LA PALOMA ADIEU
Music: Mireille Mathieu
www.iTunes/La Paloma Adieu or www.amazon.com/un vie d'amour
Track # 12 Time: 3:49
Available from choreographer

Rhythm: Rumba Phase: V+2U (Alternating UArm Turns - Start Stop & Go Into X-Body)
OPTION in Part C (OP Break w/ (W Insd Underarm Turn) Into Nat Top)

Footwork: Opposite except where (Noted)

Release Date: Dec 16
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
Email: jos.dierickx@telenet.be

Sequence: INTRO AA B C BRIDGE A B(1-8) C(9-14) END

INTRO

01-04  BFLY POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ;
{Wait} BFLY POS WALL ld ft free wt 4 meas ; ; ;

PART A

01-05  BASIC ; ; START CROSS BODY INTERRUPT w/ 2 SWIVELS ; ; FINISH CROSS BODY ;
[Basic] Fwd L, rec R, sd L ; ; Bk R, rec L, sd R BFLY WALL, ; ; [Start Cross Body Interrupt w/ 2 swivels] Fwd L, rec R trng LF 1/4, sd L (W bk R, rec L, fwd R) to "L" shaped loose CP pos M fcg LOD & W fcg COH, ; ; [SS] Rk sd R trng body slightly LF, , rk sd L trng body slightly RF (W fwd L swvl LF ½, -, fwd R swvl RF ½) still in "L" shaped pos M fc LOD & W fc COH, ; ; [Finish Cross Body] Fwd R, rec L trn LF 1/4, sd R (W fwd L, fwd R trng LF ½, sd L to fng Wall) to r-hndshk COH, ;

06-10  FLIRT to a fan ; ; START STOP & GO INTO CROSS BODY ; ; TO RLOD FRONT VINE 4 ;
[Flirt to Fan] Fwd L, rec R, sd L (W bk R, rec L, fwd R swvl LF ½) to VARS COH, ; ; [relg hnds] Bk R, rec L, sd R (W slidy if of M sd L, cl R, sd & bk L trng ¼ RF to LOD) to "L" pos ld hands joined, ; ; [Start Stop & Go Into Cross Body] Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" position (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD), ; ; [SS] Rk R comm LF trn to CP, rec L comp LF trn to CP WALL, sd R (W trng LF fwd L, fwd & sd R trng LF to fc ptr, sd L) to BFLY WALL, ; ; [To RLOD Front Vine 4] [QQQQ] To RLOD XLif (W XRif), sd R, XLib (W XRib), sd R ;

PART B

01-04  REVERSE UNDERARM TURN ; AIDA ; SWITCH ROCK ; SPOT TURN ;
[Reverse Underarm Turn] Raisg jnd ld hnds XLif, rec R, sd L (W XRif undr jnd ld hnds trng LF ½, rec L contg LF trn to fc ptr, sd R) to BFLY WALL, ; ; [Aida] Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, ; ; [Switch Rock] Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, ; ; [Spot Turn] Relg hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY WALL, ; ;

05-08  BASIC 1/2 INTO 3 ALTERNATING UNDERARM TURNS W-M-W ; ; ;
[Basic ½ Into 3 Alternating Underarm Turns W-M-W] Fwd L, rec R, cl L (W bk R, fwd L, fwd R point L to sd), ; ; [join trailing hnds] Fwd L, rec R trng RF undr jnd tl hnds, fwd R cont RF trn to fc ptr, fwd & sd L, ; ; ;

09-12  OP HIP TWIST INTO a FAN ; ; HOECKY STICK ; ;
[OP Hip Twist into a FAN] Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to L arm to swivel 1/4 RF) end L-Shape M fc WALL W fc LOD, ; ; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L to fan pos), ; ; [Hockey Stick] Fwd L, rec R, cl L (W cl R, fwd L, fwd R), ; ; Sm bk R, rec L, long fwd & sd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, ; ;
PART C

01-04  OP BREAK INTO NATURAL TOP to LOD ; ; OP BREAK INTO NATURAL TOP to COH ; ;

[Open Break w/ Insd Underarm Turn to Natural Top to LOD] Apt L, rec R, raising jnd lead hnds to lead W spiral LF small fwd L trng RF 1/4 to fc RLOD (W apt R, rec L, fwr 3/4 RF fwr R) to RLOD, -; XRib comm trng ½ RF, cont trng ¾ RF sd L, cl R (W sd & fwr L comm trng RF, XRif cont trng RF, cl L) end CP M fgr RLOD, -; [Open Break w/ Insd Underarm Turn to Natural Top to COH] Repeat meas 1,2 Part C to CP COH ; ;

