

TRES SEMANAS

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Music : "Tres Semanas" CD : The Latin Mix 9 CD2 track 3 time 3:40
Rhythm : Rumba ph V Speed : As on CD
Footwork : Opposite, directions for man(lady as noted) Date: June 2017 Ver.1.2
Sequence : Intro - A - A - B - C - B - Ending



Meas

INTRO

1~ 8 CP/Wall Wait 2 Meas;; Nat OP Out(W Spiral); Hockey Stick Ending; (Handshake) OP Contra Ck; Rec W Roll In to CP; Corte w/Leg Crawl; W Out to Fc(LOP-FC/Wall);

- 1- 2 CP/Wall lead foot free for both wait 2 meas;;
3 (Nat OP Out W Spiral) Slightly trnig RF sd & fwd L, rec R trnig LF, cl L lead W to spiral (W swivel RF on L bk R twd COH, rec L swivel LF on L fc partner, sd R spiral LF on R under joined lead hands),-;
4 (Hockey Stick Ending) Bk R, rec L, fwd R(W fwd L twd Wall, fwd R 1/2 LF trn fc COH, bk L) right hands joined,-;
S- 5 (OP Contra Ck) Commence upper body LF trn flexing knees with strong R side lead ck fwd L left hand extend sd & bk,-,-,-;
6 (Rec W Roll In) Rec R, bk L, cl R(W rec L, fwd R commence RF roll, sd & bk L cont RF roll fc partner),-;
SS 7 (Corte w/Leg Crawl) Blend CP sd & bk L flex L knee,-,-,-(W sd & fwd R,-, left leg up along M's outer thigh with toe pointed to floor,-);
8 (W Out to Fc) Bk R, rec L, fwd R(W fwd L twd Wall, fwd R 1/2 LF trn fc COH, bk L) LOP-FC/Wall,-;

Meas

PART A

1~ 8 OP Hip Twist W Overtrn(M Tch) Tandem; Cucaracha L; Sd Walk 3 w/Arms; Shadow Fence Line; Shadow Crab Walks;; Shadow Fence Line(W RF Trn) to Fc; (Handshake) Cucaracha M Tch;

- 1 (OP Hip Twist W Overtrn M Tch) Fwd L, rec R, tch L to R(W bk R, rec L, fwd R swivel RF on R fc Wall) Tandem/Wall no hands joined,-;
2 (Cucaracha L) Same foot work sd L left arm extend sd, rec R, cl L to R,-;
3 (Sd Walk 3 w/Arms) Sd R arms sd, cl L cont arms up. sd R arms down,-;
4 (Shadow Fence Line) XLIF of R ck, rec R, sd L,-;
5- 6 (Shadow Crab Walks) XRIF of L, sd L, XRIF of L,-; Sd L, XRIF of L, sd L,-;
7 (Shadow Fence Line) XRIF of L ck, rec L, sd R(W swivel 1/2 RF on R) joined right hands,-;
8 (Cucaracha M Tch) Sd L, rec R, tch L to R(W sd L, rec R, cl R to L),-;

9~16 1/2 Basic; Underarm Trn; Shadow Bk Break W Spiral; Fan(M Spot Trn Chg Hands Behind Bk); Alemana; (CP/Wall); Cross Body fc COH;;

- 9 (1/2 Basic) Fwd L, rec R, sd L(W bk R, rec L, sd R),-;
10 (Underarm Trn) Bk R, rec L, sd R(W XLIF commence RF turn under lead hand, cont RF trn rec R, sd L),-;
11 (Shadow Bk Break W Spiral) Swivel LF on R bk L fc LOD, rec R, fwd L lead W LF spiral,- (W swivel RF on L bk R fc LOD, rec L, fwd R,-/spiral LF on R);
12 (W Fan M Spot Trn) Fwd R commence LF trn, rec L cont LF trn, cont trn sd R fc Wall(W fwd L twd LOD, fwd R 1/2 LF trn, bk L),-;
13-14 (Alemana) Fwd L, rec R, cl L to R(W cl R to L, fwd L, fwd R 1/4 RF trn on R fc partner),-; Bk R, rec L, sd R(W RF trn under lead hand fwd L, cont RF trn fwd R, sd L),-;
15-16 (Cross Body) Blend CP fwd L, rec R 1/4 LF trn, sd L(W bk R, rec L, fwd R),-; Bk R commence LF trn, rec L cont LF trn fc COH, sd R(W fwd L commence LF trn, fwd R cont LF trn, sd L),-;

