

## MY LOVE AND I

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The Water Is Wide, Track 5

CD: Believe by Celtic Woman

Phase VI Hesitation Canter Waltz Released July 9, 2017

Sequence: INTRO, A, INT, A, B, C, INT, A, B, END

Speed: 45 rpm

### INTRO

#### **1-4 WAIT;; EXPLODE APT RECOV CL; TO REV EXPLODE APT RECOV CL;**

- 1-2 {Wait} Fc ptr & wall low dbl hand hold lead ft free;;  
1--4-6 3-4 {Explode Apt Recov Cl} Step strongly apt L with lead arm  
1--4-6 sweep CCW to OP fc LOD,,, recov to fc R,, cl L; {To Rev  
Explode Apt Recov Cl} Step strongly apt R with trail arm sweep  
CW to LOP fc RLOD,,, recov to fc L,, cl R;

### PART A

#### **1-4 WALTZ AWAY; WALTZ TOG WITH LADY INSIDE UNDERARM TRN TO PICK-UP; 2 SLOW VIENNESE TRNS;;**

- 1--4-6 1-2 {Waltz Away} Trn to fc LOD in OP fwd L,,, fwd R cont LF body  
1--4-6 trn but look twd LOD with trail arm fwd LOD,, cl L in slgt "V"  
back to back still looking LOD; {Waltz Tog with Lady Inside  
Underarm Trn to Pick-up} Fwd R start RF body trn,,, connect  
lead hnds to trn W under LF fwd L,, small fwd R picking W up to  
CP LOD (W fwd L with LF body trn connect lead hnds,,, trn  
under lead hnds LF bk R,, cont LF trn fwd L cont LF trn to CP);  
1--4-6 3-4 {2 Slow Viennese Trns} Fwd L trn LF,,, sd R cont LF trn,, XLIF  
1--4-6 of R (W cl R) fc DRC; cont LF trn bk R trn LF,,, sd L cont LF  
trn,, cl R (W XLIF of R) fc DW;

#### **5-8 CANTER DBL REV WITH SPLIT RONDE;; CONTRA CHK & SWITCH; DBL RONDE TWIST TRN;**

- 1-3- 5-6 {Canter Dbl Rev with Split Ronde} Cont LF trn fwd L with LF  
(W1-3456) trn,, sd R arnd W cont LF trn, spin LF on R to CP fc DW,, (W bk  
---4-6 R,, cl L to R heel trn, cont LF trn sd R, XLIF of R end CP, small  
(W---456) sd R); Lower in R leg as ronde L fwd and arnd CCW,,, XLIF of  
R trn LF,, small sd R fc DRC (W lower in R leg as ronde L fwd &  
arnd CCW,,, XLIF of R, sd R, XLIF of R);  
1--4-6 7-8 {Contra Chk & Switch} Opening heads momentarily start to  
1--4-6 slide L ft fwd chg to closed head as chk fwd L,,, recov R,, trning  
RF switch bk to L ft in CP fc DW; {Dbl Ronde Twist Trn}  
Strong fwd R trning RF to cause W to ronde M ronde L CW,,, sd  
L fc RLOD,, XRIB of L (W sd & fwd L arnd M's R leg trning RF  
ronde R leg CW,,, XRIB of L,, sd L);

#### **9-12 TO SEMI; WEAVE 6 TO BJO;; MANUV;**

- 6 9-10 {To Semi} Unwind RF shifting all wgt to R,,,,, to SCP sd & fwd

- (W&1-34-6)  
 1--4-6  
 1--4-6  
 1--4-6
- L DC (W unwind M start on & ct fwd R/ fwd L,, fwd R trning RF, fwd L trning to SCP,, sd & fwd R in SCP DC); **{Weave 6}**  
 Fwd R,, fwd L trning LF W in front,, sd R to BJO fc DRC;  
 11-12 **{To BJO}** Bk L cont LF trn,, bk R cont LF trn,, fwd L to BJO  
 DW; **{Manuv}** Fwd R start RF trn,, sd L cont RF trn,, cl R to L end CP RLOD;
- 13-16 OVERTRN SPIN; CANTER RT TRNING LK TO SEMI; CHAIR & SLIP; CANTER DBL REV;**
- 1--4-6  
 1-34-6
- 13-14 **{Overtrn Spin}** Bk L pivot ½ RF,, fwd R pivot ½ RF,, bk L with R sd bk fc RLOD; **{Canter Rt Trning Lk to Semi}** Bring R sd bk step bk R,, lk LIF of R, trn RF to step fwd R btwn W's ft trn RF to SCP,, sd & fwd L in SCP DC (W fwd L,, XRIB of L, fwd L trn RF to SCP,, sd & fwd R in SCP);
- 1--4-6  
 1-3---  
 (W1-34-6)
- 15-16 **{Chair & Slip}** Lunge thru R,, recov L,, slip RF bk R (W slip fwd L to CP); **{Canter Dbl Reverse}** Fwd L start LF trn,, sd R arnd W cont LF trn, spin LF on R to CP fc DW,, (W bk R,, cl L to R heel trn, cont LF trn sd R,, XLIF of R end CP);

