LA BARCA

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Rhapsody Download: Luis Miguel CD: Mi Boleros Favoritos; La Barca, Track 2
Bolero Phase V+1 Released: 4/15/06
INTRO, A, B, INTER, A (9-16), B, ENDING

INTRO

1-4 WAIT PICK-UP NOTES FWD BREAK; NAT TOP; QK OPENING OUT WITH QK SWIVELS::

SQQ 1-2 Wait pick-up notes fcing ptr & DRW lead hnds joined trail ft free
SQQ  {Fwd Break} As music begins sd R,-, chk fwd L, recov R start RF trn; {Nat Top} Sd L cont RF trn,-, XRB of L, sd L (W XRIF of L,-, sd L, XRIF of L) end fcing DW;
QQQQ 3-4  {Qk Opening Out Qk Swvls} Fwd R twd wall cont RF body trn, press L fwd as lead W to step bk, recov R, sd L with hip rock; cont hip rocks sd R, sd L, sd R, sd L (W fwd L trn RF to fc wall, bk R, recov L trn body LF, XRIF of L swvl RF; fwd L end IF of M swvl LF, XRIF of L swvl RF, XLIF of R swvl LF, XRIF of L swvl RF);

5-8 RUMBA AIDA; QK HIP ROCK 4; FC FOR SPOT TRN; FWD BRK;

QQS  5-6  {Rumba Aida} Thru R, sd & fwd L trn RF, bk R in “V” pos,-;
QQQQ  {Qk Rk 4} Rk fwd L, recov R, rk fwd L, rk R;
SQQ  7-8  {Fc for Spot Trn} Fwd L trn to fc ptr,-, XRIF of L trn LF _, fwd
SQQ L trn _ to fc ptr & wall;  {Fwd Brk} Sd R,-, chk fwd L, recov R;

PART A

1-4 CROSS BODY; HALF MOON; PREP AIDA; LAYBACK;

SQQ  1-2  {Cross Body} Sd L with slgt RF body trn ready to lead W
SQQ outside,-, slip RIB of L trn LF chg to shake hnd, sd & fwd L fc COH (W sd & fwd R,-, fwd L trn LF, sd & bk R to fc ptr & wall);
{Half Moon} Sd R twd LOD,-, trn to LOD lunge thru L still R hnds joined look at each other, recov R;

SQQ  3-4  {Prep Aida} Sd L twd RLOD still in shake hnd pos,-, thru R twd
S- RLOD, sd & fwd L;  {Layback} Bk R M’s L arm behind W as arch bk lifting chest up heads bk;

5-8 PROG WALK HEAD LOOP; FC & BRK BK; TRNING BASIC; HIP LIFT;

SQQ  5-6  {Prog Walk Head Loop} Fwd L bring joined R arms over M’s head W lifts L arm fwd & up,-, fwd R to _ LOP, fwd L {Fc & Brk Bk} Sd R to fc ptr blend to _ OP,-, brk bk L both sweep lead arms fwd & up, recov R;

SQQ  7-8  {Trning Basic} Fold IF of W sd & fwd L with high line,-, slip bk
S- R trn LF, sd & fwd L to CP fc wall (W fwd R head to R,-, slip
fwd L cl head to CP, sd & bk R); {Hip Lift} Sd R draw L to R dropping L hip with bent L knee & sweep lead hnds down & up to hip,-, lift L hip straighten L knee, drop hip bend knee;

9-12 **SPOT TRN: HAND TO HAND; CRAB WALK 6;**

**SQQ**

9-10 {Spot Trn} Sd L,-, Xrif of L trn LF, fwd L trn LF; {Hand to Hand} Sd R trn to fc LOD trail hnds joined,-, brk bk L, recov R to fc in Bfly;

**SQQ**

11-12 {Crab Walks} Sd L,-, Xrif of L, sd L; Xrif of L,-, sd L, Xrif of L;

13-16 **LUNGE AND ROLL RLOD: OPEN FRONT VINE WITH RONDE AND ROLL TO FC; HIP ROCKS;**

**SQQ**

13-14 {Lunge and Roll} Sd L with upward lunge action,-, trn to RLOD fwd R roll RF, bk L cont RF trn; {Open Front Vine Ronde} Fwd R RLOD in LOP,-, XLIF of R to fc in BFLY, sd R ronde L CCW;

**SQQ**

15-16 {Cont Vine with Roll} XLIF of R,-, trn RF to roll RF fwd R, cont trn bk L; {Hip Rocks} Cont trn to fc ptr & wall hip rk sd R,-, rk sd L, rk sd R;

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**PART B**

1-4 **SYNCO UNDERARM TRN TRANS; BREAK BK SKATERS; SYNCO PROG WALK; RF UNDERARM ROLL;**

**SQQ**

1-2 {Synco Underarm Trn Trans} Sd L lift lead arm to allow W to trn under RF,-, rk bk R, recov L (W sd R prepare to trn RF under lead hnds,-, XLIF of R trn RF/ recov R twd RLOD cont RF trn, sd L; {Break Bk Skaters} Both trn to fc LOD in skaters same foot work bk R (W sweep R arm fwd & up),-, brk bk L (W cont arm sweep bk & down), recov fwd R (W arm ends out to sd);

