La Distancia

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Music: Norte CD 88697064472, Eydie Gorme, Tesoros de Coleccion, Disc 2 Track 3,  
"Contigo En La Distancia" omit 1st 36 seconds - start on 2nd of 3 chimes

Footwork: Opposite, directions for man (lady as noted)

Phrase & Rhythm: Phase VI  Bolero

Difficulty: Average

Sequence: Intro A B C B(1-15) End

INTRO

1-2  WAIT PICKUP NOTES; SIDE FORWARD to CONTRA CHECK;

1  [WAIT PICKUP NOTES] Cuddle pos fc WALL lead feet free; MUSIC NOT DEFINITE - ROCK TO MUSIC

7  [CONTRA CK SQQ] on word "bella" Sd & fwd R to cp fc DRW, lwr & ck fwd L contra ck, rec bk R cp WALL;

Part A

1-8  TURNING BASIC; FALLAWAY BREAK; SPOT TURN; REVERSE UNDERARM; FORWARD MANEUVER

1  [TRN BASIC SQQ] Sd & bk L slight body tm RRF (lady look rght) rise, - , trn LF slip pvt action bk R sft knee, fwd L tm LF to fc COH sft knee;

2  [FALLAWAY RONDE BRK SQQ] Sd R trn LF ronde L ccw, - , complete ronde to fallwy bk L sft knee ckg, rec f wd R semi RLOD; (sd L trn RF rondeR ccw, - , complete ronde to fallwy bk R ckg, rec L semi RLOD);

3  [SPOT TURN SQQ] Fwd & sd L "v" pos LOD rise, - , thru R trn LF (RF) soft knee, rec L cont trn LF (RF) to fc WALL opn fcng pos sft knee;

4  [REV UNDERARM SQQ] Sd & fwd R RLOD rise, - , ck thru L soft knee raise lead hnds, rec R trn to fc WALL soft knee (sd & fwd L LOD rise, - , thru R trn LF undr lead hnds soft knee, rec L cont trn LF to fc sft knee);

5  [FWD MAN PILOT SQQ] Fwd L strt RF trn, - , thru R trn RF, sd & bk L cp pvt RF to fc DRW;

6  [RUMBA CROSS SQQ&Q] Fwd R DRW rise & swing left hip fwd wth slight lft shpe, - , fwd L slightly armd lady smv trn RF/chng to rght shpe XRIIBL spin RF on R, sd & bk L cp spin RF fc DRW (bk L rise slight right shpe, - , bk & sd R/chng to lft shpe XLIIFR spin RF, sd & fwd R spin RF);

7  [FALLAWAY RONDE BRK SQQ] Sd & fwd R trn LF ronde L ccw, - , complete ronde to fallwy bk L sft knee ckg, rec f wd R semi LOD; (sd & bk L trn RF ronde R ccw, - , complete ronde to fallwy bk R ckg, rec L semi LOD);

8  [MAN’S UNDERARM SQQ] Trn LF sd & fwd L LOD raise lead hnds, - , thru R trn LF und lead hnds soft knee, rec R cont trn LF to fc sft knee fc WALL (sd & fwd R, - , slight trn LF bk L XIBR lead man undr lead hnds, rec sd & fwd R);

PART B

1-8  REVERSE UNDERARM; to a NATURAL TOP 3; ROPE SPIN 1/ 2 man TURN FACE LINE; BOLERO WALK;

SWITCH & WALK; SWITCH & WALK; CONTRA CHECK; TURNING BASIC;

1  [REV UNDERARM SQQ] Sd & fwd R RLOD rise, - , ck thru L soft knee raise lead hnds, rec R trn to fc WALL soft knee (sd & fwd L LOD rise, - , thru R trn LF undr lead hnds soft knee, rec L cont trn LF to fc sft knee);

2  [NATURAL TOP 3 SQQ] Sd & bk L trn RF to cp fc RLOD, - , XRIIBL sft knee trn RF, sd L trn RF (fwd R to cp, - , fwd L trn RF, fwd R trn RF);

3  [ROPE SPIN man Fc LOD SQQ] Cl R fc WALL spiral lady RF undr lead hnds, - ; sd L lead hnds ovr head lead lady armd CW wght arm, rec R trn LF to left opn LOD; (sd & fwd L spiral RF fc COH, - ; fwd circle wlk armd man CW R, L to lft opn LOD, - )

4  [BOLERO WALKS SQQ] Fwd L rise, - , fwd R lght lwng, fwd L lft opn LOD;

5  [SWITCH & WALK SQQ] Fwd & sd R sharp trn LF (RF) to "V" pos RLOD tail arms slide to prtnr's back lead arms out, - , lwr fwd L, fwd R RLOD;

6  [SWITCH & WALK SQQ] Fwd & sd L sharp trn RF (LF) to "V" pos LOD lead arms slide to prtnr's back, - , lwr f wd R, fwd L LOD;

7  [CONTRA CK SQQ] Sd & fwd R to cp fc DLC rise, - , lwr & ck fwd L contra ck action, rec bk R cp DLC ;

8  [TRN BASIC SQQ] Sd & bk L slight body trn RF (lady look rght) rise, - , trn LF slip pvt action bk R sft knee, fwd & sd L trn LF to fc WALL sft knee;
NEW YORKER: RIFF TURNS; HAND CHECK LUNGE & lady REVERSE TWIRL; REVERSE UNDERARM; SYNCOPATED TURNING BASIC; to a HINGE; SWIVEL to a SAMEFOOT LUNGE; RECOVER & lady SYNCOPATED SPIN to REVERSE;

