

AVE MARIA NO MORRO

Music: Francis Goya
<https://music.apple.com/ng/album/ave-maria-no-morro-single/1506767766>
Single Time 3:05 Available from choreographer

Rhythm: Rumba **Phase:** V + 2 (Adv. Sliding Door+Three Threes)

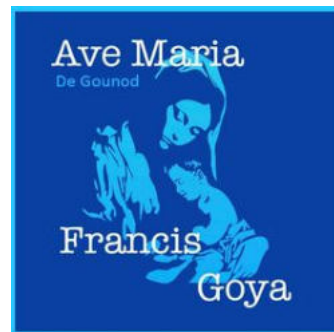
Footwork: Opposite except where (Noted)

Release Date: March 23

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Sequence: INTRO ABC B(8-14*) C END



INTRO

01-05 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; NEW YORKER TWICE ; ; RIFF TURN ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {New Yorker x 2} XLif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; XRif (W XLif) to OP LOD, rec L to Low Bfly WALL, sd R, -; {Riff Trn} [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (W sd & fwd R com RF spin undr jnd ld hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld hnds) to BFLY WALL ;

PART A

01-04 OP BREAK / W SPIRAL INTO NATURAL TOP to LOD ; ; OP BREAK / W SPIRAL INTO NATURAL TOP to COH ; ;

{OP Break / W Spiral to Natural Top to LOD} Apt L, rec R, raisg jnd ld hnds to lead W spiral LF small fwd L trng ¼ RF to fc RLOD (W apt R, rec L, fwd R spiralg ¾ LF under jnd ld hnds to fc LOD) end CP M fcg RLOD, -; XRib comm trng ¼ RF, cont trng ¼ RF sd L, cl R (W sd & fwd L comm trng RF, XRif cont trng RF, cl L) end CP M fcg LOD, -; {OP Break / W Spiral to Natural Top to COH} Repeat meas 1,2 Part A to CP COH ; ;

05-08 SCALLOP ; ; CHASE / W UNDERARM PASS & rt Hndshk ; ;

{Scallop} [QQQQ;QQS] Swiv sharply to SCP RLOD XLib (W XRib), rec R swiv sharply to CP, sd L, swiv sharply on L to SCP RLOD ; Thru R, sd L swivg sharply to CP, cl R to CP COH, -; {Chase / W Underarm Pass & rt Hndshk} [relsg trl hnds] Fwd L trng ½ RF keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (W bk R, rec L, fwd R twd M's lft sd), -; Bk R raisg ld hnds, rec L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L) to rt Hndshk WALL, -;

09-12 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to COH ;

{Trade Places x 2} [w/ rt hnds jnd] Rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd rt hnds, cont to trn RF to fc ptr & COH stepping sd & bk L twd WALL (W rk apt R, rec L trng ¼ LF to fc RLOD ifo M then rel jnd rt hnds, cont LF trn to fc ptr & WALL stepping sd & bk R twd COH) jng lft hnds, -; [w/ lft hnds jnd] Rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R twd COH (W rk apt L, rec R trng ¼ RF to fc RLOD ifo M then rel jnd lft hnds, cont RF trn to fc ptr & WALL stepping sd & bk L twd WALL) rejng rt hnds, -; {Trade Places / W Spiral} Rk apt L, rec R comm to pass rt shldr while trng ¼ RF and keepg rt hnds jnd, cont to trn RF stepping sd L twd WALL (W rk apt R, rec L, fwd R fwd COH spiralg 7/8 LF undr jnd rt hnds to end almost fcg COH), -; {W Out to COH} Trng bdy RF to fc COH stp fwd twd COH R, L, R (W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L) to BFLY COH, -;

13-16 ALEMANA Into LARIAT/M SWIVEL to FACE ; ; FENCE LINE / ARMSWEEP ;

{Alemana Into a Lariat / M Swiv to Fc} Fwd L, rec R, cl L (W bk R, rec L, fwd & sd R to lft sd of M), -; Bk R, rec L, sd R (W fwd XLif trn RF, fwd R cont trn, sd L to rt sd M), -; Rk sd L, rec R, sd L trng ½ LF on last stp to fcg W and Wall (W circ CW arnd M passing rt shldr stepping fwd R, L, w/ jnd ld hnds passg ovr M's hd to fc LOD then swiv ¼ RF on R to fc M) to BFLY WALL, -; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee trl arm circle CCW (W CW) ifo body, rec L, sd R to BFLY WALL, -;

PART B

01-04 ALEMANA OVERTURNED to SHADOW WALL ; ; ADVANCED SLIDING DOOR ; ;

{Alemana Overtrnd to Shadow} Fwd L, rec R, cl L (W bk R, rec L, sd R swiv RF to M's lft sd), -; Bk R, rec L, cl R (W [QQQQ] Cont RF trn fwd L, fwd R twd wall cont RF trn, fwd L twd ptr slightly M's rt sd, swiv RF on L) end SHADOW WALL ;

{Advanced Sliding Door} Fwd L on ball of ft pressure into floor w/ 1/8 body trn to R, rec R w/ 1/8 body trn to L, XLib trng 1/8 LF (W bk R keepg pressure into floor w/ ball of L ft as the body trns 1/8 RF, rec L w/ 1/8 body trn to L, stp R fwd & across in line w/ the supportg ft w/ 1/8 body trn LF), -; Compress into L knee allowg pntd R ft to slide to sd no weight chng, rise trng body 1/8 RF, cl R (W sd L compresg into knee w/ lft sd stretch, rec R, stp L bk & across in line w/ the supportg ft w/ 1/8 body trn RF) to SHADOW WALL, -;

05-07 START ADVANCED SLIDING DOOR/W SPIRAL to WALL ; W ROLL OUT to WALL ; SLOW HIP ROCK TWO ;

