

ABUNDANT JOY

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Record: CD, Rachel's Song The Instrumental Album by Gary Prim, Track 5 or various download sites
Rhythm & Phase: ST, IV +1 (Triple Traveler) +1 (The Square) Tempo: Adjust for comfort
Footwork: Opposite except where noted Timing: S,q,q
Sequence: INTRO – A – B – A – B – TAG

INTRO

1 - 2 WAIT 1; LADY WRAPS TO FACE LOD; SWEETHEART RUNS TWICE TO PICKUP;;

- 1-2 Wait in BFLY fcg WALL trl feet free; Sd R raise ld hnds, -, sm XLib of R trn LF and ld Lady to trn undr jnd ld hnds, rec R to WRAP POS LOD;
[W (2): Sd L comm LF wrap und jnd ld hnds, -, cl R keep trn LF, sip L in WRAP POS LOD;]
3-4 Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R to PU;

PART A

1 - 4 TRIPLE TRAVELER;;; BASIC ENDING;

- 1-4 Fwd L comm LF upper body trn to ld Lady to M L sd raise ld hnds, -, fwd R, fwd L; Fwd R spiral LF undr jnd ld hnds, -, fwd L, fwd R; Fwd L, -, sd & fwd R, XLif of R to fcg pos COH; Sd R, -, XLib of R, rec R to BFLY COH;
[W (1-4): Bk R trn ¼ LF, -, cont trn sd & fwd L trng ½ undr jnd ld hnds, sd & fwd R trn to fc LOD; Fwd L, -, fwd R, fwd L; Fwd R comm RF trn, -, sd L cont trn undr jnd ld hnds, fwd R to fc ptr; Sd L, -, XRib of L, rec L;]

5 - 8 LUNGE BASIC WITH INSIDE ROLL; REVERSE UNDERARM TURN; OPEN BASIC TWICE;;

- 5-6 Sd L lower into knee, -, rise & rec R raise ld hnds, XLif of R; Sd R, -, XLif of R, rec R release hndhld;
[W (5-6): Sd R lower into knee, -, rise & rec L comm LF trn, cont LF trn fwd R trn to fc ptr; Sd L comm LF trn, -, XRib of L cont trn to fc LOD, sd & fwd L compl LF trn to fc ptr;]
7-8 Sd L, -, trn ¼ RF to LEFT HALF OP rk bk R, rec L; Trn LF to fc ptr sd R, -, trn ¼ LF to HALF OP rk bk L, rec R;
[W (7-8): Sd R, -, trn ¼ LF to LEFT HALF OP rk bk L, rec R; Sd L, -, trn ¼ RF to HALF OP rk bk R, rec L;]

9 - 12 UNDERARM TURN; LARIAT MAN TRN TO LOP RLOD; OUTSIDE ROLL; OPEN BASIC;

- 9-12 Sd L raise ld hnds, -, XRib of L, rec L; Rk sd R, -, rec L trn LF to fc RLOD, fwd R to LOP RLOD; Fwd L, -, sd & fwd R, XLif of R to fc WALL; Repeat actions meas 8 PART A;
[W (9-12): Sd R comm to trn RF undr jnd ld hnds, -, XLif of R cont RF trn, rec fwd R to fc; Circle RF arnd M fwd L, -, R, L; Fwd R comm RF trn, -, sd L cont trn undr jnd ld hnds, fwd R to fc ptr; Repeat actions meas 8 PART A;]

13 - 16 THE SQUARE;;;;

- 13-16 Fwd & sd L across ptr to LEFT HALF OP fc COH, -, fwd R, fwd L twd COH; Sd & fwd R let W pass to HALF OP RLOD, -, fwd L, fwd R twd RLOD; Fwd & sd L across ptr to LEFT HALF OP fc WALL, -, fwd R, fwd L twd WALL; Sd & fwd R let W pass to HALF OP LOD, -, fwd L, fwd R trn to fc ptr;
[W (13-16): Fwd R let M pass to LEFT HALF OP fc COH, -, fwd L, fwd R twd COH; Fwd & sd L across ptr to HALF OP RLOD, -, fwd R, fwd L twd RLOD; Fwd R let M pass to LEFT HALF OP fc WALL, -, fwd L, fwd R twd WALL; Fwd & sd L across ptr to HALF OP LOD, -, fwd R, fwd L trn to fc ptr;]

PART B

1 - 4 UNDERARM TRN TO RIGHT HAND SHAKE; SHADOW BREAKS TWICE;; OPEN BREAK;

- 1 Repeat actions meas 9 PART A to R HND SHK;
- 2-4 Sd R, -, trn ¼ LF rk bk L, rec fwd R; Trn ¼ RF to fc ptr sd L, -, trn ¼ RF rk bk R, rec fwd L; Trn ¼ LF to fc ptr sd R, -, rk apt L, rec fwd R;
[W (2-4): Sd L, -, trn ¼ RF rk bk R, rec fwd L comm LF trn; Trn ¼ LF to fc ptr sd R, -, trn ¼ LF rk bk L, rec fwd R; Trn ¼ RF to fc ptr sd L, -, rk apt R, rec fwd L;]

5 - 8 CHANGE SIDES MAN'S HEAD LOOP; LADY SWITCH; PIVOT 3; OUTSIDE ROLL TO BFLY SCAR;

- 5-8 Fwd L comm RF trn raise jnd R hnds above head, -, cont trn sm sd & fwd R plc R hnds in M's neck and rel R hnds, thru L to LEFT HALF OP LOD; Fwd R, -, L, R to HALF OP LOD; Fwd & across L to CP RLOD comm RF pivot plc jnd ld hnds on M's L shldr, -, sd & fwd R cont pivot, sd & bk L cont pivot to CP RLOD compl 1 and ½ trn over the last three steps; Keep trng sm sd & fwd R to fc COH raise ld hnds ld Lady to trn RF undr jnd ld hnds, -, fwd L, sd & fwd R to BFLY SCAR DLC;
[W (5-8): Fwd R trn ¼ LF undr jnd R hnds, -, sm sd & fwd L, thru R; Sd & fwd L across M to HALF OP, -, fwd R, fwd L; Fwd R comm pivot ½, -, bk L cont pivot ½, fwd R trn to fc ptr; Sd & bk L roll RF undr jnd ld hnds, -, sd R cont roll, sd & bk L to BFLY SCAR;]

9 - 12 CROSS CHECK, RECOVER, SIDE TO BOLERO; WHEEL 6;; BASIC ENDING;

- 9-12 Ck fwd L outsd ptr, -, rec R trn LF, sd & fwd L to BOLERO DRC; Wheel RF outsd ptr fwd R, -, L, R; Cont wheel fwd L, -, R, L to BFLY WALL compl 1 and 5/8 of trn; Sd R, -, XLib of R, rec R;
[W (9): Ck bk R, -, rec L trn LF, sd & bk R;]

13 - 16 TWISTY BASIC; LADY WRAPS TO FACE LOD; SWEETHEART RUNS TWICE TO PICKUP;;

- 13-16 Sd L, -, XRib of L [W: XLif of R], rec L; Repeat actions meas 2-4 of INTRO,,,,;
2nd time thru B stay in sweetheart wrap for TAG

TAG

1 SLOW FWD, SLOW CHAIR; SLOW REC & LOOK AT PARTNER;

- 1 In wrap pos LOD fwd L, -, fwd R lower into chair pos, -; Rec L and raise, -, look at ptr, -;