**INTER**

- 1-2 HOVER TELEMARCK; THRU SD BEHIND BFLY;**
- 1--4-6  
 1--4-6
- 1-2 **{Hover Telemark}** Fwd L,, sd & fwd R btwn W's ft trning RF,, fwd L in SCP LOD; **{Thru Sd Behind Bfly}** Thru R,, sd L,, XRIB of L to BFLY;

**REPEAT A END FC DC****PART B**

- 1-4 OPEN REV TRN; LADY ROLL TO SHADOW MAN IN 2; SHADOW NAT TRN; BK & SOLO ROLL RT;**
- 1--4-6  
 1--4--  
 (W1--4-6)
- 1-2 **{Open Rev Trn}** Trn LF fwd L,, sd R cont LF trn,, bk L in BJO fc RLOD; **{Lady Roll to Shadow Man in 2}** Cont LF trn bk R rolling upper body CCW & raise joined lead hnds to cause W to trn inside of M's frame LF to shadow,, fwd L in shadow fc DW,, (W fwd L start LF body roll CCW,, small bk R on toe fc RLOD cont LF trn to shadow,, fwd L in shadow);
- 1--4-6  
 1--4-6
- 3-4 **{Shadow Nat Trn}** Both fwd R start RF trn,, sd & bk L as M crosses to other sd of W,, bk R with R sds fwd in strong contra body pos still in shadow fc RLOD; **{Bk & Solo Roll Rt}** Like an outside spin trn RF to step bk on L as lead W to roll away RF by pulling R hnd on her hip toward M,, match W as she continues her roll fwd R trning ½ RF,, bk L trning ½ RF now fcing LOD with W in front of M (W roll twd LOD bk L trning ½ RF,, fwd R trning ½ RF,, bk L trning ½ RF now fcing LOD in front of M);
- 5-8 STEP RONDE CROSS IN FRONT; BK TRN L TO CP M IN 2; SLOW HINGE; RISE LADY SWVL TO SAME FOOT LUNGE LINE;**
- 1--4--
- 5-6 **{Step Ronde Cross in Front}** Both step fwd R & ronde L fwd

- 1----6  
(W1--4-6) CCW as R arms come up over head and L arms go straight out twd DW,,, XLIF of R as cont RF body trn to fc DW,,,; **{Bk Trn L to CP M in 2}** Bk R trning LF with sway twd W and LOD arms to sd,,,,, sd L into CP ready for hinge (W bk R trning LF,,, fwd L twd RLOD,,, fwd R trn LF to CP);
- 7-8  
(W1-----)  
--3--  
(W1-----) **{Slow Hinge}** Trn body LF lower twd W (W XLIB of R and as M continues LF body trn brush R ft bk to XIF of L),,,,,; **{Rise Lady Swvl to Same Foot Lunge Line}** Rise & trn RF to put W on her ft,, cont RF trn cl R to L, cont trn pt L sd & bk in same ft lunge line,, (W recov fwd R trning RF but keeping head closed swvl on R & pt L thru to RLOD as slowly open head,,,,,);

**9-12 TRNING HOVER TO BJO TRANS; OUTSIDE CHG SEMI; THRU TO PROM SWAY QK CHG OF SWAY; FALLAWAY RONDE AND SLIP SLOWING WITH MUSIC;**

- 1----6 9-10  
(W1--4-6) **{Trning Hover to BJO Trans}** Lead W out to a trning hover by stepping sd L and trning body LF,,,,, recov R in BJO fc RLOD (W fwd L,,, fwd R trning LF with hover action,, recov L);
- 1--4-6 **{Outside Chg to Semi}** Bk L,,, bk R trning LF to SCP DW,,, fwd L in SCP (W fwd R,,, fwd L to SCP,,, fwd R);
- 1-3-- 11-12  
1--4-6 **{Thru to Prom Sway Qk Chg of Sway}** Thru R,,, sd & fwd L to promenade sway, chg sway,,, **{Fallaway Ronde And Slip Slowing with Music}** Sd & bk R & ronde L leg CCW well under body,,, take wgt on L to rise and trn body LF,,, slip bk R to CP slowing with the music thruout the figure (W sd & bk L & ronde R leg CW well under body,,, take wgt on R to rise and begin LF trn to slip to CP,,, slip fwd L into CP);

