

MIS AMORES

Music: Frank Galan
www.amazon.com/-/es/Frank-Galan/dp/B07N7MFM6G
Cd: Pasiones Track # 5 Time 3:23 Available from choreographer

Rhythm: Bolero **Phase:** V+1 (Checked R Pass) + 1U (Trn Into Romantic Sways)

Footwork: Opposite except where (Noted)

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Choreo: Jos Dierickx Beverloesestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO AB INTRO(5-8) AB(1-12) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT FOR INTRO MUSIC ~ & TWO MEASURES ; ; TURN INTO ROMANTIC SWAY'S ; ;
{Wait} Bfly Pos Wall ld ft free wt for intro music & 2 meas ~ ; ; {Trn Into Romantic Sway's} [Relg 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, -, hip rk sd R, hip rk sd L ; Sd R & swiv RF (W LF) to fc bring ld hnds btwn ptrs to lead hip, -, hip rk sd L, hip rk sd R to BFLY WALL ;

05-08 UNDERARM TURN ; AIDA PREPARATION ; AIDA LINE & HIP ROCK 2 ; SWIVEL to FACE & FENCELINE w/ ARMSWEEP ;
{Underarm Trn} Sd L, -, relg trl hnds & raisg ld hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd ld hnds XLif, comp full RF trn fwd R to fc ptr) to BFLY WALL ; {Aida Prep} Relg trl hnds Sd R trng to slight V pos RLOD, -, thru L to LOP RLOD, trng LF sd R to BFLY WALL ; {Aida Line & Hip Rock 2} Bk L to bk to bk V pos raisg ld arms, -, chg wgt to R w/ soft knee foldg free arm at elbow, replc wgt on L xtndg free arm ; {Fence Line w/ Armsweep} Fwd R Swiv RF fc ptr, -, XLif (W XRif) bent knee ld arm circle CW (W CCW) ifo body, rec bk R to BFLY WALL ;

PART A

01-04 CHECKED RIGHT PASS ; M RONDE to FWD BREAK ; DBL HAND OPENING OUT TWICE ; ;
{Checkd Right Pass} Fwd & sd L raisg lft hnd start RF rotation around Lady placg rt hnd on W's R hip chkg 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 Fwd Brk} Fwd R ronde L ft cont RF trn to fc ptr & wall, -, ck fwd L, rec R (W sd & bk L, -, bk R, rec L) to BFLY WALL ; {DBL Hnd Opening Out x 2} In bfly Cl L body rise and body rotate LF, -, lower on L & xtnd R ft 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 & xtnd 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 BFLY WALL ;

05-08 SIDE LUNGE & REVERSE TWIRL ; HORSESHOE TURN ; ; SIDE LUNGE & ONE SINGLE RIFF TURN ;
{Sd Lunge & Rev Twirl} Sd lunge L ckg Lady w/ rt hnd on her rt hip, -, raisg ld hnds rec R leadg W to twirl LF, XLif (W sd lunge R ckg, -, twirl LF L, R,) ; {Horseshoe Trn} Sd & fwd R to V pos RLOD, -, cont trn thru L RLOD, XRib (W XLib) to V pos & raise ld hnds ; Circ LF to fc ptr fwd L, -, R, L (W circ RF ½ undr jnd hnds fwd R, -, L, R to fc ptr) to BFLY COH ; {Sd Lunge & 1 Single Riff Trn} Sd lunge R, -, raisg ld hnds sd L leag W to spin RF, cl R (W sd Lunge L, -, rec R spinng RF 1 full trn, cl L) to BFLY COH ;

09-12 CROSS BODY & rt Hndshk ; SHADOW NEW YORKER to Stacked Hnds ; X-HAND UNDERARM TURN ;
SHADOW BREAK w/ M's HEAD LOOP to ½ OP LOD ;
{Cross body} [rt hnds jnd] Sd & bk L trng LF, -, bk R w/slipg action, fwd L cont trn fc WALL (W sd & fwd R, -, fwd L Xg ifo M trng LF, sm step sd R) to rt hndshk WALL ; {Shad New Yorker to Stacked Hnds} Sd R, -, thru L to fc RLOD, bk R to fc jng lft hnds w/ rt hnds on top ; {X-Hnds Underarm Trn} Sd L [lft hnds jnd under rt hnds], -, small stp bk R, rec fwd L (W sd R, -, XLif comm RF trn under Xg hnds, rec fwd R cont RF trn fc COH) ; {Shad Break w/ M's Head Loop to ½ OP LOD} Sd R raisg lft hnds & loopg over M's head lowerg hnds & relsg lft hnds, -, bk L trng LF to ½ OP LOD, fwd R ;

