

KINDRED SPIRITS

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MUSIC: “Kindred Spirits”, *Heartland: The Composer’s Salute to Celtic Thunder*,
Available as a download from Amazon, cut at 3:41 and fade out, slow 3% (or
as desired) and normalize the crescendos
https://www.amazon.com/Kindred-Spirits/dp/B005JBE7PY/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1525579607&sr=1-1&keywords=KINDRED+SPIRITS%2C+PHIL+COULTER
(youtube location; bottom of p. 3)

RHYTHM: Bolero
PHASE IV+1 UNPH (switch) average difficulty
FOOTWORK: Opposite (W’s footwork in parentheses)
SEQUENCE: INTRO A B C B C A(1-8) ENDING Released : July 2018

INTRODUCTION

1-4 LOW BFLY WALL TRAIL FT FREE WAIT; HIP ROCKS BLENDING TO CP; BASIC;;

- 1 {wait} In low BFLY WALL trail ft free wait;
- 2 {hips rks to CP} Sd R w/ hip roll, -, rec L w/ hip roll, rec R w/ hip roll blending to CP;
- 3-4 {basic} Sd L, -, slip bk R, fwd L; Sd R, -, slip fwd L, bk R;

PART A

1-4 CROSS BODY; FORWARD BREAK; UNDERARM TURN; LUNGE BREAK;

- 1 {x body} Sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn to COH (Sd & fwd R, -, fwd L Xng IF of M trng LF, sm step sd R);
- 2 {fwd brk} Sd & fwd R, -, fwd L, bk R;
- 3 {underarm trn} Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
- 4 {lunge brk} Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd (Sd & bk L, -, bk R contra ck sit line, rec fwd L);

5-8 LEFT PASS; NEW YORKER; CRAB WALKS;;

- 5 {L pass} Cl L leading W to trn RF, -, trng LF slip bk R, fwd L to WALL (Fwd R trng RF w/ bk to M, -, sd & fwd L w/ strong LF trn, bk R);
- 6 {NY} Sd R, -, thru L to fc RLOD, bk R blending to BFLY;
- 7-8 {crab walks} Sd L, -, XRif, sd L; XRif, -, sd L, XRif (Sd R, -, XLif, sd R; XLif, -, sd R, Xlif);

9-12 UNDERARM TURN; REVERSE UNDERARM TURN; SHOULDER TO SHOULDER 2X;;

- 9 {underarm trn} Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
- 10 {rev underarm trn} Sd R, -, XLif leading W to trn LF und ld hnds, rec R (Sd L, -, XRif trng LF, sd & fwd L);
- 11-12 {shld to shld 2x} Blending to BFLY sd L, -, XRif, rec L (Sd R, -, XLib, rec R); Sd R, -, XLif, rec R (Sd L, -, XRif, rec L);

13-16 LUNGE & TWIRL RLOD; PREP AIDA; AIDA LINE & SWITCH LUNGE; 2 SL ROCKS TO LOW BFLY;

- 13 {lunge & twrl RLOD} Lunge sd L ckg Lady w/ R hnd on her R hip, -, raising ld hnds rec R leading W to twrl LF, XLif (Lunge sd R ckg, -, twrl LF L, R,);
- 14 {prep aida} Sd R, -, thru L, sd R to fc (Sd L, -, thru R, sd L);
- 15 {aida line & switch lunge} Bk L to aida line, -, sd R to BFLY lunge, - (Bk R to aida line, -, sd L to lunge, -);
- 16 {2 sl rks to low BFLY} Sd L w/ hip roll, -, sd R w/ hip roll to lo BFLY, -;

PART B1-4 START FAN; HOCKEY STICK;; FORWARD BREAK;

