L A B A R C A

Choreo : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music : Wea Latina CD “Mis Boleros Favoritos” Track 2 by Luis Miguel
or available from choreographer on MP3 file or others
Rhythm : Bolero Phase IV + 2 [Sweetheart, Hip Twist]
Sequence : Intro - A - B - Int - A(9-16) - B - Ending
Timing : SQQ unless noted by side of measure
Footwork : Opposite except where noted

INTRO

1 - 4 WAIT; MOD ROMANTIC SWAYS INTERRUPTED w/SD CL:::

1  {Wait} LOP Fgg Pos fc Wall trail ft free wait lead in notes & 1 meas;
2-4  {Modified Romantic Sways With Side Close} Keep lead hnds jnd thru meas 4
2  [Swivel Out & Hip Rocks] Sd R swivel RF (W LF) to Bk-To-Bk Pos,-,
    rk sd L with rolling hip CCW, rec R with hip roll CW [hereafter hip rks L, R];
SQQQ [3+]  [Swivel In & Hip Rocks With Side Close]
    [Note : As the music consists of 6 beats on this meas, the dance is also done on 6 beats]
    Sd L swivel LF (W RF) to fc ptr,-, hip rks R, L;  sd R, cl L,
[4]  [Swivel Out & Hip Rocks] Repeat meas 2;

5 - 8 SWVL IN & FENCE REC; SPOT & TIME; TIME & SPOT; SLO HIP RKS:

5  {Swivel In & Fence Recover} Sd L swivel LF (W RF) to fc ptr blend to Bfly,-,
    cross lunge thru R with bent knee look LOD, bk L trn bk to fc ptr;
6  {Spot & Time} Sd R with body rise,-, XLIF with flex knee trn 3/4 RF, fwd L cont trn to fc ptr
    (W sd L rise,-, XRB flex knee, fwd L);
7  {Time & Spot} Sd L rise,-, XRB flex knee, fwd L (W sd R rise,-, XLIF flex knee trn 3/4 RF,
    fwd R cont trn to fc ptr);
    SS 8  {Slow Hip Rocks} Blend to Low Bfly hip rks R,-, L,-;

PART A

1 - 4 HIP TWIST TO FAN PREP;; FAN TO HOCKEY STICK OVRTRND TO FC;;

1-2  {Hip Twist To Fan Preparation} Sd & fwd R rise,-, fwd L flex knee, bk R lead W to M’s right sd
    (W sd & bk L rise,-, bk R flex knee, fwd L to M’s right sd);  cl L rise lead W to swivel LF,-,
    bk R flex knee, rec L (W fwd R rise and swivel 1/4 LF to fc LOD,-, fwd L flex knee, fwd R trn
    1/2 LF);
3-4  {Fan To Hockey Stick Overturnd To Face} Sd & fwd R rise to Fan Pos,-, fwd L flex knee,
    rec bk R (W sd & bk L rise remain R leg extended sd & fwd,-, cl R flex knee, fwd L);
    cl L rise,-, bk R flex knee, fwd L twd DRW trn LF to fc Wall (W fwd R rise,-, fwd L flex knee,
    fwd R trn LF to fc ptr & COH) end LOP Fcg Wall;
“La Barca” (Continued)

5 - 8 FWD BRK; CHKD R PASS; M TRN TO LUNGE BRK; SYNC HIP RKS;
   5  {Forward Break} Sd & fwd R rise,*, fwd L with contra chk like action, rec bk R;
   6  {Checked Right Pass} Fwd & sd L rise comm trn RF raise lead hnds to create window trail hnd
      on W’s R hip chkg her fwd motion, XRB1 cont trn around W, fwd & sd L to W’s left sd
      (W Fwd R rise lead hnd as if comm underarm trn then lower,*, XLIF, sd & bk R) end
      Modified Wrapped Pos fc COH;
   7  {M Turn To Lunge Break} Fwd R ronde L trn RF to fc ptr & Wall,*, lower on R with slight
      body trn RF lead W to bk lunge, rise on R with slight body trn LF to rec (W sd & bk L rise,*,
      bk R with contra check like action, rec fwd R) end LOP Fcg Wall;

