EACH NOTE IS A MESSAGE OF LOVE

Music: **Ernesto Cortazar**
Cd: Story Of A True Love
https://music.apple.com/id/album/each-note-is-a-message-of-love/381355621?i=381355635
Track # 8 Time 3:42 Available from choreographer
Rhythm: **Bolero** **Phase: V + Several U**
Footwork: **Opposite except where (Noted)**
Release Date: Nov 25
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
E-mail: jos.dierickx@telenet.be
Sequence: **INTRO AB AB(1-13) END**

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INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; CHECKED RIGHT PASS ; M RONDE to ONE SINGLE RIFF TURN ;
{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; **{Checked R Pass}** Fwd & sd L raisg lft hnd start RF rotation around Lady placg rt hnd on W's rt hip cking her fwd motion, -, XRib cont rotation around W, fwd & sd L to W's lft sd *(W fwd R raisg rt arm as if to comm undarm trn then lower to wrap pos, -, XLif, bk R)* ; **{M Ronde to One Single Riff Trn}** Fwd R ronde L ft cont RF trn to fc ptr & wall, -, raisg ld hnds sd L leadg W to spin RF, cl R *(W bk L, -, rec R spinng RF 1 full trn, cl L)* to BFLY WALL ;

05-08 TURNING BASIC ; LUNGE BREAK ; CROSS BODY ; REVERSE UNDERARM TURN ;
{Trng Basic} [Blend CP] Sd L body rise strong body RF trn, -, bk R slip action LF trn, cont LF trn rec fwd L fc COH ; **{Lunge Break}** Sd & bk R to LOP FCG, -, sldg 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)* to BFLY COH ; **{Cross Body}** Sd & bk L to fc w/ bdy rise trng LF, -, bk R w/ slipping action cont trng LF, fwd L compg LF trn *(W sd & fwd R, -, fwd L Xg ifo M & trng LF, sm sd R)* to BFLY WALL ; **{Reverse Underarm Trn}** Sd R raisg ld hnds, -, Xlif, bk R *(W sd L com LF trn undr jnd ld hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr)* to BFLY WALL ;

09-12 CIRCULAR 3 ALEMANA'S to CLOSED WALL ; ; ; ;
{Circular 3 Alemana's to Cl Wall} Fwd L, rec R, comm RF trn sd & slightly fwd L raisg ld hnds high palm to palm *(W bk R, rec L, trng RF fwd R DLC to M toeing out)* to LOP fcg M fcg DRW, -; Cont RF trn XRib, cont RF trn sd L, cont RF trn XRif *(W trng RF fwd L LOD trng ½ RF under jnd ld hnds, fwd R RLOD trng ½ RF, fwd L LOD trn ¼ RF)* to LOP fcg M fcg COH, -; Cont RF trn sd & fwd L leadg W to trn under, cont RF trn XRib, cont RF trn sd & slightly bk L *(W fwd & across R LOD trng ¾ LF under jnd ld hnds, fwd L RLOD trng another ¾ LF under jnd ld hnds like a spin, fwd R COH to M)* to end ld hnds jnd high palm to palm LOP fcg M fcg WALL, -; Bk R, rec L, small fwd & across R *(W trng RF fwd L DLC trng ½ RF under jnd ld hnds, fwd R DRW trng 3/8 RF to fc M, fwd L to M's rt sd prep to open out)* to loose CP WALL, -;

13-16~ DBL HANDHOLD OPENING OUT TWICE to lft Hndshk ; ; SIDE LUNGE/LADY BREAK to STORK LINE & EXTEND ;
RECOVER to FACE & HIP ROCK 2 & ONE SINGLE RIFF TURN ~ ;
{DBL Hnd Opening Out x 2 & lft Hndshk} Small 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 ptr, -, XLib lowerg, fwd R in Bfly)* ; Cl R body rise and body rotate RF, -, lower on R and extend L ft to sd, rise on R body rotate in Bfly *(W sd & bk L body rise and body rotate RF match ptr, -, XRib lowerg, fwd L in Bfly)* to lft Hndshk WALL ; **{Sd Lunge/W Break to Stork Line & Extend}** [S] Lowerg lft hnds as you rels rt hnds sd L lower in L Lunge Line as you extend rt arm up & out to shape & look twd W *(W trng ½ RF on L bk R to OP WALL lift L ft to inside of R knee toe pntg to floor in Stork Line w/ rt hip out to RLOD swaying L twd M raisg rt arm straight up)* ; **{Rec to Fc & Hip Rock 2 & One Single Riff trn ~}** Rec R to fcg ptr & low Bfly, -, sd L & hip roll LF, rec R hip roll RF ~ [raisg ld hnds] [QQ] Sd L leadg W to spin RF, cl R *(W rec L swiv to fc ptr, -,* rec R hip roll RF, hip roll LF, ~ *Sd R spinng RF 1 full trn, cl L)* to BFLY WALL ;

