

NOSOTROS

PG 1 OF 2

CHOREO: Peg & John Kincaid, 9231 Limestone Place, College Park, MD 20740
(301) 935-5227 E-Mail kincaidcpa@aol.com www.dancerounds.info/kincaid
MUSIC: "Nosotros" by Trio Boleros De Oro 3:30 download Amazon
FOOTWORK: Opposite unless otherwise indicated
RHYTHM: RUMBA RAL PHASE IV + 2 [cuddles, sweethearts] +1 unphased [circular cross bdy]
SPEED: increased 3% adjust for comfort
SEQUENCE: INTRO A A B B(mod-1) C B(mod-2) RELEASED 5/2017 corrected 7/2017

INTRO

- 1-6 WAIT:: 2 SLOW CROSS SWVLS: REV U/A TRN: CROSS BODY ENDG: 2 SLOW HIP RKS TO SHAKE HNDS:
1-2 BFLY COH lead ft free wait;;
3 [2 SLOW CROSS SWIVELS] rk sd L,-, rk sd R,- (W XRIF of L swiveling LF,-, XLIF of R swiveling RF,-);
4 [REV U/A TRN] XLIF of R leading W to trn LF undr jnd lead hnds, rec R, sd L,-(W XRIF of L comm LF trn undr jnd lead hnds, cont LF trn sd & fwd L, sd R to fc ptr,-);
5 [CROSS BODY ENDG] bk R, rec L trng 1/4 LF to fc RLOD, cont LF trn to fc WALL, sd R,-(W fwd L, fwd R trng 1/2 LF to fc COH,-) end fcg ptr WALL lead ft free;
6 [2 SLOW HIP RKS SHAKE HNDS] rk sd L,-, rk sd R joining R/R hnds,-;
- PART A
- 1-8 STRT THE FLIRT: SWEETHEART TWICE:: FINISH FLIRT TO FAN: ALEMANA:: FWD BASIC TO CHEST PUSH: HKY STK ENDG:
1 [STRT THE FLIRT] fcg ptr WALL shake hnds pos fwd L, rec R, cl L leading W to trn 1/2 LF,- (W bk R, rec L, fwd R trng 1/2 LF to varsouv pos,);
2-3 [SWEETHEART TWICE] varsouv pos WALL with both hnds jnd raise jnd hnds cking fwd R with L sd lead into contra ck like action, rec L, sd R,- (W bk L with R sd lead into a contra ck like action, recover R, sd L moving in frnt of M to his L sd,-); ck fwd L with R sd lead into contra ck like action, rec R, sd L,-(W bk R with L sd lead into contra ck like action, rec L, sd R moving to M's R sd,-);
4 [FINISH FLIRT TO FAN] bk R, rec L, sd R,-(W bk L, rec R, sd L moving in frnt of M and trng 1/4 RF to fan pos,-);
5-6 [ALEMANA] fwd L, rec R, sd L,- (W cl R, fwd L, fwd R trng 1/4 RF to fc ptr,-); bk R leading W to trn RF undr jnd lead hnds, rec L, sd R,-(W fwd L trng RF undr jnd lead hnds, fwd R cont RF trn, sd L to fc ptr,-);
7 [FWD BASIC TO CHEST PUSH] fwd L, rec R, bk L,-(W bk R, rec L, fwd R placing R hnd on M's chest,-);
8 [HKY STK ENDG TO WALL] bk R, rec L, fwd R,-(W pushing off M's chest comm LF trn fwd L, fwd R trng 1/2 LF, bk L,-) end fcg ptr WALL;
- REPEAT PART A
- PART B
- 1-4 CHASE WITH U/A PASS:: FENCE LINE: ALEMANA ENDG TO:
1-2 [CHASE WITH U/A PASS] with lead hnds jnd fwd L trn 1/2 RF, rec R fcg COH with lead hnds down, fwd L,-(W bk R, rec L, fwd R beh M's twd his L sd,-); bk R, rec L leading W to trn under jnd lead hnds, sd R,- (W fwd L, fwd R trng 1/2 LF under jnd lead hnds, sd L,-) end fcg ptr COH;
3 [FENCE LINE] in BFLY lunge thru R with bent knee looking twd LOD, rec L to fc ptr, sd R,-;
4 [ALEMANA ENDG TO] bk R leading W to trn RF undr jnd lead hnds, rec L, sd R,-(W fwd L trng RF undr jnd lead hnds, fwd R cont RF trn, fwd L to M's R sd,-);
- 5-12 LARIAT:: CUDDLE 3 TIMES:: SPOT TRN: ALTERNATIVE BASICS::
5-6 [LARIAT] sd L, rec R, cl L,-(W fwd R, L, R moving CW arnd M on his R sd,-); sd R, rec L, cl R,-(W fwd L cont CW arnd M, fwd R to fc ptr, sd L,-) end fcg COH;
7-9 [CUDDLE 3 TIMES] Fcg ptr COH sd L leading W to trn RF, rec R, cl L,- (W with L hnd on M's R shldr trn RF on L bk R, rec L comm LF trn, cont LF trn to fc M sd R placing R hnd on M's L shldr,-); Leading W to trn LF sd R, rec L, cl R- (W trng LF on R bk L, rec R trng RF, cont RF trn to fc M sd L placing L hnd on M's R shldr,-);
10 [SPOT TRN] XRIF of L trng 1/2 LF on crossing foot, rec L, cont LF trn to fc ptr, sd R,-;
11-12 [ALTERNATIVE BASICS] cL, cl R, sd L,-; cl R, cl L, sd R,-;

