

AVE MARIA (Franz Schubert)

Music: Etienne Cap Orch.
CD. Werner Tauber - Tanzen im strikten Rhythmus
www.amazon.de/Tanzen-strikten-Rhythmus-Orch-Etienne
Track # 20 Time 2:37

Rhythm: Bolero Phase: IV

Footwork: Opposite except where (Noted)

Release Date: Oct 17

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: INTRO ABC A(1-4) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; CROSS BODY ; FORWARD BREAK ;

{Wait} BFLY POS WALL Id ft free wt 2 meas ; ; **{Cross Body}** Sd & bk L, -, slp bk R trng LF, fwd & sd L (W sd & fwd R, -, trng LF fwd L xg ifo M, sd & bk R) to LOP FCG COH ; **{Fwd Break}** Sd & fwd R body rise, -, fwd L w/ contra ck like action, rec bk R ;

05-08 UNDERARM TURN INTO A LARIAT ; ; M TURN TO FACE & HIP ROCK TWO ; FENCE LINE ;

{Underarm Turn Into a Lariat} Sd L, -, relg trl hnds & raisg Id hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd hnds XLif, comp full RF trn fwd R to fc LOD) ; In place R, L, R (W circle CW around M' r-shldr fwd L, R, L) ; **{Turn to Fc & Hip Rock 2}** Small fwd L swivel ½ LF to fc ptr, rk sd R rollg R hip, rk sd L rollg L hip (W Small fwd R swivel ¼ RF to fc ptr, rk sd L rollg L hip, rec rollg R hip) ; **{Fence Line}** Sd R body rise, -, XLif bent knee left arm circle CW (W CCW) in front of body, rec bk R to BFLY WALL ;

PART A

01-04 NEW YORKER ; REVERSE UNDERARM TURN ; SHOULDER to SHOULDER TWICE ; ;

{New Yorker} Sd L, -, trng to OP LOD fwd R, bk L to LOP-FCG WALL ; **{Reverse Underarm Turn}** Sd R, -, XLif, bk R (W sd L com LF trn undr jnd Id hnds, -, XRIF contg ½ LF trn, fwd L compg trn to fc ptr) to BFLY WALL ; **{Shoulder to Shoulder x 2}** Sd L, -, fwd R to BFLY-BJO, bk L to BFLY ; Sd R, -, fwd L to BFLY-SCAR, bk R to CP WALL ;

05-06 TURNING BASIC ; HIP LIFT ;

{Turning Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF) to BFLY COH ; **{Hip Lift}** Sd & fwd R to CP (W sd & fwd L) bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift L hip, lowr L hip relaxing knee ;

07-10 DBL HANDHOLD UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ;

CHANGE SIDES/W UNDERARM ; HIP ROCK ;
{Dbl Hnd Hold Underarm Turn to stacked hnds} [Keep both hands] Sd L, -, XRib lead ptr under dbl hnd hold, rec fwd L stacked Lft over Rt hands (W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hands L over R) ; **{Open Break to Fc}** [With stacked hnds] Sd R, -, apt L raising stacked hnds fwd, rec R to r-sd of W ; **{Change Sides /W Underarm}** Raising stacked hnds Fwd L to COH trng RF chg sds lead W trn under stacked hnds, -, sd R, XLif (W fwd R WALL LF trn under stacked hnds chg sds, -, sd L, XRif) to Low Bfly BLFY WALL ; **{Hip Rock}** Sd R, -, rk sd L rollg L hip, rk sd R rollg R hip ;

PART B

01-04 FENCE LINE w/ ARM SWEEP ; BACK BREAK to 1/2 OP ; OP IN & OUT RUNS ; ;

{Fence Line w/ Armsweep} Sd L body rise, -, XRif bent knee right arm circle CCW (W CW) in front of body, rec bk L ; **{Bk Break to ½ OP LOD}** Sd R, -. XLif to ½ OP, fwd R to ½ OP LOD ; **{OP In & Out Runs}** Sd & fwd L body rise, -, fwd R xg ifo W comm RF trn, sd L cont RF trn fc ½ LOP LOD xtndg trail arm to sd (W sd & fwd R body rise, -, fwd L,R xtndg trail arm to sd) ; Sd & fwd R body rise, -, fwd L,R xtndg lead arm to sd (W sd & fwd L body rise, -, fwd R xg ifo M comm RF trn, sd L cont RF trn fc ½ OP LOD xtndg lead arm to sd) ;

01-08 BOLERO WALKS to FACE ; ; SPOT TURN TWICE ; ;

{Bolero Walks to Fc} Fwd L, -, fwd R, fwd L ; Fwd R trng to fc ptr, -, sd L, cl R to LOP WALL ; {Spot Turn x 2} Sd & fwd L to slight V pos LOD, -, relg hnds & trng LF XRif (*W trng RF XLif*), rec L to fc WALL ; Sd R, -, XLif trng RF (*W trng LF XRif*), fwd & sd R contg trn to LOP-FCG WALL ;

09-12 HAND to HAND TWICE ; ; TURNING BASIC ; LUNGE BREAK ;

{Hand to Hand x 2} Sd L, -, XRib to LOP RLOD, fwd L to BFLY WALL ; Sd R, -, XLib to OP LOD, fwd R to CP WALL ; {Turning Basic} Repeat meas 5 Part A ; {Lunge Break} Sd & bk R to LOP FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise (*W sd & bk L, -, bk R w/ sitting action, rec L*) ;

