

GUARDAME

Music: Frank Galan
Cd: Pasioness
<https://www.amazon.com/Pasioness-Clean-Frank-Galan/dp/B07N7MFM6G>
Track #2 Time 3:28 Available from choreographer

Rhythm: Slow Two Step Phase: IV+1 (Triple Traveler)

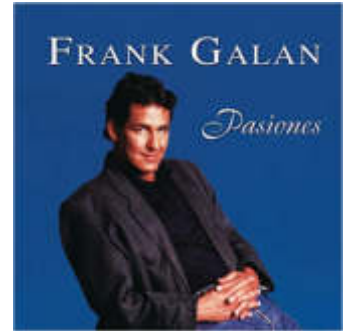
Footwork: Opposite except where (Noted)

Release Date: Jan 24

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Sequence: INTRO AB AB AB(1-15) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; LUNGE BASIC w/ ARMS TWICE ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Lunge Basic w/ Arms x 2} Sd L extd Id arm out to sd & w/ slight lunge action, -, rec R, XLif (W XRif) ; Sd R extd trl arm out to sd & w/ slight lunge action, -, rec L, XRif (W XLif) to rt Hndshk WALL ;

PART A

01-04 Right Hndshk UNDERARM TURN; OP BREAK ; TRADE PLACES TWICE ; ;

{Rt Hndshk Underarm Trn} [With rt hnds] Sd L, -, XRib, rec L (W sd R, -, XLif trng ½ RF under rt hnds, fwd R cont trng to fc ptr) to rt Hndshk WALL ; {OP Break} [Jng rt hnds] Sd R, -, apart L [extd Id arm out to sd], XRif to rt Hndshk WALL ; {Trade Places x 2} [w/ rt Hndshk] Fwd L to Wall passg rt shldr trng ½ RF (W LF), -, [join lft hnds] apart R extd Id arm out to sd, rec L ; [w/ lft hnds jnd] fwd R to Coh passg lft shldr trng ½ LF (W RF), -, rejoin rt hnds apart L extd trl arm out to sd, rec R ;

05-08 SPOT TURN ; OP BASIC ENDING ; SLIDING DOOR BASIC w/ ARMS TWICE ; ;

{Spot Trn} [Relsg both hnds] Sd & fwd L to slight V pos LOD, -, trng LF XRif (W trng RF XLif), rec L to fc WALL ; {OP Basic End} Sd R, -, trng LF (W RF) bk L to ½ OP LOD, fwd R ; {Sliding Door Basic w/ Arms x 2} Sd L twd Wall slidg [trlg arms to a hndhld & Id arms out to sd], -, XRib, rec L (W sd R to Coh, -, XLib, rec R) ; Sd R twd Coh slidg behind W [Id arms to a hndhld & trl arms out to sd], -, XLib to a Id handhold, rec R (W sd L to Wall, -, XRib, rec L) ;

09-12 OPPOSITE BASIC w/ TRAIL ARMS ; FORWARD to FACE TOUCH & ROLL TWO ; TURN INTO ROMANTIC SWAYS ; ;

{Opp Basic w/ Trl Arms} Sd L twd Wall slidg trlg arms to a hndhld & Id arms out to sd, -, XRib, rec L (W sd R to Coh, -, XLib, rec R) to OP LOD ; {Fwd to Fc Touch & Roll 2} Fwd R swiv to fc, -tch [relsg both hnds], sd L roll ½ LF, cont roll sd R to fcg ptr (W fwd L swiv to fc, -tch, sd R roll ½ RF, cont roll sd L to fcg ptr) to BFLY WALL ; {Trn Into Romantic Sways} [Relsg Id hnds] Sd L & swiv LF (W RF) to bk-to-bk [sweep Id hnds up & around to end stretched out to sd at shldr level], -, sd R, XLif (W XRif) ; Sd R and swiv RF (W LF) to fc [bring Id hnds betwn ptrs to lead hip], -, sd L, XRif (W XLif) to Low Bfly & Pickg Up ;

13-16 TRAVELING CROSS CHASSE 4 TIMES & END TO WALL ; ; ;

{Trav Cross Chasse x 4 to CP WALL} Trng sltly LF fwd L to DLC, -, w/ rt shldr Id sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft shldr Id sd & fwd L twd DLC, cl R ; Repeat meas 13 Part A ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl R to BFLY WALL ;

PART B

01-04 TRIPLE TRAVELER ; ; ; HIP LIFT

{Triple Traveler} Fwd L trng LF & raisg jnd Id hnds to Id W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, sd L trng ½ undr jnd Id hnds, sd & fwd R contg trn to LOP LOD) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to Id W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm RF trn, -, sd L cont RF trn undr Id hnds, fwd R to fc ptr) to Low Bfly COH ; {Hip Lift} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip to BFLY COH ;

05-08 FENCE LINE w/ ARMSWEEP TWICE ; AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER Pickg Up to RLOD ;

{Fence Line w/ Armsweep} Sd L, -, circg trl arm full CCW (W CW) XRif (W XLif) on soft knee, rec L ; Sd R, -, [circg Id arm full CW (W CCW) XLif (W XRif) on soft knee, rec R to BFLY COH ; {Aida Preparation} Sd L trng LF (W RF) to OP RLOD, -, thru R trng RF (W LF) to fc ptr, sd L ; {Aida Line Switch & Rec} Trng RF (W LF) Bk R to V BK-TO-BK LOD free hnds up & out, -, swiv LF (W RF) on R sd & bk L to fc ptr, rec R to BFLY COH & Pickg Up to RLOD ;

09-12 TO RLOD TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{To RLOD Triple Traveler} Repeat meas 1,2 & 3 Part B to Rlod ; ; ; **{Basic Ending}** Sd R, -, XLib, rec R to BFLY WALL ;

13-16 ALTERNATING UNDERARM TURN W (chg hnds) M (chg hnds) & W ; ; ; REVERSE UNDERARM TURN ;

{Alternating Underarm Trn W & M} Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (*W sd R comm RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn*) to fc ptr chnge to trl hnds ; Sd R comm RF trn under jnd trl hnds, -, XLif cont RF trn ½, rec R complg full trn (*W sd L raisg jnd trl hnds palm-to-palm, -, XRib, rec L*) , Repeat meas 13 Part B to BFLY WALL ;
{Reverse Underarm Trn} Relg trl hnds sd R [raisg jnd ld hnds palm-to palm], -, XLif, rec R (*W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn*) to BFLY WALL ;

ENDING

01 QUICK SIDE LUNGE & HOLD ;

{Quick Sd Lunge & Hold} [Q] Sd R w/ bent knee extd trl arm out to sd & w/ slight lunge action, -;