A LITTLE PEACE (Ein Bisschen Frieden)

Music: Nicole www.amazon.de  CD Ein Bisschen Frieden
Track # 1 Time 3:04  Slow Down w/ 7%
Available from Choreographer

Rhythm: Rumba  Phase: V + 1 + 1U (Turkish Towel + Adv Hockey Stick)
Footwork: Opposite except where (Noted)
Release Date: June 2014
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Sequence: INTRO AB A(9-17) B(1-16) C END

INTRO

01-04  CL WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; BASIC 1/2 to a NATURAL TOP ; ;
[Wait]  CL POS WALL  ld ft free wt 2 meas ; ; [Basic ½ to a Nat Top] Fwd L, rec R, sd & fwd L trng RF (W bk R, rec L, fwd R trng RF) to CP RLOD, -; XRib, sd L trng RF, cl R (W sd L, XRif, cl L) to CP WALL, -;

05-09  CLOSED HIP TWIST to a FAN ; ; HOCKEY STICK ; ; THRU VINE 4 to RLOD ;
[Cl Hip Twist to a Fan] Lowerg ld hnds sd & fwd L, rec R, cl L (W trng RF ½ bk R, rec L trng RF ½, sd R, swvl ¼ RF), -; Bk R, rec L, sd R (W fbd L, trng LF sd R, cont LF trn bk L to fan pos) end in "L"-Pos M Fcg Wall/W Fcg RLOD, -; [Hockey Stick] Fwd L, rec R, cl L (W cl R, fbd L, cl R), -; Sm bk R, rec L, long fbd R (W fbd L, fbd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, -; [Thru Vine 4 to RLOD] [QQQQ] To RLOD XLif (W XRif), sd R, XLib (W XRib), sd R to BFLY WALL ;

PART A

01-04  BOTH HANDS ALEMANA TO TAMARA ; ; WHEEL 3 ; WHEEL 3 & / W WRAP (Both Fc Wall) ;
[Alemana to Tamara] [Keepg both hnds jnd] Fwd L, rec R, cl L, -; XRib, rec L, cl R (W [Keepg both hnds jnd] XLif under raised ld hnds begin full RF trn, fbd R contg RF trn to fc ptr, sd L compg trn) to TAMARA POS WALL, -; [Wheel 3] Fwd trng CW ½ L, R, -;
[Wheel 3/ W Wrap] Fwd cont trng CW ½ R, L, R leading W to turn LF to wrap pos fc wall (W trn LF under ld hnds pos, L, R to wrap pos) both Fcg WALL, -;

05-08  WHEEL 3 ; WHEEL 3 / W UNWRAP to WALL ; SCALLOP ; ;
[Wheel 3] Fwd cont trng CW ½ L, R, L fc COH, -; [Wheel 3 / W Unwrap to WALL] Cont trng CW ½ R, L lead W to turn RF under ld hands to BFLY (W turn RF under ld hands L, R, L), -; [Scallop] Trng sharply to SCP XLib (W XRib), rec R trng sharply to CP, sd L, -; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R, -;

09-12  CUDDLE TWICE & R-HNDSHK ; ; BASIC 1/2 to a TURKISH TOWEL ; ;
[Cuddled x 2] Sd L, rec R, cl L placing R hnd on W's L shldr blade (W trng ½ RF bk R with R arm out to sd, rec L trng ½ LF, sd R plcg R hnd on M's L shldr), -; Sd R, rec L, cl R placing L hnd on W's R shldr blade (W trng ½ LF bk L with L arm out to sd, rec R trng ½ RF, sd L plcg L hnd on M's R shldr) R-Hnshk, -; [Basic ½ to a Turkish Towel] Fwd L, rec R, cl L raisg jnd R hnds (W bk R, rec L, fbd R), -; XRib, rec L trng ½ LF, sd R bringing R hnds down & jng L hnds low (W trng RF fbd L, fbd R, fbd & sd L to end bhd M on his L sd) to VARS LOD, -;

13-17  CROSS CHECK 3 TIMES ; ; W OUT to FACE & WALL ; THRU FRONT VINE 4 to RLOD & R-HNDSHK ;
PART B

01-04 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN : W OUT to FACE & COH :

   [Trade Places x 2] With R hnds jnd rk apt L, rec R trng ¾ RF to fc RLOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & COH stepping sd & bk L (W rk apt R, rec L trng ¾ LF to fc RLOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & WALL stepping sd & bk R) joining L hnds, - ; With L hnds jnd rk apt R, rec L trng ¾ LF to fc RLOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R (W rk apt L, rec R trng ¾ RF to fc RLOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & COH stepping sd & bk L) joining R hnds, - ; [Trade Places/W insd Underarm Trn] Rk apt L, rec R comm to pass R shldr while trng ¾ LF and keeping R hnds jnd, cont to trn LF but slightly less than in meas 1 stepping sd L twd COH (W rk apt R, rec L, fwd R fwd COH spiralling 7/8 LF undr jnd R hnds to end almost fcg COH), - ; [W Out to COH] Trng bdy RF to fc COH stp fwd twd COH R,L,R closing up (W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L) to BFLY COH, - ;