13-17 OP IN & OUT RUNS ; ; SWITCH & WALK 2 RLOD ; SWITCH & WALK 2 TO LOD & BFLY ; RIFF TURNS ;
{OP In & Out Runs} Fwd L rise, -, fwd R twd DLW across W comm trn RF, bk L cont trn to fc LOD [w/ free arms out to sd] (W fwd R rise, -, L, R) to ½ LOP LOD ; Fwd R rise, -, fwd L, R [w/ free arms out to sd] (W fwd L rise, -, fwd R twd DLW across M comm trn RF, bk L cont trn to fc LOD) to ½ OP LOD ; {Switch & Walk 2 RLOD} [Blend to fc] Sd & fwd L trng ½ RF to LOP RLOD, -, fwd R, fwd L ; {Switch & Walk 2 LOD to BFLY} Sd & fwd R trng to ½ LF to OP LOD, -, fwd L, fwd R blndg to BFLY WALL ; {Riff Trns} [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 B

01-04 CROSS BODY/W OVERTURNED to SHADOW COH & rt hndshk ; 3 SWEETHEARTS w/ CHANGE HANDS ; ; ;

{Cross Body/ W Overtrnd to Shadow} Sd & bk L LF trn body rise [While changing to rt hndshk], -, bk R slip action, fwd L LF trn fc WALL (*W sd & fwd R body rise, -, fwd L crossg ifo M trng LF, small stp sd R ½ LF spin fc COH*) to SHADOW COH ; **{3 Sweet Hearts w/ chng Hnds}** Still rt hnds jnd sd R, -, XLif, rec R (*W sd L, -, XRib, rec R*) ; [Chg to lft hnds jnd] Sd L, -, XRif, rec L (*W sd R, -, XLib, rec L*) ; [Rejnd rt hnds] Sd R, -, XLif, rec R (*W sd L, -, XRib, rec R*) ;

05-08 W SWIVEL INTO CROSS BODY ; REVERSE UNDERARM TURN & rt Hndshk ; PARALLEL BREAKS ; ;

{W Swivel Into X-Body} Sd L lead W RF swiv, -, XRib comm LF trn, cont LF trn rec L fc ptr (*W sd R swiv ½ RF, -, fwd L Xg ifo M trng LF, small stp sd R ½ LF spin to fc*) to BFLY WALL ; **{Reverse Underarm Trn & rt Hndshk}** Sd R raisg ld hnds, -, XLif, rec R (*W sd L comm ½ LF trn undr jnd ld hnds, -, XRif contg trn, fwd L compg trn to fc ptr*) to rt hndshk WALL ; **{Parallel Breaks}** w/ rt hndshk Sd L, -, bk R trng ¼ LF allowg W Xg if, fwd L cont LF trn to fc COH (*W sd R, -, fwd R comm trng LF ifo M, compg LF trn sd & bk R to fc Wall*) [similar to W whip action] ; w/ rt hndshk Sd R, -, fwd L comm trng LF ifo W, sd & bk R compg LF trn (*W sd L, -, bk R trng ¼ LF allowg M Xg if, fwd L cont LF trn*) to BFLY WALL ;

09-12 LEFT PASS ; SHOULDER to SHOULDER TWICE ; ; HIP LIFT ;

{Left Pass} Fwd L to SCAR, -, bk R, fwd L trng LF (*W fwd R trng ¼ RF w/ bk to ptr, -, sd & fwd L w/ strong LF trn, bk R*) to BFLY COH ; **{Shoulder to Shldr x 2}** Sd L, -, fwd R to BFLY-BJO, bk L to BFLY ; Sd R, -, fwd L to BFLY-SCAR, bk R to Low Bfly WALL ; **{Hip Lift}** In Low Bfly Sd R, -, slight pressure on L ft lift lft hip, lower lft hip to CP COH ;

13-16 TURNING BASIC ; BACK BREAK to ½ OP LOD ; BOLERO WALKS to FACE ; ;

{Trng Basic} Sd L w/slight RF body rotation, -, bk R trng ¼ LF w/ slip pivot action, sd and fwd L trng ¼ LF to BFLY WALL ; **{Bk Break to ½ OP}** Sd & bk R body rise, -, bk L blend ½ OP fcg LOD, rec fwd R to ½ OP LOD ; **{Bolero Walks to Fc}** Fwd L, -, fwd R, fwd L ; Fwd R trng to fc ptr, -, sd L, cl R to BFLY WALL ;

ENDING

01-04 TURNING BASIC ; SIDE & CHECK to SCAR/W DEVELOPE & HOLD ONE MEAS ; ; BACK to FACE & HIP ROCK TWO ;

{Trng Basic} Sd L w/slight RF body rotation, -, bk R trng ¼ LF w/ slip pivot action, sd & fwd L trng ¼ LF to BFLY WALL ; **{Sd & Check to SCAR/W Develope & Wait 1 Meas}** Sd R, -, XLif to SCAR DRW (*W sd L, -, XRib RF to fc DLC, bring L ft [w/ toe pntd down] up R leg to insd of R knee & xtnd L ft fwd*) ; Wait One Meas ; **{Bk to Fc & Hip Rock 2}** Bk R to fc ptr, -, sd L rollg lft hip, rec R rollg rt hip ;

05-07 PREP AIDA ; AIDA LINE & EXTEND ARMS ;

{Aida Prep} Relsg trl hnds Sd L trng LF to slight V pos LOD, -, thru R, trng RF sd L to BFLY WALL ; **{Aida Line & Xtnd Arms}** Bk R to bk to bk V pos to RLOD, raisg trl arms up & out, -, -;