OPTION (01-04) PART C

01-04  OP BREAK WITH INSIDE UNDERARM TURN INTO NATURAL TOP to LOD ; ;

[Open Break w/ Insd Underarm Turn to Natural Top to LOD] Apt L, rec R, raising jnd lead hnds to lead W spiral LF small fwd L trng RF 1/4 to fc RLOD (W apt R, rec L, fwr 3/4 RF fwr R) to RLOD, -; XRib comm trng ½ RF, cont trng ¾ RF sd L, cl R (W sd & fwr L comm trng RF, XRif cont trng RF, cl L) end CP M fgr RLOD, -; [Open Break w/ Insd Underarm Turn to Natural Top to COH] Repeat meas 1,2 Part C to CP COH ; ;

05-08  CUDDE/W SPIRAL to a FAN ; ; ALEMANA FROM A FAN ; ;

[Cuddle /W Spiral to a Fan] Sd & slightly fwd L shapgd twd ptr, rec R jng ld hnds high, cl L, - (W trng RF ½ bk R, rec L trng LF ¾ to LOD & jng ld hnds high, fwr R, spiral 7/8 LF under joined ld hnds) ; ; Repeat meas 10 Part B ; [Alemania from a Fan] Fwd L, rec R, cl L (W cl R, fwr L, fwr RF trng RF to fc ptr), -; Raisng jnd ld hnds sm sd & bk R, rec L, fwr & sd R (W trng RF undr jnd hnds fwr L, fwr R, fwr & sd L to fc ptr), -; ;

09-12  OP BREAK INTO NATURAL TOP to RLOD ; ; OP BREAK INTO NATURAL TOP to WALL ; ;

[Open Break Into Natural Top to RLOD] Repeat meas 1,2 Part C to LOD ; ; [Open Break Into Natural Top to WALL] Repeat meas 3,4 Part C to WALL ; ; ; ;

OR REPEAT OPTION (01-04) PART C to RLOD & WALL ; ; ; ;

13-16  NATURAL OPENING OUT/W SPIRAL INTO AIDA ; ; ROCK 3 & SWIVEL to FACE ; CUCARACHA RIGHT ;

[Natural Opening Out/W Spiral Into a Aida] Fwr L on ball of Ft w/ pressure into floor and slight body turn RF, rec R, cl L (W bk R w/ ¾ RF trn, rec L, fwr R Spiral 7/8 LF), -; Swivel 1/8 LF on R thru R, sd L trng RF, bk R cont RF trn (W fwr L comm LF trn, fwr R cont LF trn, bk L) to V-bk-to-bk pos RLOD, -; [Rk 3 & Swivel to Fc] [QQQQ] Rk fwr L, rk bk R, rk fwr L, swivel LF to fc pt R sd to RLOD ; [Cucaracha Right] Sd R w/ partial wgt, rec L, cl R, -;

BRIDGE

01-02  CUDDE TWICE ; ;

[Cuddle x 2] Sd L, rec R, cl L placing R hnd on W’s L shldr blade (W trng ½ RF bk R with R arm out to sd, rec L trng ½ LF, sd R plicg R hnd on M’s L shldr), -; Sd R, rec L, cl R placing L hnd on W’s R shldr blade (W trng ½ LF bk L with L arm out to sd, rec R trng ½ RF, sd L plicg L hnd on M’s R shldr), -;

ENDING

01-04  WAIT–ROCK 3 & SWIVEL to FACE ; WHIP to WALL ; TO RLOD AIDA ; ;

[Wait–Rk 3 & Swivel to Fc] Wait–Rk fwr L, rk bk R, rk fwr L, swivel LF to fc ptr R sd to RLOD ; [Whip to WALL] Bk R trng 1/4 LF, rec L, sd R (W fwr L outside M on his left side, fwr R turning 1/2 LF, sd L) to BFLY,- ; [To RLOD AIDA ] Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos RLOD, -;

05  SWITCH LUNGE & EXTEND ARMS ; ;

[Switch Lunge & Extend Arms] Sd & bk R trng RF to fc ptr with soft R knee keeping Leg extended & trng bdy sly RF, extend both arms to side ;