PART B (MOD-1)

1-14 CHASE WITH U/A PASS;; FENCE LINE; ALEMANA ENDG TO LARIAT;;; CUDDLE 3 TIMES;;; SPOT TRN; ALTERNATIVE BASICS;; CHASE FULL TRNS TO SHAKE HNDS;;

1-12 REPEAT MEAS 1-12 PART B to end fcg WALL;;;;;;;

13-14 [CHASE FULL TRNS TO SHAKE HNDS] fwd L trng 1/2 RF, rec R pivoting RF on ball of R ft to make complete trn to fc ptr, sd L,- (W bk R, rec L, sd R,-); bk R, rec L, sd R,-(W fwd L trng 1/2 RF, rec R pivoting RF on ball of R ft to make complete trn to fc ptr, sd L,-) end fcg WALL join R/R hnds;

PART C

1-8 CIRCULAR CROSS BODY;;;; SHADOW NYR: REV U/A TRN; CROSS BDY ENDG;

1 [CIRCULAR CROSS BODY] fcg ptr WALL R hnds jnd fwd L, rec R trng 1/4 LF to fc LOD, sd L,- (W bk R, rec L, fwd R,-) end M fcg LOD & W fcg COH;

2 Bk R, rec L comm LF trn leadg W across in frnt of M, cont LF trn to fc DRC cl R,- (W fwd L, fwd R comm LF trn, cont LF trn to fc DRC sd L,-) blend to vars pos DRC;

3 Fwd L, rec R trng LF 1/8 to fc RLOD, sd L,-(W fwd R, fwd L releasing jnd hnds & trng 1/2 RF DLW, cont RF trn to fc WALL sd R,-) end M fcg RLOD & W fcg WALL with R hnds jnd in frnt of W;

4 Bk R, rec L comm LF trn leadg W to cross in frnt of M, cont LF trn to fc DLW cl R,- (W fwd L, fwd R comm LF trn, cont LF trn to fc DLW sd L,-) blending to vars pos fcg DLW;

5 Fwd L, rec R trng sl LF, fwd L to fc ptr WALL,-(W fwd R, fwd L releasing jnd hnds & trng RF to fc DRC, cont RF trn to fc ptr COH sd R,-) end fcg ptr WALL;

6 [SHADOW NYR] trail ft free R hnds jnd XRIF of L w/straight leg trng LF to fc LOD, rec L to fc ptr, sd L,-;

7 [REV U/A TRN] REPEAT MEAS 4 INTRO;

8 [CROSS BDY ENDG] REPEAT MEAS 5 INTRO TO END FCG ptr COH;

9-14 SHLDR TO SHLDR TWICE TO L HND STAR;; UMBRELLA TRN;;;

9-10 [SHLDR/SHLDR TWICE TO L HND STAR] fcg ptr COH jn both hnds in low BFLY fwd L to SCAR pos, rec R to fc, sd L,-(W bk R to SCAR pos, rec L to fc, sd R,-); fwd R to BJO pos, rec L to fc, sd R trng sl RF to join L/L hnds,-(W bk L to BJO pos, rec R to fc, sd L trng sl RF to join L/L hnds,-);

11-12 [UMBRELLA TRN] in L hnd star pos fwd L, rec R, bk L,-(W bk R, rec L, fwd R trng 1/2 LF,-); bk R, rec L, fwd R,- (W bk L, rec R fwd L trng 1/2 RF,-);

13-14 REPEAT MEAS 11 & 12 PART C to end fcg ptr;;

15-18 BRK BK TO OP; THRU TO AIDA; SWITCH RK; SPOT TRN;

15 [BRK BK TO OP] bk L trng 1/4 LF to OP RLOD, rec R, fwd L,-;

16 [THRU TO AIDA] fwd R comm RF trn releasing trail hnds, sd & bk L, bk R to "V" bk to bk pos jng lead hnds,-;

17 [SWITCH RK] in "V" bk to bk pos trn LF to fc ptr sd L bringing jnd lead hnds thru, rec R, sd L to fc ptr,-;

18 [SPOT TRN] XRIF of L comm LF trn 1/2, rec L cont trn to fc ptr COH, sd R,- (W XLIF of R comm RF trn 1/2, rec R cont trn, sd L to fc ptr,-);

PART B (MOD-2)

1-6 CHASE W/U/A PASS;; FENCE LINE; ALEMANA ENDG TO LARIAT;;;

1-6 REPEAT MEAS 1-6 PART B to end fcg WALL;;;;;;;

7-9 ONE CUDDLE; SPOT TRN; FWD BASIC & BOTH CARESS;

7 [ONE CUDDLE] REPEAT MEAS 7 PART B;

8 [SPOT TRN] REPEAT MEAS 10 PART B;

9 [FWD BASIC & BOTH CARESS] fwd L, rec R, sd L raising R hnd to caress W's face,-(W bk R, rec L, sd R raising R hnd to caress M's fc,-);