1. [NEW YORKER SQQ] Trm RF (LF) sd R RLOD rise,-, trn RF (LF) ck thru L soft knee, rec R tm to fc WALL soft knee;
2. [RIFF TRNS QQQQ] Sd L fc WALL raise lead hnds strt lady in RF spin, cl R, sd L raise lead hnds strt lady in RF spin, cl R fc WALL (trn RF fwd R spin RF undr lead hnds, cl L; trn RF fwd R spin RF undr lead hnds, cl L);
3. [LUNGE & REV TWIRL SQQ] Lead hnds high sd L lunge line ck lady's trn with rght hnd to her rght hip,-, rec sd R trn RF strt lady under lead hnds, cl L (sd lunge R lead hnd high,-, trn LF rec L spin LF, cont LF spin sml step R);
4. [REV UNDERARM SQQ] Sd & fwd R LOD rise,-, ck thru L soft knee raise lead hnds, rec R tm to fc COH soft knee (sd & fwd L LOD rise -, thru R tm LF undr lead hnds soft knee, rec L cont tm LF to fc sft knee);
5. [SYNC TRN BASIC SQQ] Sd L to cp slght body trn RF rise (lady look rght),-, trn LF slip pvt action (lady cl head) bk R sft knee, sd & fwd L tm LF/sd L tm LF fc DRW;
6. [HINGE SS (S&S)] Bk & sd L cp trn body LF fc WALL,-, lwr to hinge line, - (sd & fwd R trn LF/ cl L,-, lwr extnd R ft fws in hinge line look left,-);
7. [SWVL to SAMEFOOT SS] Rec R body trn RF to swivel lady,-, body trn LF lwr on R softn R knee extnd L leg sd & bk head left,- (rec R swl to smft pos, -, lwr on R softn R knee body trn RF opn head extnd ftt leg thru & fws, -);
8. [REC lady SYNC SPIN SQQ (SQ&Q)] Rec L tm RF rise lwr lead hnds to waist level fc RLOD,-, cl R RLOD soft knee, sd & fwsd L to fc opn fngg RLOD sft knee jn lead hnds (rec L trn RF,-, trn LF fwsd RLOD strt spin RF/L, sd & bk R fc LOD);

PART C

FORWARD BREAK; CHECKED RIGHT PASS man TRANSITION; SAME FOOT BACK BREAK; SAME FOOT WALKS; FORWARD & UNDERARM ROLL; LUNGE RECOVER to SWIVEL POINT; SHADOW SWIVEL POINTS; lady UNDERARM SWIVEL to LUNGE man TRANSITION;

1. [FORWARD BREAK SQQ] Sd & fwsd R to opn fngg fc RLOD rise,-, ck fwsd L sml stp slght contra ck action, rec bk R fc RLOD (sd & bk L opn fngg,-, bk R contra ck action slght sit line action, rec fwsd L);
2. [SYNC CKD RIGHT PASS S&Q (SQQQ)] Sd & fwsd L tm RF raise jnd lead hnds,-/ take lead hnds over lady's head rght hnd to her hip XRIBL trn RF, sd L bng hnds dwn now on lady' lft side, bk R fc LOD (fwsd R shpe RF rise,-, XLIFR sml stp fwsd undr ld hnds, bk R fc LOD); NOW ON SAME FOOT
3. [SF BACK BRK SQQ] Bk L rise jn lft hnds skaters lod,-, bk R soft knee ckngr, rec fwsd L skaters LOD;
4. [SAMEFOOT WALKS SQQ SQQ] Fwsd L rise, -,- fwsd L slght lwrng, fwsd R skaters LOD;
5. [UNDERARM ROLL SQQ] Fwsd L,-, fwd R DLW strt roll RF (lady under lft hnds), fwsd & sd L cont roll RF to man's shdw fc COH;
6. [LUNGE REC SWVL PNT SQQ] Lunge sd & fwsd R LOD softn knee body erect extend tral arms fwsd,-, rec L swvl LF (lady undr lft hnds) pnt R ROLD in shdw fc WALL,-;
7. [SHDWR SWIVEL POINTS SS] Fwsd R XIWF swvl RF pnt L LOD,-, fwsd L XIWF swvl LF shdw WALL pnt R RLOD,-;
8. [UNDAR ARM SWIVEL LUNGE XIT SS (QQS)] Fwsd R swvl R LOD undr lft hnds,- / change to lead hnds, Inge sd L lead hnds slghtly up fuce WALL (fwsd R XIWF swvl RF to fc man,cl L jn lead hnds, Inge sd R, -);

END

RECOVER SHADOW HIP ROCKS; lady ROLL OUT to FENCE LINE lady ROLL to WRAP;; SIDE LUNGE;
1. [REC SHDWR HIP RK SQQ] Rec L shdw wall rise,-, rk R, rec L shdwr WALL;
2. [ROLL to FENCE LINE ROLL to WRAP QQQQQQQ] Sd & fwsd R DRW, cl L (roll RF R,L DRW) op DRW, sd & fwsd R DRW jn trail hnds,-, ck fwsd L XIWF sofetn knee DRW lady extnd lead arm out, rec R, rk sd & bk L, rec R (wrap into man LF L,R) fc WALL;
3. [SIDE LUNGE SS] Finish wrap fc DLW lunge sd L lunge sd R wrpped pos fc DLW, -, shpe like over sway, -;

SEQUENCE: Intro, A, B, C, B(1-15), End