I TOLD YOU BOLERO

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MUSIC:  CD: Carnival Ride (Carrie Underwood) Track 10 / 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  CPWALL 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 Lng 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 Lng RF (W fwd L Lng 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 tm under jnd Id hnds, -, XLIBR lowerning and continue trng RF ½, fwd R complete the RF tm 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 lowerning ½ LF , fwd L cont LF tm to fc ptr) end fcg Wall ;
7-8  {Time Step} Sd L rising w/ arms out to side, -, XRIBL (W XLIBR), fwd L (W fwd R) bringing hands together ;
      {Time Step} Sd R rising w/ arms out to side, -, XLIBR (W XRIBR), fwd R (W fwd L) to CP/Wall ;

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

13-16  CROSS BODY (DC); FORWARD BREAK; SPOT TURN 2X to CP/COH;;
13-14  {Cross Body} Sd & bk L tm LF with rise (W Sd & fwd R), -, bk R lower with slipping action (W fwd L
      crossing in front of M trng LF), fwd L Lng LF (W sd & bk R) to end fcg DC ;  {Fwd Brk} Sd R rising to LOP
      fcg DC, -, fwd 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 fwd R), -, XLIBR trng LF (W XLIBR trng RF), fwd L
      (W fwd R) cont tm to fc ;  Sd R, -, XLIBR trng RF (W XRIBL trng LF), fwd R (W fwd L) cont tm to CP/COH ;

PART B

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

3-4 (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 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 XRLIB) lowering, bk R trng 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, r , 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 Opposite Direction (COH to Start)

REPEAT B Facing Opposite Direction (WALL to Start)

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 swiveling 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 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.