

# MULL OF KINTYRE

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**CHOREO:** Peg & John Kincaid, 9231 Limestone Place, College Pk, MD 20740  
301-935-5227 [kincaidcpa@aol.com](mailto:kincaidcpa@aol.com) [www.dancerounds.info/kincaid](http://www.dancerounds.info/kincaid)  
**MUSIC:** "Mull of Kintyre" Harry Rabinowitz Time 3:42 Download  
Amazon .com  
**FOOTWORK:** Opposite except where indicated.  
**RHYTHM:** WALTZ RAL PHASE V + 2 [spin & twist, cont hover cross]  
**SEQUENCE:** INTRO A B C A B (MOD) BRIDGE A(1-10) END  
**SPEED:** slowed 5%. Adjust for comfort Corrected 6/11

## INTRO

- 1-4 WAIT;;;;  
1-4 Shadow position DLW both with L ft free wait;;
- PART A
- 1-4 SHADOW CROSS HOVER 4 TIMES;;;;  
1 XLIF of R, sd R with sl rise comm LF trn, rec L to DLC;  
2 XRIF of L, sd L with sl rise comm RF trn, rec R to DLW;  
3-4 REPEAT MEAS 1 & 2 PART A;;
- 5-8 SHADOW DIAMOND TRN;;;;  
5 DLW both with L ft free in shadow position fwd L trng LF , cont  
LF trn sd R, bk L to DLC;  
6 bk R cont LF trn, sd L, fwd R DRC;  
7 fwd L trng LF, sd R, bk L DRW;  
8 bk R cont LF trn, sd L, fwd R to DLW;
- 9-12 SHADOW WHISK; THRU CHASSE (TRN R SCP); I & O RUNS;;  
9 {SHADOW WHISK} DLW both with L ft free in shadow position  
fwd L, fwd & sd R comm. Rise to ball of ft, XLIB of R continuing  
to full rise on ball of ft;  
10 {THRU CHASSE (TRN R TO SCP)} fwd R, sd & fwd L/cl R, fwd  
L ( W fwd R comm RF trn, bk L cont RF trn, sd & fwd R)  
blending to SCP DLW;  
11-12{I & O RUNS} fwd R comm RF trn, sd & bk DLW to CP, bk R to  
BJO (W fwd L, fwd R between M's feet, fwd L outside ptr to BJO  
pos); bk L trng RF, sd & fwd R betw W's feet cnt RF trn, fwd L  
to SCP (W fwd R comm RF trn, fwd & sd L cnt trn, fwd R SCP);
- 13-16 OP NATL; OUTSD SPIN & TWIST;; OUTSD CK;  
13 {OPEN NATL} Fwd R comm. RF upper bdy trn, sd L across  
LOD, cont sl RF upper bdy trn to lead ptr to step outside bk R  
w/R shldr lead to BJO pos (W fwd L, fwd R to CP, fwd L outside  
ptr to BJO pos);

PART A (CONT)

- 14-15 {OUTSD SPIN & TWIST} Bk L comm RF bdy trn toeing in with R sd sd lead to make 3/8 trn RF, fwd R heel to toe cont RF trn, sd & bk L (W Fwd R outside ptr comm RF bdy trn with L sd lead, cl L ft to R ft on ball of both feet trng 5/8, cont RF trn fwd R between M's feet); XRIB of L, unwind RF changing weight to R, cont trng RF sd & bk L (W fwd L/R CW arnd M, fwd L trng RF, fwd R between M's feet) end CP LOD;
- 16 {OUTSD CK} Bk R trng LF, sd & fwd L, ck fwd R outsd ptr BJO;

PART B

1-4

OUTSD SWVL; CONTINUOUS HOVER CROSS;;;

- 1 {OUTSD SWVL} In BJO pos LOD bk L, cross RIF of L with no weight,-(fwd R outsd ptr, swivel RF on ball of R ft to end in SCP,-) end SCP trail ft free;
- 2 {CONT HOVER CROSS} In SCP fwd R comm RF trn, cont RF trn sd L fc DRW strong RF trn on L, sm step R DLW fcg DLC (W fwd L comm RF trn, heel trn cont RF trn change wgt to R, sd L) to SCAR);
- 3 fwd L across R to contra SCAR, cl R to L, bk L in contra BJO pos (W bk R to contra SCAR, sd L to BJO, fwd R);
- 4 bk R to CP, sd & fwd L with L sd lead, fwd R (W fwd L to CP, sd & bk R, bk L) end contra BJO DLC;

