DANCE BY: Bob & Patsy Heath, 401 E Butler St, Mercer PA 16137 724-269-7313
RECORD: STAR-131A Amapola (Flip “The First Day of Spring”)
FOOTWORK: Opposite unless noted (Woman’s footwork in parentheses)
SEQUENCE: INTRO, AB, AB, A, ENDING
PHASE III+1 (ALEMANA) RUMBA
SUGGESTED SPEED: 45 heathbob@flash.net

INTRO

MEAS
1 - 4  [OP FCG WALL LD HNDS JND] WAIT;; REV UA TRN; SPT TRN;
1-2  In OP fcg pos ld hnds jnd with M’s L & W’s R ft free wt 2 meas;;
3  QQS  [Rev UA Trn] Raise ld hnds & ld W inside trn LF fwd L DRW, Rec R to fc ptr & WALL, sd L LOD (W XRIF of L trn 1/2 LF to fc LOD, rec L cont trn to fc ptr, sd R) to BFLY/WALL,--;
4  QQS  [Spt Trn] Rel ld hnds thru R LOD trn 1/2 LF to fc ROD, rec L cont trn to fc ptr & WALL, sd R to BFLY/WALL,--;

PART A

MEAS
1 - 8  ALEMANA;; HND TO HND; CRB WLKS;; SPT TRN; NEW YORKER IN 4; NEW YORKER;
1-2  QQS 2X  [ALEM] BFLY fwd L, rec R, sd & bk L raising jnd hnds to ld W outside trn RF (W bk R, rec L, sd & fwd R),--; XRIB of L, rec L, sd R ROD (W XLIF of R commence RF trn, rec R cont trn to fc ptr, sd & bk L ROD) to BFLY/WALL,--;
3  QQS  [Hnd to Hnd] Rel ld hnds rk bk L trn 1/4 LF, rec R to fc ptr, sd L LOD to BFLY WALL (W rk bk R trn 1/4 RF, rec L to fc ptr, sd R LOD),--;  
4  QQS  [Beg Crb Wilks] XRIF of L, sd L, XRIF of L (W XLIF of R, sd R, XLIF of R),--;  
5  QQS  [Fin Crb Wilks] Sd L, XRIF of L, sd L (W sd R, XLIF of R, sd R),--;  
6  QQS  [Spt Trn] Rpt meas 4 of Intro;
7  QQQQ  [New Yorker in 4] Rel trl hnds lower ld hnds thru L trn 1/4 RF twds ROD extend trl arms to where ceiling meets wall (W LF), rec R to fc ptr, sd L LOD, rec R;  
8  QQS  [New Yorker] Thru L trn 1/4 RF twds ROD lower ld hnds extend trl arms to where ceiling meets wall (W LF), rec R to fc ptr, sd L LOD to BFLY WALL,--;  
9 - 16  CRB WLKS;; NEW YORKER IN 4; NEW YORKER; OP BRK; WHP ACRS; OP BRK; WHP ACRS;  
9  QQS  [Beg Crb Wilks] Rpt meas 4 of Part A;  
10  QQS  [Fin Crb Wilks] Rpt meas 5 of Part A;  
11  QQQQ  [New Yorker in 4] Rel ld hnds thru R trn 1/4 LF twds LOD lower ld hnds extend ld arms to where ceiling meets wall (W RF), rec L to fc ptr, sd R ROD, rec L;  
12  QQS  [New Yorker] Thru R trn 1/4 LF twds LOD lower ld hnds extend ld arms to where ceiling meets wall (W RF), rec L to fc ptr, sd R ROD to BFLY WALL,--;  
13  QQS  [Op Brk] Rk apt L to LOP FCG extend M’s R & W’s L arms out to sd, rec R, sd L LOD to BFLY WALL,--;
PART A CONTINUED

14 QQS [Whp Acrs] Bk R trng 1/4 LF, rec & fwd L trng 1/4 LF, sd R LOD to BFLY COH (W fwd L to M's L sd, fwd R trng 1/2 LF, sd L LOD),;-  
15 QQS [Op Brk] Rk apt L to LOP FCG extend M's R & W's L arms out to sd, rec R, sd L RLOD to BFLY COH,;-  
16 QQS [Whp Acrs] Bk R trng 1/4 LF, rec & fwd L trng 1/4 LF, sd R RLOD to BFLY WALL (W fwd L to M's L sd, fwd R trng 1/2 LF, sd L RLOD),;-  

PART B

MEAS

1 - 8  START A CHASE, BTH FC WALL;; CUCA W/ARMS 2X;; FINISH THE CHASE;; SHLDR TO SHLDR 2X;;  
1 QQS [Start a Chase] Fwd & sd L trng 1/4 RF, rec R trng 1/4 RF, fwd L COH (W bk R, rec L, fwd R),;-  
2 QQS [Bth Fc Wall] Fwd & sd R trng 1/4 LF, rec L trng 1/4 LF, fwd R WALL (W fwd & sd L trng 1/4 RF, rec R trng 1/4 RF, fwd L WALL),;-  
3-4 QQS 2X [Cuca w/arms 2x] Sd L, rec R, cl L,-; Sd R, rec L, cl L,-;  
7 QQS [Shldr to Shldr] Fwd L to BFLY SCAR, rec R to fc ptr, sd L LOD (W XRIB of L to BFLY SCAR, rec L, sd R LOD),;-  
8 QQS [Shldr to Shldr] Fwd R to BFLY BJO, rec L to fc ptr, sd R RLOD (W XLIB of R to BFLY BJO, rec R, sd L RLOD),;-  
9 - 16  BRK BK TO OP; PROG WLK 3; SLDG DOOR 2X;; CUCA W/ARMS TO FC; BK BAS; TIM STP 2X;;  
1 QQS [Brk Bk to Op] Rel ld hnds trng 1/4 LF rk bk L, rec R LOD, fwd L to OP (W trn 1/4 RF, rk bk R, rec L LOD, fwd R),;-  
3 QQS [Sldg Door] Rk apt L, rec R, XLIF of R cross bhd W to LOP LOD (W rk apt R, rec L, XRIF L cross in frt of M),;-  
4 QQS [Sldg Door] Rk apt R, rec L, XRIF of L to OP LOD (W rk apt L, rec R, XLIF R),;-  
5 QQS [Cuca w/arms to Fc] Sd L, rec R to fc ptr, cl L to BFLY WALL (W sd R, rec L, cl R),;-  
6 QQS [BK BAS] Bk R, rec L, sd R RLOD (W fwd L, rec R, sd L),;-  
7 QQS [Tim Stp] Rel hnds bring arms in XLIB of R, rec R, sd L LOD extend arms out (W XRIB of L, rec L, sd R LOD),;-  
8 QQS [Tim Stp] Bring arms in XRIB, rec L, sd R RLOD extend arms out to BFLY WALL (W XLIB of R, rec R, sd L RLOD),;-  

ENDING

MEAS

1 – 2 1/2  HND TO HND TO BFLY; THRU TO AN AIDA LINE; WITH ARM SWEEP;-  
1 QQS [Hnd to Hnd] Rel ld hnds trng 1/4 LF rk bk L, rec R to fc ptr, sd L LOD to BFLY WALL (W trn 1/4 RF, rk bk R, rec L to fc ptr, sd R LOD),;-  
2 QQS [Aida Line] Thru R bring trl arms thru, sd L fc ptr, bk R LOD to slight bk to bk pos lower ld hnds (W thru L, sd R fc ptr, bk L),;-  
S [Arm Sweep] Extend trl hnds to where ceiling meets wall,-,