13-14 TURNING BASIC ; LUNGE BREAK ;

{Turning Basic} Repeat meas 5 Part A to BFLY WALL ; {Lunge Break} Repeat meas 12 Part B to BFLY WALL ;

PART C

01-04 NEW YORKER TWICE ; ; OPENING OUT TWICE ; ;

{New Yorker x 2} Sd L, -, trng to OP LOD fwd R, bk L to BFLY WALL ; Sd R, -, trng to OP RLOD fwd L, bk R to BFLY WALL ; {Opening Out x 2} In bfly sd & fwd L body rise and body rotate LF, -, lower on L and extend R foot to sd, rise on L body rotate in Bfly (*W sd & bk R body rise and body rotate LF match prtn, -, XLib lowering, fwd R in Bfly*) ; Sd & fwd R body rise and body rotate RF, -, lower on R and extend L foot to sd, rise on R body rotate in Bfly (*W sd & bk L body rise and body rotate RF match prtn, -, XRib lowering, fwd L in Bfly*) ;

05-08 PREPARATION to AIDA ; AIDA LINE & ROCK 2 ; SWIVEL to FACE & FENCE LINE TWICE ; ;

{Aida Prep} Sd L trng LF to LOD, -, fwd R trng RF to fc ptr, cl L ; {Aida Line & Hip Rock 2} Bk R to bk to bk V pos raisg tl arms, -, rock fwd on L, rock bk on R ; {Swivel to Fc & Fence Line x 2} Sd L swvlg LF to fcg ptr w/ body rise, -, XRif w/ bent knee, rec L (*W fwd R swvlg to fc ptr w/ body rise, -, XLif w/ bent knee, rec R*) to BFLY WALL ; Repeat meas 8 Intro ;

09-12 LEFT SIDE PASS ; FORWARD BREAK ; RIGHT SIDE PASS ; HIP LIFT ;

{Left Sd Pass} Fwd L w/ rise to SCAR DLW lead W trn RF to shape body LOD, -, slip bk R flex knee, fwd L trn LF to fc COH (*W fwd R trn 1/4 RF back to M, -, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr*) end to BFLY COH ; {Fwd Break} Repeat meas 4 Intro ; {Right Sd Pass} Fwd & sd L comm RF trn raise ld hnds to create window, -, XRib cont RF trn, fwd L (*W fwd R, -, fwd L comm LF trn, cont LF trn bk R under raised ld hnds to fc ptr*) ; {Hip Lift} Repeat meas 6 Part A to BFLY WALL ;

13-16 3 ALTERNATING UNDERARM TURN W – M & W ; ; ; HIP ROCK ;

{3 Alternating Underarm Turns W – M & W} Sd L, -, raisg jnd ld hnds XRib, rec fwd L (*W sd & fwd R, -, fwd L RF trn under jnd ld hnds, fwd R cont RF trn to fc ptr*) to WALL ; [join tl hnds] Sd R & fwd, -, fwd L trng RF undr jnd tl hnds, fwd R cont RF trn to fc ptr (*W sd L, -, XRib, rec L*) ; [join lead hnds] Repeat meas 13 Part C ; {Hip Rock} Repeat meas 10 Part A ;

ENDING

01-04 TIME STEP TWICE ; ; CROSS BODY ; FORWARD BREAK ;

{Time Step x 2} Sd L w/body rise, -, XRib lowering, fwd L ; Sd R w/body rise, -, XLib lowering, fwd R to BFLY WALL ; {Cross Body} Repeat meas 3 Intro ; {Fwd Break} Repeat meas 4 Intro ;

05-09 UNDERARM TURN INTO A LARIAT ; ; M TURN TO FACE & HIP ROCK TWO ;

SIDE to SCAR & FORWARD CHECKING/W DEVELOPE ; HOLD ;

{Underarm Turn Into a Lariat} Sd L, -, relg trl hnds & raisg ld hnds sm bk R, rec L (*W sd & fwd R, -, trng RF undr jnd hnds XLIF, comp full RF trn fwd R to fc LOD*) ; In place R, L, R (*W circle CW around M' r-shldr fwd L, R, L*) ; {M Turn to Fc & Hip Rock 2} Small fwd L swivel ½ LF to fc ptr, rk sd R rollg R hip, rk sd L rollg L hip (*W Small fwd R swivel ¼ RF to fc ptr, rk sd L rollg L hip, rec rollg R hip*) ; {Sd & Fwd Checkg/W Develope} [S,S] Sd R, -, fwd L to SCAR DRW outsd W checking, - (*W sd L, -, bk R to SCAR bring L ft up R leg to insd of R knee, extend L ft fwd*) ; [Hold] Hold 1 meas ;

10-11 STEP BACK & TWISTY VINE 4 ; LEFT LUNGE & EXTEND ;

{Step Bk & Twisty Vine 4} [On the Last Note] [S,-,QQQQ] Step bk R, -, sd L to fcg ptr, XRib (*W XLif*), sd L, XRif (*W XLib*) ; {Left Lunge & Extend Arms} [S] Sd L w/ lun action releasg hnds & xtndg both hnds to sd ;