05-08 REVERSE UNDERARM TURN ; SPOT TURN ; CROSS BODY / W SPIRAL to WALL ; ;

   [Reverse Underarm Trn] Raisg jnd ld hnds XLif, rec R, sd L (W XRif undr jnd ld hnds trng LF ½. rec L contg LF trn to fc ptr, sd R) to BFLY COH, - ; [Spot Trn] Rlgh hnds XRif (W XLif) trng ½ LF, rec L cont trn to fc ptr, sd R to BFLY COH, - ; [Cross Body/W Spiral to WALL] Fwd L, rec R, sd & bk L trng ¾ LF (W bk R, rec L, fwd R spiraling 7/8 LF under joined ld hands) to "L" CP M fcg RLOD W fcg WALL, - ; Bk R contg LF trn, rec L comp LF trn to CP WALL, sd R (W comm trng LF fwd L, fwd & sd R cont trn LF to fc ptr, sd L) to BFLY WALL, - ;

09-12 OP HIP TWIST to FACING FAN to LOD : ; OP HIP TWIST to FACING FAN to COH : ;

   [OP Hip Twist to Fcg Fan LOD] [w/ ld hnd] Chk fwd L, rec R, cl L (W bk R, rec L, fwd R), - ; Bk R raisg ld hnds to form window, rec L trng RF 1/4, twd DRW fwd R (W fwd L, fwd R & spiral 3/8 LF, bk L) to LOP-FCG DRW, - ; [New Yorker x 2] XLif (W XRif) to LOP RLOD, rec R to fc ptr, sd L to BFLY WALL, - ; XRif (W XLif) to OP LOD, rec L to fc ptr, sd R to BFLY WALL [2nd TIME : R-hndshk], - ; [Front Vine 4 to RLOD] Repeat meas 9 Intro ; ;

PART C

01-04 BASIC 1/2 to a FULL NATURAL TOP : ; ; ; ;

   [Basic ½ to a Full Nat Top] Repeat meas 3,4 Intro ; ;

05-08 CLOSED HIP TWIST to a FAN : ; ALEMANA FROM A FAN OVERTURNEd to LEFT HAND STAR RLOD : ;

   [Clsd Hip Twist to a Fan] Repeat meas 5,6 Intro ; ; [Alemana From a Fan Overturnd to L-hnd Star] Fwd L, rec R, cl L (W cl R, fwd L, fwd R swirling RF to left ld of M), - ; Raisg jnd ld hnds XRib, rec L, sd R swirling RF (W XLif under raised ld hnds begin full RF trn, fwd R contg RF trn, sd L compg trn to L-Hand Star) to L-Hand Star RLOD, - ;

09-12 UMBRELLA TURN : ; ; ;

   [Umbrella Trn] Fwd L, rec R, bk L, - ; [keeps jnd hnds high] Bk R, rec L, fwd R (W trng ½ RF undr jnd hnds bk L, rec R, fwd L), - ; Fwd L, rec R, bk L (W trng ½ LF undr jnd hnds bk R, rec L, fwd R), - ; Bk R, rec L, fwd & sd R to fc ptr (W trng ½ RF undr jnd hnds bk L, rec R, fwd & sd L) to BFLY WALL, - ; [RAL’s current version of UMBRELLA TURNS may be used instead if preferred]

13-16 FENCE LINE ; THRU SERPIENTE ; ; CRAB WALK 3 ; ;

   [Fence Line] XLif (W XRif) w/ bent knee, rec R, sd L, - ; [Thru Serpiente] Thru R, sd L, XRib (W XLif), flare L CCW ; XLib (W XLib), sd R, thru L, flare R CW to BFLY WALL ; [Crab Walk 3] Twds LOD XRif (W XLif), sd L, XRif (W XLif), - ;

ENDING

01-03 TWIRL VINE 3 ; SPOT TURN ; SLOW AIDA to RLOD & EXTEND ARMS :

   [Twirl Vine 3] Sd L, XRib, sd L (W full RF trn undr jnd ld hnds fwd R, sd & bk L, fwd N) to SCP LOD, - ; [Spot Turn] Repeat meas 6 Part B to BFLY WALL, - ; [Slow Aida to RLOD] Slowly thru L to RLOD, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, extend ld arms ;