5-9

TRN L & CHASSE BJO; BK PASSING CHNG; HOVER CORTE; BK BK/LK BK; BK HOVER SCP;

- 5 {TRN L & CHASSE BJO} fwd L, LF upper bdy trn sd R/cl L trng LF, sd & bk R to BJO DRC:
- 6 {BK PASSING CHNG} In BJO DLC bk L, bk R, bk L;
- 7 {HOVER CORTE} Bk R comm. LF trn, sd & fwd L with hovering action, rec R to BJO fcg LOD (W fwd L trng LF, sd & fwd R with hovering action, rec L to BJO) ;
- 8 {BK BK/LK BK} In BJO fcg LOD bk L, bk R/Lk LIF of R, bk R;
- 9 {BK HOVER SCP} bk L, sd & bk R with slight rise, rec L SCP;

10-13

CHAIR & SLIP; DBLE REV SPIN TWICE;; CHNG OF DIRECTION;

- 10 {CHAIR & SLIP} fwd R lunging thru to LOD, rec bk L, with sl upper bdy trn LF slip R bhd L cont trn (W fwd L lunge thru to LOD, rec R, swvl LF on R stping fwd L outsd M's R ft ) end CP DLC;
- 11 {DBLE REV SPIN} fwd L comm. LF trn, sd R 3/8 trn, spin LF on ball of R ft bringing L ft under bdy beside R with no wgt & flexed knees (W bk R trng LF, close L to R for heel trn 1/2 fwd & sd R cont LF trn, XLIF of R)to end DLW;
- 12 {DBLE REV SPIN} REPEAT MEAS 28 PART A;

PART B (CONT)

- 13 {CHNG OF DIRECTION} Fwd L DLW, fwd R DLW with R shldr lead comm LF trn, draw L to R & brush (W bk R DLW, bk L DLW with L shldr lead trng LF, draw R to L & brush) end DLC;

PART C

1-4 MINI TELESPIN;; CONTRA CK & HOLD; REC & SWITCH;

- 1-2 {MINI TELESPIN} Fwd L trng LF, sd & fwd R cont trn LF, pnt L bk & sd fcg DRW (W bk R, cl L for heel trn on R, sd & fwd R); lead lady fwd transferring wgt to L/spin LF on L, sd R DRC to CP, hold (W fwd L with heel lead arnd M CCW spin LF/sd R cont LF spin, sm step sd L, hold(end CP DRC:
- 3 {CONTRA CK & HOLD} Comm LF upper bdy trn flexing knees with strong R sd lead ck fwd L, hold, hold(W comm upper bdy trn LF flexing knees with strong L sd lead bk R looking well to the left, hold, hold);
- 4 {REC & SWITCH} Rec R comm. Strong RF trn , cont strong RF trn rec L keeping soft knees throughout (W rec L comm RF trn, cont RF trn to recover on R between M's feet keeping soft knees throughout) end DLC with lead ft free;

5-9 NATL WEAVE;; OP NATL; OUTSD SPIN; TO R TRNG LOCK SCP;

- 5-6 {NATL WEAVE} Fwd R comm RF trn, sd L with L sd stretch, with R sd lead bk R DRC leading W outsd ptr (W bk L comm RF trn, cl R to L for heel trn with R sd stretch trng 1/4 RF, fwd L); Bk L outsd ptr, bk R comm LF trn passing through CP, sd & fwd L (W fwd R outsd ptr, fwd L comm LF trn passing through CP, sd R) end BJO pos DLW;
- 7 {OP NATL} REPEAT MEAS 13 PART A;
- 8 {OUTSD SPIN } REPEAT MEAS 14 PART A;
- 9 {RT TRNG LK SCP} Bk R backing LOD with R sd lead comm RF trn/XLIF of R to fc COH, cont RF upper bdy trn sd & fwd R between W's feet, fwd L to SCP (W fwd L with L sd lead comm RF trn/XRIB of L, fwd & sd L staying well into M's R arm cont RF trn, fwd R to SCP);

10-14 THRU CHASSE SCP; WEAVE 6 BJO;; MANUV; OUTSD CHNG SHADOW M TRANS;

- 10 {THRU CHASSE SCP} Fwd R, sd & fwd L/cl R, fwd L;
- 11-12{WEAVE 6 BJO} Fwd R, fwd L trn LF to CP, sd & sl bk R to BJO (W fwd L, sd R trng LF to CP, cont trng on R to fc LOD fwd L) end DLC; bk L DLC, bk R trng bdy LF to CP, sd & fwd L DLW (W fwd R BJO, fwd L DLC trng bdy LF to CP, sd & bk R) end BJO DLW;
- 13 {MANUV} fwd R comm RF trn, cont trn sd L to fc RLOD, cl R to L to end fcg RLOD;