- 1 {start fan} Sd L, -, bk R bringing lady fwd, rec L (Sd & fwd R, -, fwd L, bk R trng LF);
 2 {start hockey stk} Sd R, -, fwd L, bk R (Sm bk L to fan pos, -, cl R, fwd L);
 3 {fin hockey stk} Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW
 (Fwd R, -, fwd L, fwd R trng LF ½ und jnd hnds);
 4 {fwd brk} Sd & fwd R, -, fwd L, bk R;

5-8 RIGHT PASS; TO A NEW YORKER; FENCELINE W/ ARM SWEEPS 2X;;

- 5 {R pass} Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF, fwd L to fc COH (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds);
 6 {NY} Sd R, -, thru L to fc LOD, bk R blending to BFLY;
 7-8 {fenceline w/ arm sweep 2X} Sd L sweeping trailing arms up & over, -, XRif hnds twd RLOD, rec L; Sd R sweeping arms up & over, -, XLif twd LOD, rec R to BFLY;

9-12 UNDERARM TURN TO HANDSHAKE; SHADOW NY; CROSS BODY; SHADOW NY TO STACKED HND R ON TOP;

- 9 {underarm trn to hndshk} Sd L, -, XRib leading W to trn RF und ld hnds, rec L joining R hnds (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
 10 {shad NY} R hnds joined sd R, -, thru L to fc LOD, bk R to fc;
 11 {X body} R hnds joined sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn fc WALL (Sd & fwd R, -, fwd L Xing IF of M trng LF, sm step sd R);
 12 {shad NY to stkd hnds R on top} R hnds joined sd R, -, thru L to fc RLOD, bk R to fc joining L hnds und R;

13-16 X HAND UNDARM TRN; BRK BK W/ M's HEADLOOP TO ½ OP; SWITCH & WALK 2 RLOD; SWITCH & WALK 2 TO CP;

- 13 {X hnd underarm trn} Sd L raising R hnds, -, raising L hnds & lowering R hnds XRib leading W to trn RF, lowering L hnds rec L to stkd hnds L on top (W/ slight RF trn sd & fwd R, -, fwd L trng RF to fc RLOD, sd R to fc ptr);
 14 {brk bk w/ M's headloop to L ½ OP} Sd R raising L hnds and looping over M's head lowering hnds to M's shoulder & releasing both hnds, -, brk bk L, fwd R to L ½ OP LOD;
 15 {switch & walk 2 RLOD} Sd & fwd L trng to L ½ OP, -, fwd R, fwd L;
 16 {switch & walk 2 LOD to CP} Sd & fwd R trng to ½ OP, -, fwd L, fwd R blending to CP;

PART C1-4 TURNING BASIC;; TURNING BASIC 1/2; OPEN BREAK;

- 1-2 {trng basic} Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, rec R);
 3 {trng basic 1/2} Repeat meas 1, Part C to fc WALL;
 4 {op brk} Sd & fwd R, -, sm apt L, rec R;

5-8 DOUBLE HAND OPENING OUT 2X;; LUNGE & TWIRL RLOD; FORWARD ½ BASIC TO CP;

- 5-6 {dbl hnd openg out 2X} Blending to BFLY cl L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY); Maintaining BFLY cl R trng RF, -, lower on R extending L ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk L rotating RF, -, XRib lowering, fwd L to BFLY);
 7 {lunge & twrl RLOD} Lunge sd L ckg Lady w/ R hnd on her R hip, -, raising ld hnds rec R leading W to twrl LF, XLif (Lunge sd R ckg, -, twrl LF L, R);
 8 {fwd ½ basic} Sd R blending to CP, -, slip fwd L, bk R;

9-10 PROMENADE SWAY; TO RIGHT LUNGE & ROCK 2;

- 9 {prom sway} Sd L & fwd w/ right sd stretch looking over ld hnds, -, relax L knee lowering, - (Sd & fwd R to SCP w/ L sd stretch looking over ld hnds, -, relax R knee, -);
 10 {R lunge & rk 2} With slight rolling action sd & fwd R softening R knee & looking twd W, -, w/ hip roll action rk bk on L, rec fwd on R (With slight rolling action sd & bk L softening L knee & looking well to L, -, w/ hip roll action rk fwd on R, rec bk on L); [figures in meas 9 & 10 keep timing count thru silence]

