

MOMENTOS

Music: Julio Iglesias

www.amazon.com/My Life - The greatest Hits

Cd 2 Track # 5 Time 3:32 Speed up with +5%

Available from choreographer

Rhythm: Rumba Phase: V

Footwork: Opposite except where (Noted)

Release Date: April 19

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Sequence: INTRO AB INTRO AB END



INTRO

CP WALL LEAD FOOT FREE START AFTER A FUE INTRO NOTES

01-04 BASIC HALF INTO FULL NATURAL TOP ; ; ; ;

{Basic ½ Into a Full Natural Top} Fwd L, rec R, sd L trng RF (*W bk R, rec L, fwd R btw M's ft*) to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trn sd L, XRib (*W sd L, XRif btw M's ft, sd L*) to CP WALL, -; Cont RF trn sd L, XRib, cont RF trn sd L (*W XRif, cont RF trn sd L, XRif*), -; XLib, cont RF trn sd R, cls L (*W cont RF trn sd L, XRif, cls L*) end to CUDDLE POS WALL, -;

05-06 TWO CUDDLES ; ;

{Cuddle x 2} Sd L, rec R, cl L placing L hnd on W's R shldr blade (*W trng ½ RF bk R with free arm out to sd, rec L, fwd R plcg R hnd on M's L shldr trng ½ LF*) to CP WALL, -; Sd R, rec L, cl R placing R hnd on W's L shldr blade (*W trng ½ LF bk L with free arm out to sd, rec R, fwd L plcg L hnd on M's R shldr trng ½ RF*) to CP WALL, -;

PART A

01-04 OP BREAK to r-hndshk ; UNDERARM TURN ; SHADOW BREAK to OP LOD ; START PARALLEL BREAKS ;

{OP Break to r-hndshk} Apt L raisg trl arm straight up, rec R, sd L to r-hndshk WALL, -; {Underarm Turn} [w/ r-hndshk] Raisg R-hnds palm to palm XRib, rec L, sd R (*W XLif comm RF trn under R-hnds, cont RF trn rec R fc WALL, sd L*) to r-hndshk WALL, -; {Shadow Break to OP LOD} [w/ r-hndshk] XLib (*W XRib*) trng both to OP LOD w/ W's L-arm xtnd bhd M's bk, fwd R, L to OP LOD, -; {Start Parallel Breaks} w/ r-hndshk Rk bk R leading 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*) [similar to W whip action], -;

05-08 FINISH PARALLEL BREAKS ; FENCE LINE w/ ARMSWEEP ; CHASE /W UNDERARM PASS ; ;

{Finisht Parallel Breaks} 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, sd R*) to BFLY WALL, -; {Fence Line w/ Arm Sweep} XRif (*W XLif*) w/ bent knee l-arm circle CCW (*W r-arm circle CW*) ifo body, rec L, sd R trng to BFLY WALL, -; {Chase / W Underarm Pass} [relsng trail hnds] Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (*W bk R, rec L, fwd R twd M's L 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 BFLY COH, -;

09-12 OP HIP TWIST INTO A FAN ; ; START STOP & GO INTO A CROSS BODY ; ;

{OP Hip Twist to a Fan} Fwd L, rec R, cl L (*W bk R, rec L, fwd R & swivel ¼ RF*) end L-Shape M fcg COH W fcg RLOD, -; XRif, cl L, sd R (*W fwd L, trng ½ LF sd R, bk L*) to fan pos, -; {Start Stop & Go Into Cross Body} Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" pos (*W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc RLOD*), -; Bk R comm LF trn to CP, rec L comp LF trn to CP WALL, sd R (*W fwd L comm LF trn, fwd & sd R to CP cont LF trn to fc ptr, sd L*) to BFLY WALL, -;

13-16 START SCALOP INTO A FAN ; ; HOCKEY STICK ; ;

