

The Inner Light

CHOREO: Mark & Pam Prow, 1322 Falling Leaf Lane, Seabrook, TX 77586, 281-326-1921 email: cuesheet@pamprow.com
 SONG: The Inner Light - Casaphon Ballroom Magic CD Track 1. Music has been shortened from the original
 RHYTHM: Waltz - Phase V+2 28 mp
 SEQUENCE: Intro, A, B, A, B(1-15), END

INTRO (10 MEAS)

1-4 WAIT; STEP TOGETHER; ROLL THREE TO BFLY; SLOW CHAIR AND HOLD;

- 1 Waitt in OPFCG/WALL trail foot free and pointed to prtnr like you have just stepped apart;
 1-- 2- **Step together** recover on R, rise and draw L to R bring lead hnds close tog,-;
 3 **roll 3** start LF trn (W RF) fwd L, bk R continue trn, sd L blending to BFLY/WALL;
 1-- 4 **chair and hold** lowering thru R, slight rise but still weight on full foot, -;

5-8 BACK REV TWIRL CHASSE SCAR; FWD CHECK W DEVELOP; BACK TO HINGE; HOVER EXIT SCP;

- 12&3 5 **bk rev twirl chasse bfly scar** bk L trn to W, lead W to trn LF under joined ld hnds sdR/cl L, sd&fwd R (W bk R trn LF, fwd L cont trn/cl R, bk L); BFLY/SCAR DRW
 1-- 6 **fwd chk W develop** fwd L outside W, -, - (W bk R, develop L over two beats, -);
 12-(123) 7 **bk to hinge** Bk R trn LF, sd L LOD to CP, rotate LF & lower; (W fwd L, sd R trn LF, XLIB & lower;) CP/DW
 -23 (123) 8 **hover exit SCP** slight RF trn lead W to step fwd, sd R, rec L (W fwd R trn RF, sd L, rec R); SCP/LOD

9-10 SLOW SIDE LOCK; DRAG HESITATION;

- 9 **slow side lock** fwd R, fwd&sd L, XRIB (W fwd L start LF trn, sd&bk R, XLIF); CP/DLC
 12- 10 **drag hesitation** fwd L start LF trn with left sway, sd R cont trn to BJO, lose sway (W bk R, head right sd L, lose sway); BJO/RDC

PART A (16 MEAS)

1-4 BK TO THE LOCK; IMPETUS TO SCP; RIPPLE CHASSE; CHAIR HOLD WITH SWAY CHANGE;

- 12&3 1 **bk to the lk** bk L, bk R/XLIF, bk R (W fwd R outside M, fwd L/XLIB, fwd L);
 2 **impetus to SCP** start RF turn bk L, heel turn cl R, fwd L (W fwd R outside M start RF trn, fwd cont trn, fwd R); SCP/DLC
 12&3 3 **ripple chasse** fwd R, sd L chng sway to right/cl R, sd L chng sway to left; SCP/DLW
 1-- 4 **chair hold** repeat intro meas 4

5-8 BK W SWIVEL BJO DEVELOPE; LINK TO SEMI; WING; CROSS SWIVEL TO HINGE;

- 1-- 5 **bk W swivel BJO develop** bk L, slight LF trn lead W to swivel to BJO, - (W bk R, trn LF to BJO, develop L); SCAR/DRW
 1-3 6 **link to semi** fwd R outside W trn RF, rise and draw L to R, fwd R (W bk L trn RF rise draw R to L, fwd R); SCP/LOD
 1--(123) 7 **wing** fwd R start LF rotation, -, - (W fwd L, sd R, fwd L); SCAR/DLC
 1--(12-) 8 **cross swivel to hinge** start LF trn fwd L, cont LF trn lowering to hinge COH, -(W bk R swivel LF fc LOD, xLib lowering, hold); CP/DRC

9-12 BACK HOVER TELEMAR TO SCP; SLOW SD LK; DOUBLE REVERSE; START A TELESPIN;

- 9 **bk hover telemark** bk L trn RF, fwd R cont trn, fwd L; SCP/DLC
 10 **slow side lock** fwd R, fwd&sd L, XRIB (W fwd L start LF trn, sd&bk R, XLIF); CP/DLC
 12-(123&) 11 **Double Reverse** fwd L start LF trn, fwd R cont trn,-; (W bk R, heel trn cl L,fwd R/XLIF); CP/LOD
 12(123&) 12 **start a telespin** fwd L start LF trn, sd R extend L foot bk to LOD, rotate LF (W cont trn bk R, cl L heel turn, fwd R/fwd L trn to CP head left);

13-16 TURN LEFT AND RIGHT CHASSE; BACK PREPARATION; SLOW SAME FOOT LUNGE; SLOW SWAY CHANGE;

- 12&3 13 **trn L & R chasse** cont LF trn fwd L, sd R/cl L, sd R; BJO/RL0D
 1-- (12-) 14 **bk preparation** bk L, rotate RF and slight rise,-(W fwd R,cl L,-) CP/COH
 1-- 15 **same foot lunge** lowering sd&fwd R (W bk R), extend sway line to right,-;
 --- 16 **change sway** over entire measure slowly change sway to left with slight RF rotation,-,-;