2nd time start fc COH end fc Wall

Meas

PART B

1~ 8 OP Hip Twist; Fan; Hockey Stick W Overtrn Tandem;; Basic(W Swivel) to Nat Top;; Break Bk 1/2 OP both Spiral; Thru Fc Cl;

- 1 (OP Hip Twist) Fwd L, rec R, cl L to R(W bk R, rec L, fwd R swivel RF on R fc LOD),-;
- 2 (Fan) Bk R, rec L, sd R(W fwd L twd LOD, fwd R 1/2 LF trn fc RLOD, bk L),-;
- 3- 4 (Hockey Stick W Overtrn Tandem) Fwd L, rec R, cl L(W cl R, fwd L, fwd R),-; Bk R slightly RF trn, rec L, fwd R(W fwd L twd RDW, fwd R LF trn spiral action full trn under lead hand, fwd L twd RDW)Tandem/RDW,-;
- 5 (1/2 Basic W Swivel) Fwd L, rec R, sd L commence LF trn(W fwd R swivel 1/2 RF trn, fwd L, R) blend CP,-;
- 6 (Nat Top) Cont RF trn XRIB of L, sd L, cl R(W RF trn sd L, XRIF of L, sd L) CP/Wall,-;
- 7 (Break Bk 1/2 OP both Spiral) Release lead hands swivel LF on R bk L to 1/2 OP, rec R, fwd L, spiral RF(W LF) on L;
- 8 (Thru Fc Cl) Fwd R 1/4 RF trn fc partner, sd L, cl R to L Bfly/Wall,-;

9~16 Slow Lunge Apt; Roll Across LOP/LOD; OP Serpiente;; Fence Line; Alemana Trn; Lariat 3(M Swivel Fc); Fence Line w/Arms;

- S---
- 9 (Slow Lunge Apt) Lunge sd L twd COH(W twd Wall) flex knee extend lead arms,-,-,-;
 - 10 (Roll Across LOP) Rec fwd R commence RF roll front of W, cont RF roll sd & bk L, cont roll fc LOD sd R LOP/LOD,-;
 - 11-12 (OP Serpiente) Fwd L commence LF trn blend Bfly, sd R, XLIB of R, release trail hands fan CW R LOP/LOD;
Bk R commence LF trn, sd L, thru R to Bfly, fan CW L;
 - 13 (Fence Line) XLIF of R ck, rec R, sd L,-;
 - 14 (Alemana Trn) Bk R, rec L, cl R,-(W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M's right sd),-;
 - 15 (Lariat 3 M Swivel Fc) Sd L, rec R, cl L swivel 1/2 LF on L fc Wall(W fwd R around M, cont around M fwd L, fwd R fc partner & COH),-;
 - 16 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW(W CW), rec L, sd R,-;

Meas

PART C

1~ 8 Rev Underarm Trn to; Nat Top(CP/Wall); Nat OP Out(W Spiral); Hockey Stick Ending; (Handshake) OP Contra Ck; Rec W Roll In to CP; Corte w/Leg Crawl; W Out to Fc(LOP-FC/Wall);

- 1 (Rev Underarm Trn) XLIF of R, rec R commence RF trn, cont RF trn sd L fc RDW(W XRIF of L under joined lead hands commence LF trn, rec L cont LF trn to fc partner, sd & fwd R commence RF trn),-;
- 2 (Nat Top) Cont RF trn XRIB of L, sd L, cl R to L(W RF trn sd L, XRIF of L, sd L) fc LOD,-;
- 3- 8 Repeat meas 3-8 of Introduction;;;;;

Meas

ENDING

1~ 3 Nat OP Out(W Spiral); Hockey Stick Ending; (Handshake) OP Contra Ck;

- 1- 3 Repeat meas 3-5 of Introduction;;;