SQ&Q 8 {Syncopated Hip Rocks} Blend to Low Bfly hip rks L,*, R/L, R;

9 - 12 SYNC TRNG BASIC w/CHK; X BODY; AIDA PREP; AIDA LINE & SWITCH LUN;
   SQ&Q 9 {Syncopated Turning Basic With Check} Blend to CP sd & slightly fwd L (W sd & slightly fwd
      R between M’s feet) rise with upper body trn RF to fc RLOD (W’s head closed),*, slip bk R flex
      knee trn LF/cont trn sd & fwd L to fc COH, sd & fwd R chkg end CP COH;
   10 {Cross Body} Sd & bk L trn LF rise,*, slip bk R flex knee cnt trn, fwd L cont trn to fc Wall
      blend to Bfly (W sd & R rise,*, fwd L XIF of M flex knee trn LF, sm sd R cont trn to fc ptr);
   11 {Aida Preparation} Sd R rise trn to LOP RLOD,*, thru L flex knee trn LF (WF RF) , sd R cont trn
      release lead hnds;

SS 12 {Aida Line & Switch Lunge} Trn LF bk L rise to slight “V” Bk-To-Bk Pos lead hnds up and out
      jnd trail hnds fwd,*, trn RF to fc ptr bring jnd trail hnds thru lunge sd R lead hnds extended sd,*,

13 - 16 UNDERARM TRN; REV U/A TRN TO WRAP; SWEETHEART RUN 2X TO FC;;
   13 {Underarm Turn} Blend to LOP Fcg sd L rise,*, XRB1 flex knee raise jnd lead hnds, fwd L
      (W sd R rise,*, XLIF flex knee trn 3/4 RF under jnd lead hnds, fwd R cont trn to fc ptr)
   14 {Reverse Underarm Turn To Wrap} Sd R rise,*, XLIF flex knee comm trn LF raise jnd lead hnds
      to lead W to trn LF, cl R cont trn to fc LOD
      (W sd L rise,*, XRF flex knee trn 3/4 LF under jnd lead hnds, fwd L) end Wrapped Pos fc LOD;
   15-16 {Sweetheart Run Twice To Face} In Wrapped Pos looking at ptr fwd L rise,*, fwd R flex knee,
      fwd L; fwd R rise,*, fwd L flex knee, fwd R release trail hnds and trn to fc ptr end CP Wall;

PART B

1 - 4 TRNG BASIC 1/2; STEP RONDE TO BK-TO-BK; SYNC HIP RKS;
   TRN RONDE & CHG SD;
   1 {Turning Basic Half} Sd & slightly fwd L (W sd & slightly fwd R between M’s feet) rise with
      upper body trn RF to look RLOD (W’s head closed),*, comm trn 1/2 LF bk R with slip pivot
      action, sd & fwd L cont trn to fc COH;
   2 {Step Ronde To Back-To-Back} Blend to Bfly sd R ronde L CCW,- bhd L comm trn RF, fwd R
      twd LOD cont trn to Bk-To Bk Pos M fc Wall lead hnds jnd low free trail hnds down at sd;

SQ&Q 3 {Syncopated Hip Rocks} Repeat meas 8 Part A;
   4 {Turn Ronde & Change Side To Face} Sd L trn LF to fc COH with ronde R CCW,*, raise jnd
      lead hnds and passing bhd W sd & fwd R trn RF to fc RLOD, fwd L cont trn to fc Wall jm R-R
      hnds (W sd R trn RF to fc ptr with ronde L CW to tch L to R,-, fwd L under jnd lead hnds comm
      trn RF, fwd R cont trn to fc ptr) end Hndshk Wall;