REPEAT B

REPEAT C

REPEAT A (1-8)

ENDING

1-4 UNDERARM TURN; HIP ROCKS SLOWING; PROMENADE SWAY; TO RIGHT LUNGE & HOLD;

- 1 *{underarm trn}* Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
- 2 *{hip rks}* Blending to CP sd R w/ hip roll, -, rec L w/ hip roll, rec R w/ hip roll;
- 3 *{prom sway}* Sd L & fwd w/ right sd stretch looking over ld hnds, -, relax L knee lowering, - (Sd & fwd R to SCP w/ L sd stretch looking over ld hnds, -, relax R knee, -);
- 4 *{R lunge & hold}* With slight rolling action sd & fwd R softening R knee & looking twd W, -, hold as music fades, - (With slight rolling action sd & bk L softening L knee & looking well to L, -, hold, -);

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INTRO: LOW BFLY WALL TRAIL FT FREE WAIT; HIP RKS TO CP; BASIC;;

A

X BODY TO COH; FWD BRK; UNDRM TRN; LUNGE BRK; L PASS FC WALL; NY;

CRAB WALKS;; UNDRM TRN; REV UNDRM TRN; SHLD TO SHLD 2X;;

LUNGE & TWIRL RLOD; PREP AIDA; AIDA LINE & SWITCH LUNGE; 2 SL RKS TO LOW BFLY;

B

START A FAN; TO A HOCKEY STICK;; FWD BRK; R PASS FC COH; TO A NY; FENCELINE W/ ARM SWEEP 2X;; UNDRM TRN TO HND SHAKE; SHAD NY; X BODY TO WALL; SHAD NY TO STKD HNS R ON TOP; X HND UNDRM TRN; BRK BK W/ M'S HEADLOOP TO ½ OP; SWITCH & WALK 2 RLOD; SWITCH & WALK 2 TO CP;

C

TRNG BASIC TO COH;; TRNG BASIC ½ TO WALL; TO OP BRK; DBL HND OPENING OUT 2X;; LUNGE & TWIRL RLOD; FWD ½ BASIC; PROM SWAY; TO R LUNGE & RK 2;

B

START A FAN; TO A HOCKEY STICK;; FWD BRK; R PASS TO COH; TO A NY; FENCELINE W/ ARM SWEEP 2X;; UNDRM TRN TO HND SHAKE; SHAD NY; X BODY TO WALL; SHAD NY TO STKD HNS R ON TOP; X HND UNDRM TRN; BRK BK W/ M'S HEADLOOP TO ½ OP; SWITCH & WALK 2 RLOD; SWITCH & WALK 2 TO CP;

C

TRNG BASIC TO COH;; TRNG BASIC ½ TO WALL; TO OP BRK; DBL HND OPENING OUT 2X;; LUNGE & TWIRL RLOD; FWD ½ BASIC; PROM SWAY; TO R LUNGE & RK 2;

A (1-8)

X BODY TO COH; FWD BRK; UNDRM TRN; LUNGE BRK; L PASS TO WALL; NY; CRAB WALKS;;

ENDING

UNDRM TRN; HIP RKS SLOWING; PROM SWAY; TO R LUNGE & HOLD;

<http://r.search.aol.com/vlt=A0PDsBvK3vhadK0AMKppCWVH;vlu=X3oDMTEyaGM3MnEzBGNvbG8DYmYxBHBvcwMzBHZ0aWODQjU4MzRfMORzZWMDc3L/RV=2/RE=1526288203/RO=10/RU=https%3a%2f%2fwww.youtube.com%2fwatch%3fv%3dFzckLuAbFOO/RK=0/RS=z58Wf1lfGVRcEWCgrJQFhbg04Bc->