{Start Advanced Sliding Door/W Spiral} Repeat meas 3 Part B *(W & spiral LF to fc WALL)* ; **{W Roll Out to Wall}** Bk R, rec L, fwd R followg W *(W fwd L, fwd R trng ½ LF fc M, bk L)* to Low Bfly WALL ; **{Slow Hip Rk 2}** [SS] Rk sd L, -, rk sd R & to BFLY WALL, -;

08-11 OPEN HIP TWIST; TWO PARALLEL BREAKS ; ; FAN ;

{OP Hip Twist} [w/ rt Hndshk] Ck fwd L, rec R, cl L *(W bk R, rec L, fwd R w/ tension in rt arm which causes W to swiv ¼ RF on "&" count to fc RLOD)*, -; **{Parallel Breaks x 2}** [L-Pos M fc COH rt hnds jnd] Rk bk R swiv ¼ LF leadg W across in front, rec L, fwd R to fc Line *(W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to fc Wall, sd L)* to LOP LOD [similar to W whip action], -; Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf, sd L *(W rk bk R allowing M to pass across in front, rec L, fwd R)* to OP LOD, -; **{Fan}** fwd R swiv to W, cl L, sd R fcg WALL *(W fwd L, fwd R trn ½ LF to fc RLOD, bk L leave R extended fwd)*, -;

12-14 EXIT to FACE ; AIDA ; SLOW SWITCH & RECOVER to CP ;

{Exit to Fc} Fwd L, rec R, cl L *(W cl R, fwd L, fwd R com RF swiv to fc M)*, -; **{Aida}** Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; **{Slow Switch & Rec}** [S,S] Sd & bk L trng LF to fc ptr, -, rec R to CP WALL, -;

PART C

01-04 CUDDLE THREE TIMES/W SPIRAL TO FACING FAN ; ; ; ;

{Cuddle 3 Times/W Spiral} Lead W to open her out Sd L w/ lft sd stretch, rec R, cl L w/ rt sd stretch placg lft hnd on W's rt shldr blade leadg her to CP *(W w/ slight lft sd stretch trn ½ RF bk R w/ rt sd stretch free arm out to sd, rec L w/ lft sd stretch comm trn LF, fwd R w/ lft sd stretch cont trn to fc ptr placg rt hnd on M's lft shldr)* to Cuddle Pos WALL ; Repeat meas 1 on opp ft & hnd to opp dir end Cuddle Pos fc Wall ; Repeat meas 1 except W's end spiral LF to fc LOD end L-Shaped CP M fc Wall W fc LOD ; **{Fcg Fan}** Bk R, rec L trn ¼ LF to fc LOD, sd & fwd R *(W fwd L, fwd R trn ½ LF, sd & bk L)* end LOP Fcg LOD ;

05-08 OP HIP TWIST to FACING FAN COH ; ; CROSS BODY/W SPIRAL ; ;

{OP Hip Twist to Fcg Fan COH} Chk fwd L, rec R, cl L *(W bk R, fwd L, fwd L, pushg off M's ld hnd swvl ¼ RF)*, -; Bk R, rec L trng ¼ LF to COH, fwd R *(W fwd L, trng LF sd R, cont LF trn bk L to WALL)*, -; **{Cross Body/W Spiral}** Fwd L, rec R, sd & bk L trng ¼ LF *(W bk R, rec L, fwd R spiralg 7/8 LF under jnd ld hnds)* to "L" CP M fcg RLOD W fcg WALL, -; Bk R contg LF trn, rec L comp LF trn to CP WALL, sd R *(W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L)* to BFLY WALL, -;

09-12 THREE THREES ; ; ; ;

{Three Threes} Fwd L, rec R, cl L lead W to trn RF rel hnds place hnds on W's shlds after trn *(W bk R, rec L, fwd R trn RF ½)* to Tandem WALL, -; Bk R, rec L, cl R lead W to spin LF rel W for trn & replace hnds on shlds *(W IP L, R, L spin LF 1 full trn)* to Tandem WALL, -; Sd & fwd L DLW, rec R, cl L rel W *(W sd & bk R RDC, rec L, fwd R twd Wall trn ½ RF)* to LOP WALL, -; Bk R, rec L, small fwd R *(W [Q/&, Q/&, S] fwd L/trn ½ RF twd COH, fwd R/trn ½ RF twd WALL, small fwd L)* to CP WALL, -;

13-16 LUNGE & SIT LINE RECOVER SIDE ; FAN/M SPOT TURN [Change Hands Behind Bk] ; ALEMANA FROM FAN ; ;

{Lunge & Sit Line Rec Sd} Flex R knee slide L sd & bk raise rt hnd up & bk, straighten R knee draw L to R, sd L *(W sm bk R flex R knee L extended fwd raise lft hnd straight up, risg on R rec L, sd R)* to BFLY WALL, -; **{Fan/M Spot Trn}** [Chng Hnds Behind Bk] Thru R trn ¾ LF w/ chg hnds behd bk, rec L cont trn to fc Wall, sd R *(W thru L comm trn LF, sd R cont trn, bk L keep R ft pt sd & fwd)* end Fan Pos M fc Wall, -; **{Alemana from a Fan}** Fwd L, rec R, cl L *(W bk R, fwd L, fwd R swivlg to lft sd of M)*, -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R *(W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn, fwd & sd L to fc ptr)* to rt Hndshk [**2^{de} Time:** to BFLY WALL], -;

ENDING

01-02 SLOW AIDA to RLOD ; EXTEND ARMS ;

{Slow Aida to RLOD} Xg ld hnds ovr trl hnds to RLOD Thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos, -; **{Extendg Arms}** Raisg ld hnds up & out ;