

SERENATA SERENA

Music: Roger Whittaker
Cd Moments in Life
www.amazon.com/Serenata-serena/dp/B002G1WH9S
Time 4:00 Shortened from 3:28 to End
& Fade Out from 3:24 to End to Time 3:28
Available from choreographer

Rhythm: Bolero **Phase:** V

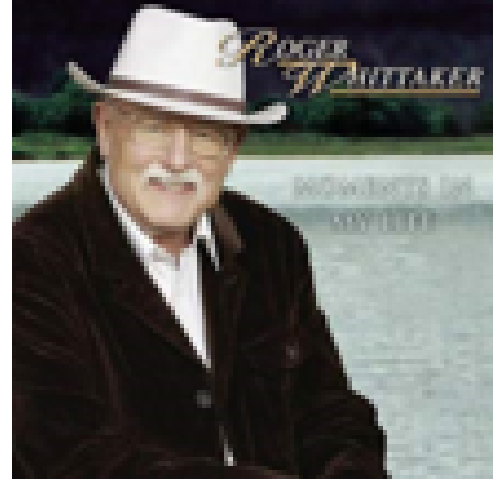
Footwork: Opposite except where (Noted)

Release Date: Sept 19

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence : INTRO AA BC A INTRO (3-8) END



INTRO

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

{Wait} Low Bfly WALL Id ft free wt 2 meas ; ; **{Turn Into Romantic Sways}** Release Id-hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep Id-hnds up & around to end stretched out to sd at shoulder level, -, sd R, rec L ; Sd R and swiv RF (*W LF*) to fc bring Id-hnds btwn ptrs to lead hip, -, sd L, rec R ;

05-08 TURNING BASIC ; LUNGE BREAK ; TURNING BASIC ; LUNGE BREAK ;

{Turning Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (*W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF*) to Bfly Pos COH ; **{Lunge Break}** Sd & bk R to LOP FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise (*W sd & bk L, -, bk R w/ sitting action, rec L*) ; **{Turning Basic}** Repeat meas 5 Intro to WALL ; **{Lunge Break}** Repeat meas 6 Intro to Bfly WALL ;

PART A

01-04 UNDERARM TURN ; SIDE & CHECK to SCAR/W DEVELOPE ; BACK to FACE & HIP ROCK 2 ; SPOT TURN ;

{Underarm Turn} Sd L, -, relg tl-hnds & raisg Id-hnds sm bk R, rec L (*W sd & fwd R, -, trng RF undr jnd Id-hnds XLif, comp full RF trn fwd R to fc ptr*) to Bfly WALL ; **{Sd & Check/W Develope}** Sd R, -, XLif to SCAR DRW (*W sd L, -, XRib RF on R-foot to fc DLC, bring L-foot [w/ toe pointed down] up R-leg to insd of R-knee & extend L-foot fwd*) ; **{Bk to Fc & Hip Rock 2}** Bk R to fc ptr, -, sd L rollg lft-hip, rec R rollg r-hip ; **{Spot Turn}** Sd & fwd L to slight V pos LOD, -, relg hnds & trng LF XRif (*W trng RF XLif*), rec L to Bfly WALL ;

05-08 REVERSE UNDERARM TURN ; PREPARATION to AIDA ; AIDA LINE SWITCH & RECOVER ; SLOW HIP ROCK 2 ;

{Reverse Underarm Turn} Sd R, -, XLif, bk R (*W sd L com LF trn undr jnd Id-hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr*) to Bfly WALL ; **{Prep to Aida}** Releasg Id-hnds Sd L trng LF to LOD, -, fwd R trng RF to fc ptr, cl L to Bfly WALL ; **{Aida Line Switch & Rec}** releasg tl-hnds Bk R to bk to bk V pos raisg tl-arms up, -, sd & bk L trng LF to fc ptr, rec R to Low Bfly WALL ; **{Slow Hip Rock 2}** Sd L rollg lft-hip, -, rec R rollg r-hip, -;

08- ½ ONE RIFF TURN ~;

{One Riff Turn~} [QQ] Sd L raisg Id-hnds, cl R (*W sd & fwd R com RF spin, cl L compg full RF spin undr jnd hnds*) ~ to CP WALL ;

09-12 LEFT PASS ; FORWARD BREAK ; DBL HND OPENING OUT TWICE ; ;

{Left Pass} Fwd L w/ rise to SCAR DLW lead W trn RF to shape body LOD, -, slip bk R flex knee, fwd L trn LF to fc COH (*W fwd R trn ¼ RF back to M, -, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr*) to BFLY COH ; **{Fwd Break}** Sd & fwd R body rise, -, fwd L w/ contra ck like action, rec bk R to Bfly COH ; **{DBL Hnd Opening Out x 2}** In bfly small sd & fwd L body rise and body rotate LF, -, lower on L and extend R-ft to sd, rise on L body rotate in Bfly (*W sd & bk R body rise and body rotate LF match ptr, -, XLif lowering, fwd R in Bfly*) ; Sd & fwd R body rise and body rotate RF, -, lower on R and extend L-ft to sd, rise on R body rotate in Bfly (*W sd & bk L body rise and body rotate RF match ptr, -, XRib lowering, fwd L in Bfly*) to Bfly COH ;