PART C (CONT)

14 {OUTSD CHNG SHAD M TRANS} bk L, bk R trng LF, tch L (W fwd R, fwd L trng LF, sd & fwd R DLW) blending to shadow position DLW both with L ft free;

REPEAT PART A

PART B (MOD)

1-12 OUTSD SWVL:CONT HOVER CROSS;;; TRN L & CHASSE; BK PASSING CHNG; HOVER CORTE;BK/LK BK; BK HOVER SCP; CHAIR REC SLIP; DBLE REV SPIN; CHNG OF DIRECTION;

1-11 REPEAT MEAS 1-11 PART B;;;;;;;

12 {CHNG OF DIRECTION} REPEAT MEAS 13 PART B;

BRIDGE

1-2 DRAG HESITATION; OUTSD CHNG SHADOW M TRANS;

1 {DRAG HESITATION} fwd L comm LF trn, sd R cont LF trn, draw L to R to end BJO DRC (W bk R comm LF trn, sd L cont LF trn, draw R to L to BJO);

2 {OUTSD CHNG SHAD M TRANS} REPEAT MEAS 14 PART C;  
REPEAT PART A 1-10

END

1-10 WEAVE 6 BJO;; OP NATL; OUTSD SPIN TO R TRNG LK TO SCP;; CHAIR & SLIP; CHNG OF DIR; MINI TELESPIN;; TWIRL VINE 3 & CHAIR;

1-2 REPEAT MEAS 11 & 12 PART C;;

3-5 REPEAT MEAS 7-9 PART C;;;

6 REPEAT MEAS 10 PART B;

7 REPEAT MEAS 13 PART B;

8-9 REPEAT MEAS 1 & 2 PART C;;

10 Sd L, XRIB of L leading W to trn RF under jnd lead hnds, rec sd L/thru R with bent knee to chair (W sd R comm RF trn under jnd lead hnds, XLIF of R cont RF trn, rec sd R/ thru L with bent knee to chair);

QUICK CUES

INTRO:

WAIT 4 MEAS SHADOW DLW L FT FREE FOR BOTH;;;;

PART A

SHADOW CROSS HOVER 4 TIMES;;;;

SHADOW DIAM TRN;;;;

SHAD WHISK; THRU CHASSE LDY TRN R TO SCP; I & O RUNS;;

OP NATL; OUTSD SPIN & TWIST CP;; OUTSD CK;

PART B

OUTSD SWIVEL CONT HOVER CROSS;;;;

TRN L & CHASSE BJO; BK PASSG CHNG; HOVER CORTE; BK BK/LK BK;

BK HOVER SCP; CHAIR & SLIP; DBLE REV SPIN TWICE;; CHNG OF DIR;

PART C

MINI TELESPIIN;; CONTRA CK & HOLD; REC & SWITCH;

NATL WEAVE;; OP NATL; OUTSD SPIN TO R TRNG LK TO SEMI;;

THRU CHASSE SCP; WEAVE BJO;; MANUV;

OUTSD CHNG M TRANS SHAD DLW;

PART A

SHADOW CROSS HOVER 4 TIMES;;;;

SHADOW DIAM TRN;;;;

SHAD WHISK; THRU CHASSE LDY TRN R TO SCP; I & O RUNS;;

OP NATL; OUTSD SPIN & TWIST CP;; OUTS CK;

PART B (MOD)

OUTSD SWIVEL; CONT HOVER CROSS;;;;

TRN L & CHASSE BJO; BK PASSG CHNG; HOVER CORTE;BK BK/LK BK;

BK HOVER SCP; CHAIR & SLIP; DBLE REV SPIN; CHNG OF DIR;

BRIDGE

DRAG HESITATION; OUTSD CHNG M TRANS SHADOW DLW;

PART A (1-10)

SHADOW CROSS HOVER 4 TIMES;;;;

SHADOW DIAM TRN;;;;

SHAD WHISK; THRU CHASSE LDY TRN R TO SCP;

END

WEAVE 6;; OP NATL; OUTSD SPIN TO R TRNG LK TO SEMI;;

CHAIR & SLIP CP; CHNG OF DIR; MINI TELESPIIN;;

TWIRL VINE 3 TO CHAIR;