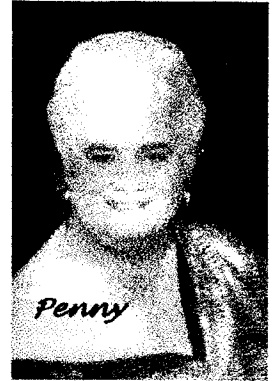


Double "M" Records

Music By: Southern Rhythm
Producer: Double "M" Records
3522 NC Hwy 55W., Angier, NC 27501
(919) 639-4454



FOUR STRONG WINDS

Choreographer: Penny Lewis, 1301-H Leon St., Durham, NC 27705
e-mail: rndancer@earthlink.net

Double "M" Records: MM 106

Footwork: Opposite

Rhythm: 2-Step

Phase: II

Sequence: Intro, A, A, Break, A (01-30), Ending

INTRO

(01-12) Wait 2 meas ;; Apt Pt, Tog Tch CW ;; Left Turning Broken Box :::: ::::

Wait 2 measures ;; Step Apart on lead foot, recover to trailing foot touching lead foot to trailing foot in Closed position facing Wall ;; Side step toward LOD, close trailing foot to lead, step fwd turning 1/4 L ; Dip fwd on trailing foot, Rec to lead foot ; Side step toward COH, close lead foot to trailing foot, step back turning 1/4 L toward COH ; Dip Back on lead foot, Rec to trailing foot ; Side step toward RLOD, close trailing foot to lead, step fwd turning 1/4 L ; Dip fwd on trailing foot, Rec to lead foot ; Side step toward Wall, close lead foot to trailing foot, step back turning 1/4 L toward Wall ; Dip Back on lead foot, Rec to trailing foot ;

A

(01-02) Fwd Hitch ; Scis Thru ;

Step forward on lead foot, close trailing foot to lead foot, step back on lead foot (*lady - step back on lead foot, close trailing foot to lead foot, step forward on lead foot*) ; side step on trailing foot close lead to trailing, cross lead over trailing to end in Semi LOD ;

(03-06) 2 Fwd 2-Steps ;; Open Vine 4 ;;

Step fwd on lead, close trailing to lead, step fwd on lead, touch trailing beside lead ; Step fwd on trailing, close lead to trailing, step fwd on trailing, touch lead beside trailing ; Side step toward LOD on lead, cross trailing foot behind lead turning body toward RLOD, side step toward LOD on lead foot turning body, step through on trailing foot to slightly open position ;;

(07-10) Scis Dbl ;; 2 Turning 2-Steps ;;

Side step on lead foot to LOD, close trailing to lead, cross lead in front of trailing / side step on trailing foot to RLOD, close lead to trailing, cross trailing in front of lead ;; Side step toward LOD, close trailing foot to lead foot, step around lady on lead foot making at least a 1/2 right turn - Side step toward LOD on trailing foot, close lead to trailing, step between lady's feet on man's lead foot completing the other 1/2 R turn (lady will do the same steps but in reverse by stepping between her partner's feet on the third step and around her partner on the sixth step) ;;

(11-14) 2 Side Touches ; Side 2-Step ; 2 Side Touches ; Side 2-Step ;

Side step toward LOD on lead, touch trailing foot beside of lead - Side step toward RLOD, touch lead foot beside trailing foot ; Side step toward LOD, close lead foot to trailing foot, side step toward LOD on lead foot, touch trailing foot beside lead foot ; Side step toward RLOD on trailing foot, touch lead foot beside of trailing foot - Side step toward LOD, touch trailing foot beside lead foot ; Side step toward RLOD, close trailing foot to lead foot, side step toward RLOD on trailing foot, touch lead foot beside trailing foot ;

(15-18) Hitch Apart ; Change Sides to Face (COH) ; Hitch Apart ; Change Sides to Face (CW) ;

Step apart on lead, close trailing foot to lead, step together on lead ; change sides by going around partner making 1/2 L turn to end facing partner and COH (*lady going under partner's raised arm making a 1/2 R turn toward LOD to end facing partner*) ; Step apart on lead, close trailing foot to lead, step together on lead ; change sides by going around partner making 1/2 L turn toward RLOD to end facing partner and CW (*lady going under partner's raised arm making a 1/2 R turn toward RLOD to end facing partner*) ;

(19-24) Box ;; Lace Across ; 1 Fwd 2-Step ; Lace Back ; 1 Fwd 2-Step to PkUp ;

Side step toward LOD, close trailing foot to lead foot, step forward on lead foot ; Side step toward RLOD, close lead to trailing foot, step back on trailing foot ; Step fwd on lead, close trailing to lead, step fwd on lead, touch trailing beside lead (*lady - change sides with a forward 2-step passing to L-Open under raised lead hands*) ; Step fwd on trailing, close lead to trailing, step fwd on trailing, touch lead beside trailing ; Step fwd on lead, close trailing to lead, step fwd on lead, touch trailing beside lead (*lady - change sides with a forward 2-step passing to Open LOD under raised lead hands*) ; step fwd on trailing, close lead to trailing, step fwd on trailing, touch lead beside trailing to end in a pick-up position facing LOD ;

(25-32) 2 FWD 2-Steps ;; Dbl Hitch ;; Strut 4 (CW) ;; Box ;;**

Step fwd on lead, close trailing to lead, step fwd (*pass trailing*) on lead, touch trailing beside lead - step fwd on trailing, close lead to trailing, step fwd (*pass lead*) on trailing, touch lead beside trailing ;; Step Fwd on lead, close trailing to lead, step back on lead ; Step back on trailing, close lead to trailing, step fwd on trailing ; Walk 3 strutting steps to face wall in closed position ; Side step toward LOD, close trailing foot to lead, step fwd ; Side step toward RLOD, close lead foot to trailing foot, step back ;

BREAK

(01-08) L Turning Broken Box ;;; ;;;

Side step toward LOD, close trailing foot to lead, step fwd turning 1/4 L ; Dip fwd on trailing foot, Rec to lead foot ; Side step toward COH, close lead foot to trailing foot, step back turning 1/4 L toward COH ; Dip Back on lead foot, Rec to trailing foot ; Side step toward RLOD, close trailing foot to lead, step fwd turning 1/4 L ; Dip fwd on trailing foot, Rec to lead foot ; Side step toward Wall, close lead foot to trailing foot, step back turning 1/4 L toward Wall ; Dip Back on lead foot, Rec to trailing foot ;

ENDING

(01-05) L Turning Box ;;; Corte (or Apart, Pt) ;

Side step on lead toward LOD, close trailing foot to lead foot, step Fwd on lead foot turning 1/4 L to face LOD ; Side step on trailing foot toward COH, close lead to trailing foot, step back on trailing foot continuing L turn to face COH ; Side step on lead toward RLOD, close trailing foot to lead foot, step Fwd on lead foot turning 1/4 L to face RLOD ; Side step on trailing foot toward Wall, close lead to trailing foot, step back on trailing foot continuing L turn to face Wall ; Side step toward LOD CP, raise joined lead hands, look toward RLOD bend body in a slight arc, *HOLD (or Apart, Pt)* ;