

HERIDA DE AMOR

Music: Tamara
Cd Siempre
<https://www.amazon.com/Herida-De-Amor/dp/B07GN6P6Q2>
Time 4:13 Shortened from 2:05,5 to 3:08,5
Slowed Down w/-5% tot Time 3:20 Available from choreographer

Rhythm: Slow Two Step **Phase:** V+1U (Turn Into Romantic Sway's)

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB A A(1-4) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TURN INTO ROMANTIC SWAY'S ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Trn Into Romantic Sway's} Rel ld hnds Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, rk sd R, rk sd L ; Sd R and swiv RF (W LF) to fc bring ld hds btwn ptrs to lead hip, -, rk sd L, rk sd R to BFLY WALL ;

PART A

01-04 SPOT TURN TWICE to Pickg Up ; ; LEFT TURN w/ INSIDE ROLL ; BASIC ENDING ;

{Spot Trn x 2 to Pickg Up} Rel both hnds Sd L, -, XRif trn LF ½, rec L cont LF trn to fc ptr ; Sd R, -, XLif trn RF ½, rec R cont RF trn to fc ptr to BFLY WALL & Pickg Up ; {Left Trn w/ Insd Roll} Fwd L com LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to CP COH ; {Basic Ending} Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L trng LF) to BFLY COH ;

05-08 SIDE BASIC ; REVERSE UNDERARM TURN Manvrg ; ; RIGHT TURN w/ OUTSIDE ROLL ;

BASIC ENDING to Low Bfly & Pickg Up ;

{Sd Basic} Sd L, -, XRib (W XLib), rec L to BFLY COH, - ; {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 COH & Manvrg, - ; {Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {Basic Ending to Low Bfly & Pickg Up} Repeat meas 4 Part A to Low Bfly & Pickg Up ;

09-12 TRAVELING X-CHASSE ; PASSING X-CHASSE ; BACK X-CHASSE TWICE ; ;

(Trav Cross Chasse) Jng both hnds low trng LF fwd L, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; (Passg Cross Chasse) Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif ifo W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; {2 Bk Cross Chasse} Bk L RF trn, -, bk & sd R, XLif (W fwd R trng RF, -, fwd & sd L, XRif) ; Bk R LF Trn, -, bk & sd L, XRif (W fwd L trng LF, -, fwd & sd R, XLif) ;

13-16 W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL ; CIRCLE BOX & Pickg Up ; ;

{W Passg Cross Chasse} Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif ifo M fwd DRW) ; (Trav Cross Chasse to WALL) Fwd R trng RF, -, sd & fwd L, XRif (W bk R trng LF, -, bk & sd L to fcg COH, XRif) to BFLY WALL ; {Circle Box} Sd L raisg ld hnds, -, cl R, fwd L (W RF trn under jnd ld hds fwd R, & circle CW under ld hnds L, R), -, Sd R, -, cl L, bk R (W cont circle CW w/ jnd ld hds fwd L, R, L) to BFLY WALL & Pickg Up, - ;

PART B

01-04 TRIPLE TRAVELER ; ; ; START HORSESHOE TURN ;

{Triple Traveler} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) 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 ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to BFLY COH ; {Start Horseshoe Trn} [Rel trl hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRib (W [Rel trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib) end LOP LOD ;

05-08 FINISH HORSESHOE TURN ; HIP LIFT ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{Finish Horseshoe Trn} Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (*W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk*) to Low Bfly WALL ; **{Hip Lift}** Sd R bring L ft alongsd R ft, -, w/ pressure on L toe lift L hip, lwr hip ; **{Fence Line w/ Armsweep x 2}** Sd L, -, [circg trl arm full CCW (*W circ trl arm full CW*)] XRif (*W XLif*) on soft knee, rec L ; Sd R, -, [circg ld arm full CW (*W circ ld arm full CCW*)] XLif (*W XRif*) on soft knee, rec R to BFLY WALL ;

09-12 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;

M UNDERARM TURN ;

(DBL Hand Underarm Trn to Stacked Hnds) Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked lft over rt hnds fc Wall (*W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hnds lft over rt fc ptr & Coh*) ; **(OP Break to Fc)** Sd R, -, apt L, rec R to W's rt sd fc WALL ; **(Change Sides/W Underarm)** Fwd L Wall chg sds trng RF lead W trn under ld hnds, -, sd R, XLif (*W fwd R Coh chg sds LF trn under ld hnds, -, sd L, XRif fc Wall*) to BFLY COH ; **{M Underarm Trn}** 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*) to BFLY COH ;

13-16 TWIRL/VINE 3 ; THRU SIDE BEHIND ; CROSS BODY ; HIP ROCKS ;

{Twirl/Vine 3} Sd L raisg jnd ld hnds, -, XRib, sd L (*W trng RF under jnd ldhnds fwd R, -, sd & bk L, fwd R*) to BFLY COH ; **{Thru Sd Behind}** Thru R, -, sd L, XRib (*W XLib*) to BLFY COH ; **{Cross Body}** Sd L, -, slip bk R trng LF, rec L to fc Wall (*W sd R, -, fwd L trng LF, fwd & sd R contg LF trn to fc M*) & Low Bfly WALL ; **{Hip Rocks}** Sd R, -, rk sd L, rk sd R ;

ENDING

01-02 CROSS BODY ; RIGHT LUNGE & HOLD ;

{Cross Body} Repeat meas 15 Part B ; **(R Lunge & Hold)** Sd and slightly fwd R keepg lft sd leavg L extended,-,-,-;