

SHE

Music: Solara Luna
Casa Musica – Latin Deluxe Vol.1
<https://www.danceplus.com/music/latin-rhythm-cds/latin-deluxe-1?v=05c7c5a71e52>
Track # 29 Time 2:53 Available from choreographer

Rhythm: Rumba Phase:V+2(Three Threes+Three Alameda's)+ 2U(Slingshot+Mod Sliding Door)

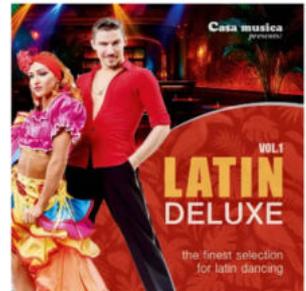
Footwork: Opposite except where (Noted)

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Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO A INTRO(2-4) A BRIDGE B B(1-12) END



INTRO

01-04 CUDDLE POS WALL LEAD FOOT FREE WAIT ONE MEASURE ; ONE CUDDLE ; To RLOD RIFF TURN ; ONE CUDDLE ;

{Wait} Cuddle Pos WALL Id ft free wt 1 meas ; {One Cuddle} Sd L, rec R, cl L (W swiv RF on L rk bk R in M's rt arm to fc DLW, rec L to fc ptr, cl R), -; {To Rlod Riff Trn} [QQQQ] [Relg trl hnds & raisg jnd Id hnds] Sd R, cl L, sd R, cl L (W sd & fwd L spin LF, cl R compg full trn undr Id hnds, sd & fwd L com LF spin, cl R compg 2nd full spin undr Id hnds) to CP WALL ; {One Cuddle} Sd R, rec L, cl R (W swiv LF on R rk bk L in M's lft arm to fc DRW, rec R to fc ptr, sd L) CP WALL, -;

PART A

01-04 OP BREAK INTO NATURAL TOP ; ; SLINGSHOT/W SPIRAL INTO AIDA ; ;

{OP Break Into Nat Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L (W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm, trng ¼ RF fwd R) to RLOD, -; XRib, sd L, cl R (W sd L, XRif, cl L) to CP WALL, -; {Slingshot/W Spiral Into AIDA} Lunge sd L trng 1/8 RF extend Id arms slightly rightward [leadg lady to step bk] hip rk R, hip rk L (W [QQQQ] swiv on L rk bk R ¼ RF to LOD, fwd L, fwd R/spiralg 7/8 LF), -; Swiv LF on L thru R, sd L trng RF, bk R cont RF trn (W fwd L, fwd R comm LF trn, bk L cont LF trn) to V-bk-to-bk pos RLOD, -;

05-08 SWITCH ROCK ; SPOT TURN to OP LOD & lft Hndshk ; MODIFIED SLIDING DOOR TWICE/M UNDERARM PASS ; /W OUTSIDE ROLL to WALL ;

{Switch Rock} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, -; {Spot Trn to OP LOD} [Relsg both hnds] XRif (W XLif) trng LF, rec L cont LF trn, sd R compl LF trn to OP LOD & lft Hndshk, -; {Mod Slidg Door x 2/M's Undrm Pass} [lft Hndshk for the next 4 meas] Rk sd L, rec R lft hnds raisg to M undrm pass [No Trn], XLif jnd lft hnds down (W rk sd R, rec L raisg lft hnds, XRif) to Tandem M in Front, -; {W Outsd Roll to CP WALL} Sd R, -, rec L jnd lft hnds lead to W roll ½ RF to fc COH, cl R swiv ¼ RF (W rk sd L, rec R swiv ½ RF under jnd lft hnd to fcg M, cl L cont ¼ RF trn) to CP WALL, -;

09-12 THREE THREES ; ; ;

{Three Threes} Fwd L, rec R, cl L lead W to trn RF rel hnds place hnds on W's shlds after trn (W bk R, rec L, fwd R trn RF ½) to TANDEM WALL, -; Bk R, rec L, cl R lead W to spin LF rel W for trn & replace hnds on shlds (W ipl L, R, L spin LF 1 full trn) to TANDEM WALL, -; Sd & fwd L DLW, rec R, cl L rel W (W sd & bk R RDC, rec L, fwd R twd Wall trn ½ RF) to LOP WALL, -; Bk R, rec L, small fwd R (W [Q&Q&S-] fwd L/trn ½ RF twd COH, fwd R/trn ½ RF twd WALL, small fwd L) to CP WALL, -;

