

# The Inner Light

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Record: Casaphone – Premium standard: Ballroom Magic – Track #1: The Inner Light  
Phase: Waltz IV + 1 + 2 + 1 unphased (inversion double reverse spin)  
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Sequence: Intro - A B - A - Bridge - C - End

## Introduction

### No wait, DLW, lead free, 2ft ap

#### 1 – 5 M offers his hand; L takes it & wk 2 to cl; sd draw tch; sd draw fwd; manuv;

- 1 [M offers his hand (---)] M rise his hand & offers it to his partner
- 2 [L takes it & wk 2 to cl (-23)] L takes the offered hand & walks 2 to CL LOD
- 3 [sd draw tch (123)] sd draw tch to COH
- 4 [sd draw fwd (123)] sd draw out from COH, fwd to LOD
- 5 [manuv (123)] FWD TRN, FWD TRN, CL; (BK TRN, BK TRN, CL;)

#### 6 – 10 spin trn; box fin; whisk; thru chasse (Semi); q op rev;

- 6 [spin trn (123)] BK PVT, FWD RISE, SD & BK;  
(FWD PVT, BK RISE BRUSH, SD & FWD;)
- 7 [box fin (123)] BK TRN, SD, CL; (FWD TRN, SD, CL;)
- 8 [thru chasse to Semi (12&3)] thru, sd cl, fwd & trn to Semi
- 9 [q op rev (12&3)] FWD, FWD TRN/SD & BK, BK; (FWD, FWD TRN/SD & FWD, FWD;)

## Part A

#### 1 – 6 inv dbl rev spn; hvr corte; bck hvr (PU); dbl nat spn; manuv; outsider chng (Semi)

- 1 [inv dbl rev spn (12&3/123)] M does L's & L M's dbl rev spn  
BK, HEEL TRN/SD & BK TRN, XIF; (FWD TRN, SD, SPN TCH;)
- 2 [hvr corte (123)] BK & TRN, SD & FWD RISE, REC BK; (FWD, SD & FWD RISE, REC;)
- 3 [bck hvr to PU (123)] BK, SD & RISE, REC (PU); (FWD, SD & FWD RISE, REC (PU);)
- 4 [dbl nat spn (123/12&3)] FWD, FWD TRN, TCH; (BK TRN, CL TRN, SD & FWD/FWD;)
- 5 [manuv (123)]
- 6 [Outsider chng SEMI (123)] BK, BK TRN, SD & FWD; (FWD, FWD TRN, SD & FWD;)

#### 7 – 8 fwd hov; bk sd tch (PU);

- 7 [fwd hov (123)] thru, rise fed, rec bk;  
(thru, rise bk, rec fwd)
- 8 [bk sd tch (123)] bk, sd, tch;  
(fwd, sd, tch;)

## Part B

#### 1 – 8 dbl rev spn; hov tele; weave 6 (Semi); pu; chng of dir; op tele; manuv sd tch;

- 1 [dbl rev spn (1,2,3;/1,2&3;)] FWD TRN, SD, SPN TCH;  
(BK, HEEL TRN/SD & BK TRN, XIF;)
- 2 [hov tele (123)] BK, SD & FWD RISE & TRN, FWD;  
(FWD TRN, SD & FWD RISE & TRN, FWD;)
- 3 – 4 [weave 6 to SEMI (123; 123)] FWD, FWD TRN, SD & BK; BK, BK TRN, SD & FWD;  
(FWD, FWD TRN, SD & FWD; FWD, FWD TRN, SD & FWD;)
- 5 [pu (123)] FWD; FWD & TRN to PU; CL
- 6 [chng od dir (123)] FWD, FWD TRN LF, DRAW; (BK, BK TRN LF, DRAW;)
- 7 [op tele (123)] FWD, FWD TRN, FWD; (BK, CL TRN, FWD;)
- 8 [manuv sd tch (123)] standart manuv but last step is tch (trail free)

## Bridge

### 1 – 6 diamond trn;;; 3stp; manuv;

- 1 – 4 [diamond trn (123; 123; 123; 123;)] FWD, SD, BK; BK, SD, FWD; FWD, SD, BK;  
BK, SD, FWD;  
(BK, SD, FWD; FWD, SD, BK; BK, SD, FWD; FWD, SD, BK;)  
5 [3stp (123)] FWD; FWD & SD; CL; (BK; BK & SD; CL)  
6 [manuv (123)]

## Part C

### 1 – 8 spin & twist;; thru chasse (semi); weave 6 (Semi); thru fc cl; hvr; manuv;

- 1 – 2 [spin & twist (1,2,3; &1,2,3;)] BK TRN, FWD TRN, SD; XIB, UNWIND, SD & BK;  
(FWD TRN, FWD TRN, CL; FWD/FWD, FWD TRN, FWD;)  
3 [thru chasse to SEMI (12&3)] THRU TRN, SD/CL, SD;  
(THRU TRN, SD/CL, SD;)  
5 – 6 [weave 6 to SEMI (123; 123)]  
7 [thru fc cl (123)] X, SD, CL;  
8 [manuv (123)]

### 9 – 16 repeat 1 - 8;;; ;;;

### 17 – 24 op imp; PU; dbl rev spn; 2x; op tele; thru fc cl; hvr (BJO); manuv sd tch;

- 17 [op imp (123)] BK, CL TRN, FWD; (FWD, FWD TRN, FWD;)  
18 [PU (123)]  
19 [dbl rev spn (1,2,3;/1,2&3;)] FWD TRN, SD, SPN TCH;  
(BK, HEEL TRN/SD & BK TRN, XIF;)  
20 [2x]  
21 [op tele (123)] FWD, FWD TRN, FWD; (BK, CL TRN, FWD;)  
22 [thru fc cl (123)]  
23 [hvr to BJO (123)] FWD, SD & FWD RISE, REC (BJO); (BK, SD & BK RISE, REC  
(BJO);)  
24 [manuv sd tch (123)] standart manuv but last step is tch (trail free)

## Ending

### 1 – 7 inv dbl rev spn; hvr corte; bck hvr (PU); dbl nat spn; manuv; outsider chng to ovrsway; chng of sway

- 1 [inv dbl rev spn (12&3/123)] M does L's & L M's dbl rev spn  
BK, HEEL TRN/SD & BK TRN, XIF; (FWD TRN, SD, SPN TCH;)  
2 [hvr corte (123)] BK & TRN, SD & FWD RISE, REC BK; (FWD, SD & FWD RISE, REC;)  
3 [bck hvr to PU (123)] BK, SD & RISE, REC (PU); (FWD, SD & FWD RISE, REC (PU);)  
4 [dbl nat spn (123/12&3)] FWD, FWD TRN, TCH; (BK TRN, CL TRN, SD & FWD/FWD;)  
5 [manuv (123)]  
6 [Outsider chng ovrsway (123)] bk, kb trn, sd & stretch to ovrsway;  
(fwd, fwd trn, sd & stretch to ovrsway;)  
7 [chng of sway (---)] Man extend, Lady change sway to rev