I TOLD YOU BOLERO

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MUSIC: CD: Carnival Ride (Carrie Underwood) Track 10 I Told You So, available for download as mp3 from Amazon, etc.

FOOTWORK: Opposite unless noted (Woman’s footwork in parentheses) Time: 3:50 at 50 rpm

RHYTHM: Bolero RAL Phase IV+2 (riff turn, hinge line) Degree of Difficulty: AVERAGE

SEQUENCE: INTRO A B BRIDGE A B END

MEAS: INTRO

1-4 CP/WALL LEAD FT FREE WAIT 2 MEAS;; HIP LIFT 2X;;
1-2 CP/WALL M’s L W’s R foot free wait 2 Meas ; ;
3-4 {Hip lift} Sd L rising, bring R toward L & touch, w/ slight pressure on R ft straighten R leg, relax R knee ;
   {Hip lift} Sd R rising, bring L toward R & touch, w/ slight pressure on L ft straighten L leg, relax L knee ;

PART A

1-4 BASIC;; HAND TO HAND 2X;;
1-2 {Basic} CP Sd L w/ rise, -, bk R lower with slip action, fwd L ;
   Sd R w/ rise, -, fwd L lower with slip action, bk R ;
3 {Hand to Hand} Sd L w/ rise, -, trng RF to fc RLOD bk R w/ bent knee (W trng LF bk L) to LOP w/ trailing arms out to sd, fwd L trng LF (W fwd R trng RF) to fc ptr & Wall in BFLY ;
4 {Hand to Hand} Sd R w/ rise, -, trng LF to fc LOD bk L w/ bent knee (W trng RF bk R) to OP w/lead arms out to sd, fwd R trng RF (W fwd L trng LF) to fc ptr & Wall in BFLY ;

5-8 UNDERARM TURN; REVERSE UNDERARM TURN; TIME STEP 2X (CP);;
5 {Underarm Turn} Release trail hnds sd L w/ rise, -, XRIBL bent knee, fwd L (W sd R w/ body rise commence RF trn under jnd Id hnds, -, XLIBR lowering and continue trng RF ½, fwd R complete the RF trn to fc ptr) end fcg WALL ;
6 {Rev U/A Turn} Sd R w/ body rise, -, XLIBR bent knee, bk R (W sd L w/ body rise commencing LF turn under jnd Id hands,-, XRIBL trng RF to fc ptr) end fcg Wall ;
7-8 {Time Step} Sd L rising w/ arms out to side, -, XLIBR (W XRIBL), fnd L (W fnd R) bringing hands together ;
   {Time Step} Sd R rising w/ arms out to side, -, XRIBL (W XRIBL), fnd R (W fnd L) to CP/Wall ;

9-12 BASIC;; NEW YORKER 2X;;
9-10 Repeat PART A Meas 1-2 ; ;
11 {New Yorker} Release Id hnds sd & slightly bk L (W sd & slightly bk R) rising, -, trng LF (W RF) to OP/LOD fnd R (W fnd L) with slipping action lowering & trail arms extended fnd, bk L trng to fc ptr in BFLY ;
12 {New Yorker} Sd R rising releasing trl hnds, -, trng RF (W LF) to LOP/RLOD fnd L (W fnd R) with slipping action lowering & Id arms extended fnd, bk R trng to fc ptr Id hnds jnd ;

13-16 CROSS BODY (DC); FORWARD BREAK; SPOT TURN 2X to CP/COH;;
13-14 {Cross Body} Sd & bk L trn rf with rise (W Sd & fnd R), -, bk R lower with slipping action (W fnd L crossing in front of M trn LF), fnd L trng LF (W sd & bk R) to end fcg DC ;
   {Fwd Brk} Sd R rising to LOP fnd DC, -, fnd L with lower to contra chk like action, bk R with soft knee to end BFLY pos fcg DC ;
15-16 {Spot Trn} Sd & slightly bk L to fc COH (W sd & slightly fnd R), -, XLIBR trng LF (W XLIBR trng RF), fnd L (W fnd R) cont trn to fc ;
   Sd R,-, XLIBR trng LF (W XLIBR trng RF), fnd R (W fnd L) cont trn to CP/COH ;