2
“La Barca”  

(Continued)

5 - 8  **SHAD NY: SPOT TRN W UNDERTRN: SWEETHEART 2X;;**
5  {Shadow New Yorker} Sd R rise trn RF, slip fwd L flex knee jnd R hnds extended fwd L hnds extended sd [M’s arm parallel to bk of W], bk R trn LF to fc ptr;
6  {Spot Turn W Underturn} Repeat meas 6 Intro on opposite ft to opposite direction (W sd R rise,-, XLIF flex knee trn 1/2 RF to fc Wall, rec R) end Valsouviene Wall;
7-8  {Sweetheart Twice} Sd R to Left Valsouviene Pos rise with right sd stretch,-, keep hnds jnd slip fwd L with right sd lead to contra chk action, rec R (W sd L rise with left sd stretch,-, slip bk R with left sd lead to contra chk action, rec L) end Left Valsouviene Wall; repeat meas 7 with opposite ft to opposite direction end Valsouviene Wall;

9 - 12  **WHEEL L;; OPPOSITE FENCE LINE; W TRN TO FC & HIP RKS;**
9-10  {Wheel Left} Sd R to Left Valsouviene Pos rise,-, wheel LF fwd L, R; L,-, R, L (W sd L rise,-, wheel LF bk R, L; R,-, L, R) end Left Valsouviene Wall;
11  {Opposite Fence Line} Release hnds sd R rise,-, cross lunge thru L bent knee hnds extended sd look at ptr, bk R;
12  {W Turn To Face & Hip Rocks} Hip rks L,-, blend to Low Bfly R, L (W sd R trn RF to fc ptr,-, hip rks L, R);

13 - 16  **FWD BRK; SYNC BK BOLERO WK TO FC; OPENING OUT 2X;;**
13  {Forward Break} Repeat meas 5 Part A;
14  {Syncopated Back Bolero Walk To Face} Bk L rise,-, bk R trn LF to fc Wall/sd L, XRIF (W fwd R rise trn RF to fc LOD,-, fwd L/R, L trn LF to fc ptr);
15-16  {Opening Out Twice} Blend to Bfly sm sd & fwd L rise comm upper body rotation LF,-, lower on L complete body trn and extend R ft to sd, rise and rotate bk to fc Wall (W sd & bk R rise comm body rotation LF,-, XLIB lower, fwd R trn to fc ptr); cl R rise comm upper body rotation RF,-, lower on R complete body trn and extend L ft to sd, rise and rotate bk to fc Wall (W same footwork on opposite foot with meas 15;

**INTERLUDE**

1 - 8  **ROMANTIC SWAYS;;;;; SWVL IN & FENCE REC; SPOT & TIME; TIME & SPOT; HIP RKS;**
1-4  {Romantic Sways}
[1]  {Hip Rocks} Blend to Low Bfly hip rks L,-, R, L;
[2]  {Swivel Out & Hip Rocks} Repeat meas 2 Intro;
[3]  {Swivel In & Hip Rocks} Sd L swivel LF (W RF) to fc ptr,-, hip rks R, L;
[4]  {Swivel Out & Hip Rocks} Repeat meas 2 Intro;
5-7  Repeat meas 5 thru 7 Intro;;
8  {Hip Rocks} Hip rks R,-, L, R;

**REPEAT PART A MEAS 9 THRU 16**

**REPEAT PART B**

**END**

1 - 2+  **AIDA PREP: AIDA LINE & SYNC SWITCH RK TO CHAIR;;**
1  {Aida Preparation} Repeat meas 11 Part A on opposite ft to opposite direction;
2+  {Aida Line & Syncopated Switch Rock To Chair} Cont trn RF bk R to Aida Line Pos fc RLOD,-, trn LF to fc ptr sd L chkg bring jnd lead hnds thru blend to Bfly/rec R, rec L; cross lunge thru R look LOD,-,