ETERNAL FLAME

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MUSIC: “Eternal Flame” by Atomic Kitten 3:13 download Amazon

RHYTHM: BOLERO RAL PHASE IV+2 [riff turn, horseshoe trn]

FOOTWORK: Opposite unless indicated.

SEQUENCE: INTRO A A B C A B END Revised May 2014

INTRO

1-4 WAIT; U/A TRN TO TAMARA POS; WHEEL 3; UNWRAP;

1  Fcg ptr WALL both hnds jnd lead ft free wait;
2  [U/A TRN TO TAMARA POS] keep both hnds jnd sd L w/bdy rise leading W to trn RF undr jnd hnds, XRB of L lowering, rec fwd L leading W to M’s R sd (W sd R w/bdy rise comm RF trn undr jnd hnds, XLIF of R lowering & trng 1/2 RF, cont RF trn sd & fwd L to end on M’s R sd);
3-4  In tamara pos wheel CW fwd R, fwd L, fwd R; fwd L, fwd R, fwd L leading W to unwrap LF to end fcg ptr WALL trail ft free;

PART A

1-4 LUNGE BRK; X BODY; REV U/A TRN; CORTE W/RKS;

1  [LUNGE BRK] Sd & fwd R w/bdy rise to L open fcg, comm sl RF bdy trn lowering on R and extending L sd & bk, rec R (W sd & bk L w/bdy rise, bk R with contra ck action, fwd L);
2  [X BDY] Sd & bk L trng LF, bk R w/slipping action trng LF, fwd L cont LF trn to fc COH (W sd & fwd R, fwd L XLIF of M trng LF ro dc ptr, sd R);
3  [REV U/A TRN] Sd R w/body rise, XLIF of R lowering, bk R (W sd L w/bdy rise comm LF trn undr jnd lead hnds, XRIF of L lowering & cont LF trn 1/2, fwd L to fc ptr) blending to CP COH;
4  [CORTE W/RKS] Bk L extend R fwd, shift weight fwd R, shift weight bk L;
PART A (CONT)

5-9  FWD BRK; R SD PASS; NYR; RIFF TRN; HIP LIFT;

5  [FWD BRK] In CP rec sd & fwd R with bdy rise, fwd L with
  contra ck action, bk R (W sd and bk L with bdy rise, bk R
  with contra ck action, fwd L);

6  [R SD PASS] Fcg ptr COH fwd & sd L comm RF trn raising
  lead hnds, XRIB of L cont RF trn, fwd L (W fwd R, fwd L
  comm LF trn, bk R cont LF trn undr jnd hnds);

7  [NYR] fcg ptr WALL lead hnds jnd sd R with bdy rise, fwd
  L with slipping action lowering and comm trn to sd by sd
  pos, bk R trng to fc ptr;

8  [RIFF TRN] sd L raising lead hnds to lead W to spin RF undr
  jnd hnds, cl R to L, sd L keep lead hnds up, cl R to L (W sd
  & fwd R comm RF spin one full trn undr jnd hnds, cl L to R
  to complete spin fwd R comm RF spin one full trn undr jnd
  hnds, cl L to R complete 2nd spin) end fc ptr WALL;

9  [HIP LIFT] sd L, draw R to L taking momentary weight on
  ball of R and straightening R knee to raise L hip, relax R
  leg taking weight on L;

  REPEAT PART A

PART B

1-4  FENCE LINE; U/A TRN TO TAMARA POS; WHEEL 3; UNWRAP TO
  WALL;

1  [FENCE LINE] In BFLY pos sd R w/bdy rise, XLIF of R thru
  to RLOD w/bent knee, rec bk R;

2-4  REPEAT MEAS 2,3,4 OF INTRO;

5-8  REV U/A TRN; DBLE HND HOLD OPENING OUT X 2; AIDA PREP;

5  [REV U/A TRN] REPEAT MEAS 3 PART A jn both hnds;

6  [DBLE HND HOLD OPENG OUT X2] Cl L, lower into L knee
  trng bdy sl LF extending R leg sd & bk, draw R to L (W sd R
  comm LF trn, bk L cont trn to fc DRC ckg, rec R to fc ptr);