13-14 RIGHT PASS ; NEW YORKER :

{Right Pass} Fwd & sd L begin RF trn raise ld-hds to create window, -, XRib cont RF trn, fwd L (*W fwd R, -, fwd L begin LF trn, bk R cont LF trn under raised ld-hds*) to BFLY WALL ; **New Yorker}** Sd & fwd R RLOD rise, -, slight trn RF (*W LF*) ck thru L soft knee, rec R trn to Bfly WALL ;

PART B

01-04 DBL HND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDE/W UNDERARM ; HIP LIFT ;

{Dbl Hndhd Underarm Turn to stacked hnds} [Keep both hands] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked lft- over r-hnds (*W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hands lft- over r-hnds*) to WALL ; **{ OP Break to Fc}** [w/stacked hnds] Sd R, -, apt L raising stacked hnds fwd, rec R to r-sd of W ; **{Change Sides /W Underarm}** Raising stacked hnds Fwd L Wall turng RF chg sds lead W trn under stacked hnds, -, sd R, XLif (*W fwd R coh LF trn under stacked hnds chg sds, -, sd L, XRif*) to low bfly COH ; **{Hip Lift}** Sd & fwd R to CP (*W sd & fwd L*) bringing L-ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift lft-hip, lowr lft-hip relaxing knee to Low Bfly COH ;

05-08 CROSS BODY w/ r-Hndshk/W OVERTURNED to SHADOW ; 3 SWEETHEARTS ; ; ;

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

09-12 W SWIVEL INTO CROSS BODY ; HORSESHOE TURN ; ; FENCE LINE w/ ARMSWEEP to ½ OP LOD ;

{W Swivel Into X-Body} Sd L lead W RF swivel, -, XRib comm LF trn, cont LF trn rec L fc ptr (*W sd R swivel ½ RF, -, fwd L Xif Man trng LF, small stp sd R ½ LF spin to fc*) to BFLY WALL ; **{Horseshoe Turn}** Sd & fwd R to V-pos RLOD, -, cont trn thru L RLOD, XRib to V-Pos & raise ld-hnds ; Circ ½ CCW fwd L, -, R, L (*W circ ½ CW undr jnd hnds fwd R, -, L, R*) to BFLY COH ; **{Fence Line w/ Armsweep to ½ OP LOD}** Sd R body rise, -, XLif bent knee lft-arm circle CW ifo body, rec bk R to ½ op LOD ;

13-16 OP IN & OUT RUNS ; ; SPOT TURN to r-hndshk ; START HALF MOON ;

{OP In & Out Runs} Sd & fwd L body rise, -, fwd R ifo W comm RF trn, sd L cont RF trn fc (*W sd & fwd R body rise, -, fwd L, R*) ; Sd & fwd R body rise, -, fwd L, R (*W sd & fwd L body rise, -, fwd R ifo M comm RF trn, sd L cont RF trn*) to ½ OP LOD ; **{Spot Turn}** Sd & fwd L to slight V pos LOD, -, relg hnds & trng LF XRif (*W trng RF XLif*), rec L to r-hndshk WALL ; **{Start Half Moon}** w/ r-hndshk Sd R trng to slight V RLOD, -, thru L RLOD ld-hnd to sd behind W's back, rec R LF trng to fc ptr (*W sd L, -, thru R w/ strong bdy trn almost w/ bk to ptr, rec L*) to r-hndshk WALL ;

PART C

01-04 FINISH HALF MOON ; HALF MOON ; ; SPOT TURN ;

{Finish Half Moon} Sd & bk L, -, slp bk R trng ¼ LF, fwd & sd L cont ¼ LF trn (*W sd & fwd R, -, trng LF fwd L xg ifo M, cont LF trn sd & bk R*) to r-hndshk COH ; **{Half Moon}** Repeat meas 16 Part B & meas 1 Part C to Bfly WALL ; ; **{Spot Turn}** [releasg both hnds] Sd R, -, XLif trng RF, fwd & sd R contg trn to Bfly WALL ;

05-06 HAND to HAND TWICE ; ;

{Hand to Hand x 2} Sd L, -, [releasg tl-hnds] XRib (*W XLib*) to LOP RLOD, fwd L to Bfly WALL ; Sd R, -, [releasg ld-hnd] XLib (*W XRib*) to OP LOD, fwd R to BFLY WALL ;

ENDING

01-05 LEFT PASS ; FORWARD BREAK ; RIGHT PASS ; PREPARATION to AIDA ; AIDA LINE & EXTEND FREE ARMS ;

{Left Pass} Repeat meas 9 Part A ; **{Fwd Break}** Repeat meas 10 Part A ; **{Right Pass}** Repeat meas 11 Part A ; **{Prep to Aida}** Sd R trng to slight V pos RLOD, -, thru L, trng LF sd R to fc ptr ; **{Aida Line & Extend Free Arms}** releasg ld-hnds Trng LF bk L to V-BK-TO-BK LOD tri-hnds up & out ;