**PART C**

**1-4 CANTER REV FALLAWAY & SLIP; CURVING 3-STEP; BK LEFT FEATH AND FWD TO;;**

- 1-34-6 1-2  
1--4-6 **{Canter Rev Fallaway & Slip}** Trning LF fwd L,,, cont LF body trn sd R, bk L in fallaway pos well under body,,, rise & trning LF slip R bk under body (W bk R,,, sd & bk L, bk R,,, rise & trning LF slip fwd L to CP) fc LOD; **{Curving 3-Step}** Trning LF fwd L,,, stretch R sd curving LF fwd R,,, fwd L in CP fc RLOD;
- 1--4-6 3-4  
1-34-- **{Bk Left Feather & Fwd to}** Bk R,,, trning body LF to step bk L,,, R to SCAR still fcng RLOD; Bk L trning LF,,, fwd R in BJO, blend to CP but with heads well to COH & R sd stretch fwd L,,,;

**5-8 RT LUNGE ROLL AND SLIP; DBL TELESPIN TO SEMI;;;**

- 1--4-6 5-6  
1--4--  
(W1--4-6) **{Rt Lunge Roll & Slip}** Trning body LF lunge sd R into W & close heads with L sd stretch,,, with RF body roll recov L,,, slip LF bk R under body to CP DC; **{Dbl Telespin to Semi}** Trning LF fwd L,,, fwd & sd R arnd W,,, pt L sd & bk with partial wgt still fcng W & DRW (W bk R,,, cl L to R heel trn,,, fwd R twd LOD);
- 1--4-- 7-8 **{Cont Dbl Telespin to Semi}** Lead the W to run by as trn LF on

(W&1--4-6) R ft to pl wgt on L fc LOD,,, fwd & sd R arnd W,, pt L sd & bk with partial wgt still fcng W & DRW (W run by M starting on & ct fwd L/ fwd R,,, cl L to R toe spin,, fwd R twd LOD); Lead the W to run by as trn LF on R ft to pl wgt on L fc LOD,,, fwd & sd R arnd W,, fwd & sd L to SCP DW (W run by M starting on & ct fwd L/ fwd R,,, cl L to R toe spin,, fwd R twd DW);

**9-12 NAT HOVER CROSS;; TELE SEMI; OPEN NAT;**

1--4-6 9-10 {**Nat Hover Cross**} Fwd R,,, trning RF sd & fwd L arnd W,, cont RF trn step fwd R DW in SCAR fc DC (W fwd L,,, fwd R btwn M's feet trn strongly RF,, bk L in SCAR); XLIF of R fwd DW chking,, recov R, trning LF sd L,, fwd R in BJO DC;

1--4-6 11-12 {**Tele Semi**} Trning LF fwd L,,, sd & fwd R arnd W,, sd & fwd L to SCP DW (W bk R,,, cl L to R heel trn,, sd & fwd R); {**Open Nat**} Fwd R,,, trning RF sd & fwd L XIF of W,, bk R with R sd bk in BJO fc RLOD (W fwd L,,, fwd R,, fwd L);

**13-16 3 OUTSIDE SWVLS TO LILT PIVOT;; CANTER BK ZIG ZAG 4; FEATH FIN;**

1--4-- 13-14 {**3 Outside Swvls to Lilt Pivot**} Bk L trn body RF to cause W to swvl to SCP (W fwd R trning body RF to swvl on R end SCP RLOD),,, fwd R trn body LF to cause W to swvl to BJO (W fwd L trn body LF to swvl on L) end BJO RLOD,,, Bk L trn body RF to cause W to swvl to SCP (W fwd R trning body RF to swvl on R end SCP RLOD),,, fwd R picking W up by trning body LF,, fwd L lowering in CP fc RLOD (W fwd L trn LF to CP,, chk bk R);

1-34-6 15-16 {**Canter Bk Zig Zag 4**} Bk R trning LF to fc wall,, sd L cont trn to BJO LOD, fwd R trning RF to fc wall,, sd L cont trn to SCAR; {**Feath Fin**} Bk R in SCAR fc DRW trning LF,,, cont LF trn sd & fwd L,, fwd R to BJO fc DW;

**REPEAT INTER, PART A END DC, PART B**

**ENDING**

**1-3 SLOW CONTRA CHECK; RUNAROUND FC WALL; SAME FT LUNGE WITH LADY'S ARM;**

1----- 1-2 {**Slow Contra Chk**} Opening heads slowly start to slide L ft fwd chg to closed head as chk fwd L,,,,; {**Runaround Fc Wall**} Recov R trning body RF, start runaround in BJO bk L trning RF like the beginning of outside spin, run fwd R, L, R, cl L to CP fc wall (W recov L, run around fwd R, L, R, L, trn to preparation position with no wgt chg);

1-- 3 {**Same Ft Lunge with Lady's Arm**} Lower in L reach sd R rolling into same ft lunge (W bk R open head strongly to L lift trail arm up and curved twd COH in mod same ft lunge);