{Start Scallop Into a Fan} [QQQQ] Trng sharply to SCP LOD XLib (*W XRib*), rec R trng sharply to CP, sd L, swivel 1/8 LF on L; Thru R, cl L, sd R (*W thru L, fwd & sd R trng ½ LF, bk L*) to Fan Pos, -; {Hockey Stick} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Sm bk R, rec L, long fwd R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L*) to LOP-FCG DRW, -;

PART B

01-04 ALEMANA ; ; SYNCOPATED TWISTY FRONT VINE to SCAR ; CROSS SWIVEL to BJO/W DEVELOPE ;

{Alemana} Fwd L, rec R, cl L (*W bk R, rec L, fwd & sd R to l-sd of M*), -; Bk R, rec L, sd R (*W fwd XLif turn RF, fwd R cont turn, sd L to r-sd M*), -; **{Syncop Twisty Front Vine}** [QOOQ] Thru L (*W thru R*) to SCAR DRW, sd R to fc ptr, XLib (*W XRib*) to BJO DLW, sd R & swivel RF to SCAR DRW ; **{Cross Swivel to Bjo/W Developpe}** [S-] Fwd L outsd ptr/swvl on L-foot LF DLW, pt R sd & bk RLOD, hold shaping twd W (*W bk R/swvl LF on R-foot to fc DRC, bring L-foot [w/ toe pointed down] up R leg to insd of r-knee, extend l-foot fwd*) to BJO DLW, -;

05-08 THRU SERPIENTE ; ; AIDA ; SWITCH & RECOVER w/ r-hndshk ;

{Thru Serpiente} Thru R, sd L, XRib, flare CCW w/ L-ft (*W XLib, sd R, XLif, flare CCW w/ R-ft*) ; XLib, sd R, XLif, flare CCW w/ R-ft (*W XRif, sd L, XRib, flare CCW w/ L-ft*) ; **{Aida}** Thru R, sd L trng RF, bk R cont RF trn (*W XLib, sd R trng LF, bk L cont LF trn*) to V-bk-to-bk pos RLOD, -; **{Switch & Rec}** [SS] Sd & bk L trng LF to fc ptr, -, hip rk R & r-hndshk, -;

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

{Trade Places x 2} With R hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R 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 in front of M then rel jnd R hnds, cont LF trn to fc ptr & WALL stepping sd & bk R twd COH*) joining L hnds,-; With L hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd L 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 in front of M then rel jnd L hnds, cont RF trn to fc ptr & WALL stepping sd & bk L twd WALL*) joining R hnds,-; **{Trade Places / W spiral}** Rk apt L, rec R comm to pass R shldr while trng ¼ RF and keeping R hnds jnd, cont to trn RF stepping sd L twd WALL (*W rk apt R, rec L, fwd R fwd COH spiralling 7/8 LFundr jnd R 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, -;

13-15 START CROSS BODY INTERRUPT w/ TWO SWIVELS [2^{de} TIME : Slow down] ; FINISH CROSS BODY ;

{Start Cross Body} Fwd L, rec R trng ¼ LF, sd L (*W bk R, rec L, fwd R*) to "L" shaped loose CP pos M fcg RLOD & W fcg WALL, -; **{Interrupt w/ 2 Swivels}** [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (*W fwd L swvl ½ LF, -, fwd R swvl ½ RF*) still in "L" pos, -; **{Finish Cross Body}** Bk R, rec L trn ¼ LF, sd R (*W fwd L, fwd R trng ½ LF, sd L*) to BFLY WALL, -;

ENDING

01-05 BASIC HALF to NATURAL TOP ; ; CUDDLE TWICE ; ; BACK CORTE & HOLD ;

{Basic ½ to Natural Top} Fwd L, rec R, sd L trng ¼ RF to CP RLOD,-; XRib, sd L, cl R (*W sd L, fwd R betwn M's ft, sd L*) to CP WALL, -; **{2 Cuddles}** Repeat meas 5,6 Intro ; ; **{Bk Corte & Hold}** [S] Sd & bk L flexing L knee & trn to RSCP RLOD leave r-leg extended toe pt to floor ;