7  Cl R, lower into R knee trng bdy sl Rf extending L leg sd &
  bk, draw L to R (W sd L comm RF trn, bk R cont trn to fc
  DLC ckg, rec L to fc ptr);

8  [AIDA PREP] Fcg ptr WALL with lead ft free sd L, thru R
  twd LOD, trng RF sd L;
PART B (CONT)

9-11 AIDA LINE W/HIP RKS; SWVL TO SPOT TRN; NYR;

9  [AIDA LINE W/HIP RKS] Releasing lead hnds bk R in “V” position, rk fwd L, rk bk R;

10 [SWVL TO SPOT TRN] Fwd L swvling LF to fc ptr WALL, XRIF of L trng 1/2 LF, cont LF trn fwd L to fc ptr WALL;

11 [NYR] REPEAT MEAS 7 PART A;

PART C

1-4 RIFF TRN; U/A TRN; HORSESHOE TRN;

1  [RIFF TRN] REPEAT MEAS 8 PART A;

2  [U/A TRN] sd L with bdy rise, XRIB or L lowering, fwd L (W sd R with bdy rise comm RF trn undr jnd lead hnds, XRIF of L lowering & cnt RF trn, fwd R complete RF trn to fc ptr);

3  [HORSESHOE TRN] Sd & fwd R w/R sd stretch to “V” pos, ck fwd L, rec R raising jnd lead hnds (W sd & fwd L w/L sd stretch to “V” pos, ck fwd R, rec L);

4  fwd L comm to trn LF, fwd R circling LF, fwd L finish circle to fc ptr COH (W fwd R, making tight RF circle passing undr jnd hands fwd L, fwd R to end fcg ptr);

5-7 REV U/A TRN; CROSS BDY; 2 SLOW HIP RKS;

5  [REV U/A TRN ] REPEAT MEAS 3 PART A;

6  [CROSS BDY] REPEAT MEAS 2 PART A;

7  [2 SLOW HIP RKS] both hnds jnd rk sd R, rk sd L,

REPEAT PART A
REPEAT PART B

END

1-5 U/A TRN; HORSESHOE TRN; REV U/A TRN; BK CORTE;

1  [U/A TRN] REPEAT MEAS 2 PART C;

2-3 [HORSESHOE TRN] REPEAT MEAS 3 & 4 PART C;

4  [REV U/A TRN] REPEAT MEAS 3 PART A;

5  [BK CORTE] Bk L extend R fwd & hold,
QUICK CUES

INTRO

WAIT; U/A TRN TO TAMARA POS; WHEEL 3 & UNWRAP TO WALL;;

PART A

LUNGE BRK; X BDY; REV U/A TRN; CORTE WITH RKS;
FWD BRK; R PASS; NYR; RIFF TRN; HIP LIFT;

PART A

LUNGE BRK; X BDY; REV U/A TRN; CORTE WITH RKS;
FWD BRK; R PASS; NYR; RIFF TRN; HIP LIFT;

PART B

FENCE LINE; U/A TRN TO TAMARA POS; WHEEL 3 & UNWRAP TO WALL;;
REV U/A TRN; DBLE HND HOLD OPENING OUT TWICE;; AIDA PREP;
AIDA LINE WITH HIP RKS; SWVL TO SPOT TRN; NYR;

PART C

RIFF TRN; U/A TRN; HORSESHOE TRN;;
REV U/A TRN; CROSS BDY TO WALL; 2 SLOW HIP RKS;

PART A

LUNGE BRK; X BDY; REV U/A TRN; CORTE WITH RKS;
FWD BRK; R PASS; NYR; RIFF TRN; HIP LIFT;

PART B

FENCE LINE; U/A TRN TO TAMARA POS; WHEEL 3; UNWRAP TO WALL;
REV U/A TRN; DBLE HND HOLD OPENING OUT TWICE;; AIDA PREP;
AIDA LINE WITH HIP RKS; SWVL TO SPOT TRN; NYR;

END

U/A TRN; HORSESHOE TRN;; REV U/A TRN; BK CORTE;