PART A

01-04 TURNING BASIC ; CONTRA BREAK ; AIDA PREPARATION ; AIDA LINE & ROCK 2 ;
{Trng Basic} Repeat meas 5 Intro ; **{Contra Break}** Sd & fwd R rise with ri sd stretch, -, slip fwd L flex knee with rt shldr lead to contra check action, rec bk R *(W sd & bk L rise with lft sd stretch,-, slip bk R flex knee with lft shldr lead to contra check action, rec fwd L)* to BFLY COH ; **{Aida Prep}** [Relg trl hnds] Sd L trng LF to slight V pos RLOD, -, thru R, trng RF sd L to BFLY COH ; **{Aida Line & Rock 2s}** Bk R to bk to bk V pos raisg trl arms, -, chg wgt to L w/ soft knee foldg free arm at elbow, replc wgt on R xtndg free arm ;

05-08 RONDE to FENCE LINE w/ ARMSWEEP TWICE ; ; RIGHT PASS ; HIP LIFT ;
{Ronde to Fence Line w/ Armsweep x 2} Fwd L with bdy rise, -, ronde R XRif bent knee trl arm circle CCW *(W CW)* ifo body, rec L ; Sd R body rise, -, XLif bent knee lft arm circle CW *(W CCW)* ifo body, rec bk R to BFLY COH ; **{Right Pass}** Fwd & sd L rise comm trn RF raise ld hnds to create window, -, XRib cont trn, fwd L *(W fwd R rise, -, fwd L comm trn LF under jnd ld hnds, cont trn bk R)* to Low Bfly WALL ; **(Hip Lift)** Sd R in low bfly, -, slight pressure on lft ft lift hip, lower lft hip end in BFLY WALL

09-12 TWISTY VINE 3 ; MANUVER & PIVOT 2 to WALL ; TWISTY VINE 3 ; MANUVER & PIVOT 2 to WALL ;

{Twisty Vine 3} Trng RF sd L to fc, -, XRib to Scar DRW, trng LF sd & fwd L to BJO DLW to Manvrg ; **{Manuver & Pivot 2 to Wall}** Fwd R trng RF ifo W to CP DRW, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL ; Repeat meas 9,10 Part A to Low Bfly WALL ; ;

13-16 RIFF TURN ; NEW YORKER ; SIDE CHECK to SCAR/W DEVELOPE ; BACK to FACE & HIP ROCKS ;

{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 ; **{New Yorker}** Sd L, -, trng to OP LOD fwd R, bk L to BFLY WALL ; **{Sd Checkg to SCAR/W Develope}** [S,S] [In BFLY] Sd R, -, fwd L to SCAR DRW outsd W checkg, - *(W sd L, -, bk R to SCAR, bring L ft up R leg to insd of R knee, extend L ft fwd)* ; **{Bk to Fc & Hip Rocks2}** Bk R to fc ptr & low bfly, -, sd L rollg lft-hip, rec R rollg rt-hip to rt Hndshk WALL ;

PART B

01-04 FULL MOON ; ; ; ;

{Full Moon} [w/ rt Hndshk] Sd & slightly fwd L, -, trng LF bk R, cont LF trn fwd L bringing rt hands up bhnd W to lead spiral *(W sd & fwd R trng RF, -, fwd L trng LF, fwd R twds COH spiralg ⅞ LF)* ; Cont trng LF fwd R twds COH jng lft hnds to VARS COH, -, fwd L, relsg lftL hnds bk R *(W cont LF trn fwd L COH to VARS COH, -, fwd R, bk L trng RF)* ; Sd & bk L trng ⅛ LF, -, cont LF trn bk R, cont LF trn fwd L bringing rt hnds up bhnd W to lead spiral *(W fwd R twd M's rt sd trng RF, -, fwd L, fwd R twds WALL spiralg ⅞ LF)* ; Cont trng LF fwd R Wall jng lft hnds to VARS WALL, -, fwd L, rel lft hnds bk R *(W cont LF trn fwd L twds Wall to VARS WALL, -, fwd R, bk L trng RF)* ;