13-17 NATURAL OPENING OUT/W SPIRAL Into FAN ; ; EXIT FAN to TANDEM WALL ; W ROLL OUT to WALL ; SYNCOPATED HIP ROCKS ;

{Nat Openg Out/ W Spiral Into Fan} Lunge sd L on ball of Ft w/ pressure into floor and slight body trn RF, rec R, cl L (W bk R w/ ¼ RF trn, rec L, fwd R spiral 7/8 LF), -; Bk R, rec L, cl R (W fwd L, fwd R trng ½ LF, bk L to fc RLOD) to "L" & Fan pos Id hnds jnd, -; {Exit Fan to Tandem Wall} Fwd L, rec R, cl L raisg Id hnds (W cl R, fwd L trng ¼ LF to Wall, small fwd R) to Tandem WALL [Id hnds still over W's head], -; {W Roll Out to WALL} Bk R, rec L, fwd R (W fwd L, fwd R trng ½ LF, cl L) to Loose CP WALL hnds Low, -; {Sync Hip Rocks} [QQ&Q] Sd L, rk sd R/rk sd L, rk sd R ;

BRIDGE

01 To LOD RIFF TURN ;

{Riff Trn} [QQQQ] [To LOD Relg trl hnds & raisg jnd Id hnds] Sd L, cl R, sd L, cl R (W sd & fwd R spin RF, cl L compg full trn undr Id hnds, sd & fwd R com RF spin, cl L compg 2nd full spin undr Id hnds) to LOP-FCG WALL ;

PART B

01-04 THREE ALEMANA'S & rt Hndshk ; ; ;

{Three Alemana's} Rk fwd L, rec R, cl L raisg jnd Id hnds palm to palm (W bk R, rec L, fwd R to M toeing out), -; Bk R lead W to RF underarm trn, rec L cl R (W fwd L trng RF underarm, fwd R, fwd L compltg 1&3/4 RF trn), -; Sd L, rec R, cl L (W start a sharp LF trn fwd R, fwd L, fwd R compl 1 ½ LF trn), -; Bk R, rec L, cl R (W start a sharp RF trn fwd L, fwd R, fwd L compl 1 full trn) to rt hndshk WALL, -;

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05-08 HALF MOON TWICE ; ; ; ;

{**Half Moon**} [rt hndshk WALL] Swvl on R cross L thru to RLOD (*W cross R thru*), rec R to fc, sd L, -; Bk R leadg W across body, rec L trng LF to fc COH, sd R (*W fwd R comm LF trn, fwd L cont LF trn to fc ptr, sd R*) to rt hndshk COH, -; Repeat meas 5,6 Part B to BFLY WALL ; ;

09-12 BASIC ½ to LOW BFLY ; DBL HNDSHK UNDERARM TURN to STACKED HANDS ; OP BREAK ; CHANGE SIDES/W UNDERARM ;

{**Basic ½ to Low BFLY**} Fwd L, rec R, cl L (*W bk R, rec L, sd R*) to LOW BFLY, -; {**Dbi Hndhold Underarm Trn to Stacked Hnds**} [Raisg ld arm high & bringing trl arm up to rt shldr level] XRib & tagg lft arm first over W's head], rec L tagg rt arm over W's head, sd R (*W XLif trng RF under ld arm, rec R contg to trn under trl arm to fc M, sd L*) to stacked hnds lft-over-rt, -; {**OP Break to Fc**} [With stacked hnds] Apt L, rec R, fwd L to fcg W's rt sd, -; {**Change Sides /W Underarm**} Fwd R to WALL twd W's rt sd trng RF lead W trn under stacked hnds, small fwd L cont RF trn to fc, sd R (*W fwd L to COH twd M's rt sd trng LF under stacked hnds chg sds, cl R cont LF trn to fc, sd R*) to BFLY COH, -;

13-14 CHASE / W UNDERARM PASS ; ;

{**Chase / W Underarm Pass**} [relsg trl 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 lft 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 WALL, -;

ENDING

01 CONTRA CHECK & EXTEND ;

{**Contra Ck & Extend**} [Blend to CP] Comm upper body LF trn flexg knees w/ strong rt sd lead ck fwd L, -, lft hnd extend sd & bk, -;