**SQQ**

3-4 {Synco Prog Walk} Both fwd L,-, fwd R / fwd L, fwd R; {RF Underarm Roll} Fwd L,-, fwd R trn RF under joined L hnds, cont RF trn bk L cont trn to fc LOD;

5-8 **FWD,-, LUNGE RECOV LADY ROLL,-; OPEN FENCE LINE; RT SD PASS TRANS; LUNGE BREAK;**

**SQQ**

5-6 {Fwd Lunge Recov Lady Roll} Fwd R both look wall with R arms going out to wall M’s in front of W,-, lunge fwd L trn LF sweep R arms fwd, recov R to LOP wall (W fwd R look wall,-, fwd L trn LF, bk R cont LF trn to fc the wall) connect lead hnds; {Open Fence Line} Both sd L,-, Xrif of L, recov L;

**SS**

7-8 {Right Pass Trans} Rk sd R raise lead hnds to create window,-, recov L lead W under lead hnds,-(W fwd R,-, fwd L begin LF trn, bk R cont LF trn under raised lead hnds); {Lunge Break} Sd & fwd R to LOP fcimg,-, lower on R with slight RF body trn lead W bk, rise on R with slight body trn to recov (W sd & bk L,-, bk R with contra check action, fwd L);

9-12 **HIP TWIST START A FAN; LADY RONDE DEvelope; RIGHT PASS; FWD BREAK;**
SQQ 9-10  
**{Hip Twist Start Fan}** Take wgt on L,-, bk R, recov L (W fwd R twd M twist _ RF,-, fwd L, fwd R begin to trn LF);  
**{Ronde Develope}** Lunge apt R stretch R sd and bring R arm up in arch (W ronde L ft while cont to trn LF,-, XLIB of R, develope R);

SQQ 11-12  
**{Right Pass}** Recov L stretch L sd raise lead hnds to create window,-, XRB of L cont RF trn, fwd L end DRW (W fwd R,-, fwd L begin LF trn, bk R cont LF trn under raised lead hnds);

**{Fwd Break}** Sd R to LOP fcinq,-, fwd L with contra check action, bk R;

13-16  **SYNCO HIP ROCKS; LEG CRAWL BK BEND; RUDOLPH TO LARIAT;;**

SQQ 13-14  
**{Synco Hip Rocks}** Bring W to CP sd & bk L,-, rk sd & fwd R/ rk sd & bk L, rk sd & fwd R;  
**{Leg Crawl Bk Bend}** Bk L with strong LF body trn (W allow L leg to crawl up M’s R leg),-,-, trn more LF drop in the knee support W as she bends bk;-;

SQQ 15-16  
**{Rudolph to Lariat}** Straighten sway and lower fwd R into W trn body RF to cause (W step fwd L ronde R CW),-,-, let go of W with R arm and raise L arm as rock sd L, recov R (W go behind his bk with a XRB of L, sd L); Cont lariat cl L,-, rk bk R, recov L end fc DRW (W fwd R,-, fwd L, fwd R to fc ptr);

**INTERLUDE**

1-4  **FWD BREAK; NAT TOP; QK OPENING OUT WITH QK SWIVELS;;**

SQQ 1-2  
**{Fwd Break}** Sd R,-, chk fwd L, recov R start RF trn;  
**{Nat Top}** Sd L cont RF trn,-, XRB of L, sd L (W XRF of L,-, sd L, XRF of L) end fcinq DW;

QQQQ 3-4  
**{Qk Opening Out Qk Swvls}** Fwd R twd wall cont RF body trn, press L fwd as lead W to step bk, recov R, sd L with hip rock; cont hip rocks sd R, sd L, sd R, sd L (W fwd L trn RF to fc wall, bk R, recov L trn body LF, XRF of L swvl RF; fwd L end IF of M swvl LF, XRF of L swvl RF, XRF of R swvl LF, XRF of L swvl RF);

5-8  **RUMBA AIDA; QK HIP ROCK 4; FC FOR SPOT TRN; FWD BRK;**

QQS 5-6  
**{Rumba Aida}** Thru R, sd & fwd L trn RF, bk R in “V” pos;-;

QQQQ 7-8  
**{Fk Rk 4}** Rk fwd L, recov R, rk fwd L, rk R;

**{Fc for Spot Trn}** Fwd L trn to fc ptr,-, XRF of L trn LF _ , fwd L trn _ to fc ptr & wall;  
**{Fwd Brk}** Sd R,-, chk fwd L, recov R;

**REPEAT A 9-16  REPEAT B**

**ENDING**

1-3  **FWD BREAK; TRNING BASIC TO CONTRA CHECK HOLD;;**

SQQ 1-3  
**{Fwd Brk}** Sd R,-, rk fwd L, recov R;  
**{Trning Basic Contra**  
**Chk** Sd & fwd L trn RF,-, slip RIB of L trn LF, sd & fwd L to CP fc DC; Sd R,-, lower & chk fwd L with R sd lead & hold,-;