ R sd ld bk R/ lk Lif, bk R to BJO DRW;
12	<b>Outside Change SCP;</b>	Bk L, trng LF bk & sd R, contg LF trn sd & fwd L ( <i>W fwd R, fwd L, fwd R</i> ) to SCP DLW;
13-14	<b>In &amp; Out Runs;;</b>	Fwd R stg RF trn, sd & bk L DLW to mom CP, bk R w/ R sd ldg to BJO ( <i>W fwd L, fwd R btw M's ft, fwd L outsd ptr</i> ); bk L trng RF leavg R leg if, sd & fwd R heel to toe btw W's ft contg RF trn, fwd L ( <i>W fwd R stg RF trn, fwd &amp; sd L contg trn, brush R to L &amp; fwd R</i> ) to SCP DLC;
15	<b>Thru Semi Chasse;</b>	Thru R to SCP DLC, fwd L/cl R, fwd L to SCP DLC;
16	<b>Chair &amp; Slip;</b>	Ck thru R w/ lun action, rec L, w/ slight LF upper bdy trn slip R bhd L contg trn ( <i>W swvl LF on R ft &amp; fwd L outsd M's R ft</i> ) to CP DLC;

**PART C**

1 - 4	<b>Diamond Turn to SCAR;;;</b>	Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO; staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R; staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L; bk R in BJO trng RF, sd L compg ¼ LF trn to CP, fwd R to SCAR DLC;
5	<b>Telemark to SCP;</b>	Fwd L stg LF trn, sd R contg LF trn, sd & slightly fwd L ( <i>W bk R stg LF trn, cl L [heel trn] contg LF trn, sd &amp; slightly fwd R</i> ) to SCP DLW;
6	<b>Thru chasse to BJO;</b>	Thru R, sd L/cl R, sd & fwd L ( <i>W trng LF sd R/cl L, sd &amp; bk R</i> ) to BJO DLW;
7	<b>Maneuver;</b>	Fwd R trng RF, sd L in front of W, cl R ( <i>W fwd L, fwd R, cl L</i> ) to CP RLOD;
8	<b>Hesitation Change;</b>	Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC;

**ENDING**

1	<b>1 L turn;</b>	Fwd L trng LF, sd R contg LF trn, cl L to CP RLOD;
2	<b>Hover Corte;</b>	Bk R, trng LF sd & fwd L LOD hvrg & leavg R leg ip, compg ½ LF trn rec R ( <i>W brush L to R &amp; fwd L</i> ) to BJO DLW;
3	<b>Back Hover to SCP;</b>	Bk L, bk R hvrg, rec L ( <i>W fwd R outsd ptr, sd L trng RF, brush R to L &amp; fwd R</i> ) to SCP DLW;
4	<b>Chair;</b>	Fwd lun R w/ bent knee & hold;

Other Choreos: Hutchison V+1+1, Whyman IV (CSM Nov 04)



Out on the Mira on soft summer nights  
 Bonfires blaze to the children's delight  
 They dance round the flames singing songs with their friends  
 I wish I was with them again

Can you imagine a piece of the universe  
 More fit for princes and kings?

I'll give you ten of your cities  
 For Marion Bridge and the pleasure it brings

Allister MacGillivray (Cape Breton, Canada)

Note: Cape Breton's Mira River was once an important commercial waterway. As early as the eighteenth century, major shipbuilding, milling and brick-making industries served nearby settlements, including the Fortress of Louisbourg. Today, thousands of cottage owners enjoy a variety of year-round activities on the 30-mile length of river.

OUT ON THE MIRA – WOODRUFF – WZ IV+1 – 3:48 – PHIL COULTERINTRO (4 meas)

Fcg ptr & DLW no hands wait 2 ; Together Touch ; Box Finish DLC ;

PART A (16 meas)

1 L Turn ; Hover Corte DLW ; Back Chasse to SCAR DRW ;  
 Fwd Hover to SCP DLC ; Wing to SCAR DLC ; Turn L Chasse to BJO DRC ;  
 Impetus to SCP DLC ; Pick Up DLC ;  
 Telemark to SCP DLW ; Cross Pivot to SCAR DLW ; Cross Swivel to BJO  
 DRC ; Back Chasse To SCAR DLW ; Cross Hover to SCP LOD ;  
 Maneuver ; Spin Turn DLW ; Box Finish DLC ;

PART A (16 meas)

1 L Turn ; Hover Corte DLW ; Back Chasse to SCAR DRW ;  
 Fwd Hover to SCP DLC ; Wing to SCAR DLC ; Turn L Chasse to BJO DRC ;  
 Impetus to SCP DLC ; Pick Up DLC ;  
 Telemark to SCP DLW ; Cross Pivot to SCAR DLW ; Cross Swivel to BJO  
 DRC ; Back Chasse To SCAR DLW ; Cross Hover to SCP LOD ;  
 Maneuver ; Spin Turn DLW ; Box Finish DLC ;

PART B (16 meas)

2 L Turns DLW ;; Hover to SCP DLC ; Syncopated Vine SCP DLC ;  
 Weave to BJO DLW ;; Curved Feather BJO DRW ; Bk Passing Change ;  
 Back Chasse to BJO DLW ; Curved Feather BJO DRW ; Back Bk Lk Bk ;  
 Outside Change to SCP DLW ; In & Out Runs SCP DLC ;;  
 Thru Semi Chasse ; Chair & Slip CP DLC ;

PART C (8 meas)

Diamond Turn to SCAR DLC ;;;; Telemark to SCP DLW ;  
 Thru Chasse to BJO ; Maneuver ; Hesitation Change CP DLC ;

PART A (16 meas)

1 L Turn ; Hover Corte DLW ; Back Chasse to SCAR DRW ;  
 Fwd Hover to SCP DLC ; Wing to SCAR DLC ; Turn L Chasse to BJO DRC ;  
 Impetus to SCP DLC ; Pick Up DLC ;  
 Telemark to SCP DLW ; Cross Pivot to SCAR DLW ; Cross Swivel to BJO  
 DRC ; Back Chasse To SCAR DLW ; Cross Hover to SCP LOD ;  
 Maneuver ; Spin Turn DLW ; Box Finish DLC ;

PART B (16 meas)

2 L Turns DLW ;; Hover to SCP DLC ; Syncopated Vine SCP DLC ;  
 Weave to BJO DLW ;; Curved Feather BJO DRW ; Bk Passing Change ;  
 Back Chasse to BJO DLW ; Curved Feather BJO DRW ; Back Bk Lk Bk ;  
 Outside Change to SCP DLW ; In & Out Runs SCP DLC ;;  
 Thru Semi Chasse ; Chair & Slip CP DLC ;

PART C (8 meas)

Diamond Turn to SCAR DLC ;;;; Telemark to SCP DLW ;  
 Thru Chasse to BJO ; Maneuver ; Hesitation Change CP DLC ;

ENDING (4 meas)

1 L Turn ; Hover Corte ; Bk Hover to SCP ; Chair ;