PART B

1-4 TURNING BASIC (WALL); TURNING BASIC (COH);;
1-2 {Turning Basic} Sd L with slight body trn RF rising (W Sd R trn RF Look R), -, trn LF slip piv action bk R lowering, sd and fnd L trn LF to fc Wall ;
   Sd R with rise, -, fnd L lowering with contra chk action, bk R with soft knee to CP fcg Wall ;

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PART B (CONT)

3-4 {Turning Basic} Sd L with slight body tm RF rising (W Sd R tm RF Look R), ~, tm LF slip piv action bk R lowering, sd and fwd L tm LF to fc COH ; Sd R with rise, ~, fwd L lowering with contra ck action, bk R with soft knee to CP fcg COH ;

5-8 RIFF TURN: SHOULDER to SHOULDER 2X; SYNC. HIP ROCKS (SQ&Q);:
5 {Riff trn} Sd L raising lead hnds start W into RF spin, cl R to L as W completes spin, sd L keep lead hnds high, cl R to L (W sd & fwd R commence RF spin, cl L to R spinning RF completing 1 full tm under lead hnds, fwd R commence RF spin, cl L to R completing 2nd full spin under lead hnds) to BFLY ;
6-7 {Shldr-to-Shldr} Sd L with rise, ~, XRIFL (W XLIBR) lowering, bk L to fc ; {Shldr-to-Shldr} Sd R with rise, ~, XLIFR (W XRIBL) lowering, bk R trg to fc ptr in BFLY/COH ;
8 {Sync Hip Rocks} BFLY Sd L w/ hip roll, ~, w/ hip rolls Sd R/Sd L, Sd R w/ hip roll ;

9-12 AIDA W/HIP RKS; SWITCH RK (CP); FWD 1/2 BASIC;
9 {Prep Aida} Sd L rise to modified slight open V shape twd ptr, ~, thru R (W thru L), trng RF (W LF) step sd L ;
10 {Aida Line w/ Hip Rks} Releasing trail hnds cont trng RF to fc LOD bk R (W LF bk L) to bk to bk V shape twd ptr, ~, rk in place L, R ;
11-12 {Switch Rk} Bk & sd L bringing ld hnds between to fc COH (W bk & sd R to fc ptr), Sd R w/hip roll, Sd L w/ hip roll blending to CP/COH ; {Fwd ½ Basic} Sd R w/ rise, ~, fwd L lower with slip action, bk R CP/COH ;

13-16 SIDE STAIRS 8;; NEW YORKER; OPEN BREAK (CP);
13-14 {Sd Stairs 8} Sd L, cl R, fwd L, cl R ; Sd L cl R, fwd L, cl R ;
15-16 {New Yorker} Repeat PART A Meas 11 ; {Op Brk} Sd R with body rise to LOP fcg free arms extended to sd, ~, bk L (W bk R) lowering, fwd R (W fwd L) to CP/COH ;

BRIDGE

1-2 HIP LIFT 2X;:
1-2 Repeat INTRO Meas 3-4 fcg COH ;

REPEAT A Facing COH

REPEAT B Facing WALL

END

1-4 SIDE STAIRS 8;; NEW YORKER; OPEN BREAK (CP):
1-2 Repeat PART B Meas 13-14 fcg Wall ;
3-4 {New Yorker} Repeat PART A Meas 11 ; {Op Brk} Repeat PART B Meas 16 fcg Wall ;

5-8 HIP LIFT 2X; SIDE to SLOW HINGE;
5-6 Repeat INTRO Meas 3-4 ;
7-8 {Sd to Slo Hinge line} Sd L rising, ~, slowly trng upper body LF (W swivelng LF on R ft hook L in bk of R), S- ~, relax L knee lowering w/R leg straight & pointed to RLOD (W lowering on L w/ R leg straight & pointed (SQ-) to RLOD head well to the L) ; ~ ;

NOTE: Dance progresses about 4-6 ft toward wall (Sd Stairs 8), have dancers leave space when beginning.