PART B (22 MEAS)**1-4 HOVER CORTE EXIT; IMPETUS SCP; THRU SWIVEL PICKUP; CONTRA CHECK AND EXTEND;**

- 23,(123) 1 hover corte exit start LF rotation cause W to recover, sd L trn LF, bk R (W fwd L trn LF, sd R, fwd L); BJO/RLOD
 2 impetus to SCP start RF turn bk L, heel turn cl R, fwd L (W fwd R outside M start RF trn, fwd L cont trn, fwd R); SCP/DLC
 1-- 3 thru W swivel pickup fwd R, rotate LF,-(W fwd L, trn LF, -); CP/LOD
 1-- 4 Contra check extend lowering fwd L without full weight, slight LF rotation allow W to extend line,-; CP/LOD

5-8 RECOVER BJO OUTSIDE SWIVEL SCP; WEAWE; TO A HINGE; EXTEND LINE;

- 12- 5 rec bjo outside swivel SCP bk L, trn RF to W draw R to L, (W fwd R, trn RF,-); SCP/DLC
 6-7 weave to a hinge fwd R start, fwd L start LF trn, sd&bk R; bk L, start LF trn bk R, sd L rising; CP/WALL
 --- (1--) 8 extend Line rotate LF, lowering allow W to extend line (W xLib, extend line,-) *note:hinge figure continues into this measure*

9-12 W RECOVER AND R CHASSE CP/DRW; CLOSED HOVER; RISING LOCK; START A TELESPIN;

- 2&3(12&3) 9 W recover and R chasse rotate RF cause W to rec (W rec R), sd R/cl L, sd R; CP/DRW
 10 closed hover fwd L, fwd R, rec L;
 11 rising lk start LF trn bk R, cont trn sd L, xRib;
 12 (123&) 12 start telespin LF trn fwd L, sd R extend L foot bk to LOD, rotate LF (W cont trn bk R, cl L heel trn, fwd R/fwd L trn to CP head left);

13-16 DOUBLE REVERSE ENDING; DRAG HESITATION PREP; SLOW SAME FOOT LUNGE; CHANGE SWAY &;

- 12(123&) 13 double reverse ending cont LF trn fwd L, sd R, rotate LF (W cont trn bk R, cl L toe spin, fwd R trn LF/xLif); CP/LOD
 123 (12-) 14 drag hesitation prep fwd L start LF trn with left sway, sd R, cl L no rise(W bk R, head right sd L.); CP/COH
 15 repeat part A meas 15
 16 change sway & slowly chg sway to left with slight RF rotation,-,-/rotate LF cause W to recover (W fwd L sharp LF trn to CP);CP/DRC

17-20 TELEMARK EXIT SCP LOD; MANUEVER SD CL; IMPETUS TO SCP; WEAWE TO SCP;

- 123(&123) 17 telemark exit SCP fwd L start LF trn, fwd R cont trn, fwd L (W bk R, cl L, fwd R); SCP/LOD
 18 maneuver sd cl fwd R start RF trn, sd L, cl R (W bk L, sd R, cl L); CP/RLOD
 19 repeat A meas 2
 20 weave to SCP fwd R, fwd L with LF trn, sd R; bk L, start LF trn bk R, sd L; SCP/DLW

21-22 FINISH WEAWE TO SCP; CROSS HESITATION;

- 21 finish weave to SCP bk L, start LF trn bk R, sd L; SCP/DLW
 1--(123) 22 cross hesitation fwd R, rotate LF, cont LF rotation (W fwd L, fwd R, cl R); BJO/RLOD

REPEAT PART A**1-4 BK TO THE LOCK; IMPETUS TO SCP; RIPPLE CHASSE; CHAIR HOLD WITH SWAY CHANGE;****5-8 BK W SWIVEL BJO DEVELOPE; LINK TO SEMI; WING; CROSS SWIVEL TO HINGE;****9-12 BACK HOVER TELEMARK TO SCP; SLOW SD LK; DOUBLE REVERSE; START A TELESPIN;****13-16 TURN LEFT AND RIGHT CHASSE; BACK PREPARATION; SLOW SAME FOOT LUNGE; SLOW SWAY CHANGE;****REPEAT PART B THRU MEAS 15****1-4 HOVER CORTE EXIT; IMPETUS SCP; THRU SWIVEL PICKUP; CONTRA CHECK AND EXTEND;****5-8 RECOVER BJO OUTSIDE SWIVEL SCP; WEAWE; TO A HINGE; EXTEND LINE;****9-12 W RECOVER AND R CHASSE CP/DRW; CLOSED HOVER; RISING LOCK; START A TELESPIN;****13-15 TO A DOUBLE REVERSE; DRAG HESITATION PREP; SLOW SAME FOOT LUNGE;****END****1-4 DRAG DEVELOPE; SAME FOOT LUNGE;**

- 1-- 1 drag developpe lowering sd L, rising draw R to L (W fwd L, develop R,-);
 2 repeat A meas 15