05-08 LADY TURN RIGHT to FACE & SLIP to CP ; BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ;

{W Trn R to Fc & Slip to CP} With rt hnds still jnd small sd lunge L shaping RF to fc ptr (approx DRW), -, chg to ld hnds trng LF slip bk R blend to CP, rec fwd L (W small fwd R trng RF shaping to fc M, -, slip sd & fwd L trng LF, rec bk R) to CP WALL ; **{Break Back to ½ OP LOD}** Sd R rise, -, trn LF to ½ OP LOD slip bk L flex knee, fwd R ; **{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 trl arm to sd] *(W sd & fwd R body rise, -, fwd L, R [xtndg trl arm to sd])* ; Sd & fwd R body rise, -, fwd L, R [xtndg ld 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 ld arm to sd])* ;

09-12 THE SQUARE ; ; ; ;

{The Square} Fwd L, -, Xg ifo W sd R comm RF trn, fwd L cont RF trn to ½ OP COH *(W fwd R, -, small fwd L, cl R swiv ¼ LF)* to ½ OP COH ; Fwd R, -, small fwd L, cl R swiv ¼ LF to RLOD *(W fwd L, -, Xifo M sd R comm RF trn, fwd L cont RF trn to ½ OP RLOD)* ; Repeat meas 9,10 Part B to ½ OP WALL & to ½ OP LOD ; ;

13-14 FWD to PROMENADE SWAY ; SLOW RECOVER to FACE & HIP ROCKS & ONE SINGLE RIFF TURN ~ ;

{Fwd to Prom Sway &} [S] Sd & fwd L to CP stretch body upward to look over jnd lead hnds,-, relax L knee leave R leg extended, -; **{Slow Rec to Fc & Hip Rocks & 1 Single Riff Trn**} [S] Rec R to low Bfly fc ptr, -, rk sd L**,** rk sd R ; ~ [raisg ld hnds] [QQ] Sd L leadg W to spin RF, cl R *(W Rec L swiv to fcg ptr, -,* rk sd R, rk sd L ; ~ *rec R spinng RF 1 full trn, cl L)* to BFLY WALL ;

ENDING

01-04~ QUICK CHANGE SWAY & RECOVER to FACE & HIP ROCKS ~ ; FENCE LINE w/ ARMSWEEP ; SIDE THRU SERPIENTE ; ;

{Change Sway ~ & Rec to Fc & Hip Rocks} [&SQQ] Stretch left sd to look *ptr (W look well lft*), -, Rec R to low Bfly fc ptr, -, rk sd L**,** rk sd R ; **{Fence Line w/ Armsweep}** Sd L body rise, -, XRif bent knee trl arm circle CCW *(W CW)* ifo body, rec bk L ; **{Sd to Serpiente}** [QQQQ; QQQQ] Sd R, XLif, sd R, fan L CCW ; XLib, sd R, XLif, fan R CCW ;

05-08 SLOW FENCE LINE w/ ARMSWEEP & CLOSE ; BACK & CORTE w/ LEG CRAWL ; SLOW AROUND the WORLD & EMBRACE ; ;

{Slow Fence Line w/ Armsweep & Cl} [QQQQ] Sd R body rise, XLif bent knee ld arm circle CW *(W CCW)* ifo body, rec bk R, cl L to BFLY WALL ; **{Bk & Corte w/Leg Crawl}** Blend cuddle position bk R, -, sd & bk L flex L knee *(W fwd L, sd & fwd R, left leg up along M's outer thigh with toe pntd to floor)* ; **{Slow Around the World & Embrace}** Soften L knee trng LF w/ strong rt sway allowing R ft to extend fwd, -, supportg W w/ hnds on the center of her back slowly roll her to rt straighteng from sway *(W w/ M's lead soften R knee trng LF w/strong L sway, -, slowly roll body to L)*, -; [SS&] Rise bringing W back up to look at ptr, -, and embrace as you lower head *(W rise straighteng to look at ptr, -, and embrace as you lower head to M's chest)*, -;