LA PALOMA BOLERO

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Music: “La Paloma”, Charlie Shaffer, Serenta CD, Trk #5 or iTunes
Rhythm & Phase: Bolero, Phase 5+1 (Checked Rt Pass) Difficulty Level: Above Average

INTRO

1-6 WAIT 2 NOTES LOP WALL TRAIL FT FREE NY RLOD; UNDRARM TRN; REV UNDRARM TRN; SPOT TURN; NEW YORKER RLOD; HIP ROCKS SQQ:

1 [New Yorker RLOD] in LOP Wall trail feet free wait intro notes on the strong downbeat step sd R twd RLOD, -, chk fwd L soft knee trail hands up and out to side, rec R trng to fce ptnr Wall;

2 [Underarm Trn] Sd L twd LOD raise lead hands, -, XRIB, rec L (W sd R prep to turn RF undr joined lead hands, -, XLIF twd LOD trng RF, cont trng to fce ptnr rec R);

3 [Rev Underarm Turn] Step sd R twd RLOD raise lead hands leading W to turn LF, -, XLIF, rec R to fce ptnr (W sd L twd RLOD prepare to turn LF under joined lead hands, XRIF twd RLOD trng LF, cont trng rec L to fce ptnr);

4 [Spot Turn] Release hands sd L twd LOD, -, fwd R twd LOD trng 1/2 LF, cont trng rec L to fce ptnr;

5 [New Yorker] Sd R twd RLOD, -, chk fwd L soft knee trail hands out to side, rec R trng to fce ptnr Wall;

6 [Hip Rocks] Low BFLY Wall rk sd L, -, rk sd R, rk sd L;

PART A

1-5 DBL HAND OPENING OUT; SPIRAL TO AIDA PREP; AIDA w/ SYNC SWITCH CROSS;

1 S---(SQQ) [Db Hand Open Out] Sd R with body rise trn body RF lead W to step bk on diag, -, lower on R to pt L DLW, rise to lead W bk to fce (W sd L trn RF, -, bk R to DRW, rec L to fce ptnr);

2 [Spiral to Aida Prep] Sd L twd LOD, -, thru R trng RF, cont trng sd L to fce ptnr (W fwd R spiral LF to fce LOD, -, fwd L trng LF, sd bk R to fce ptnr);

3 SQ&Q [Aida Qk Sync Switch Crs] Step bk R trng to fce RLOD in "V" pos, -, bk L tng to fce ptnr bring lead hands bk twd LOD/sd R twd RLOD, XLIF (W step bk L to "V" pos fng RLOD, -, bk R trng to fce ptnr/sd L. XRIF);

4-5 [Serpiente RLOD] Sd R trn RF, -, XLIF of R, sd R; XLIF of R ronde of R ft CW, -, XRIB of L, sd L twd LOD;

6-10 SWVL TO FNCLINE RLOD; FENCeline LOD; SLOW LUNGE BREAK; REC TO HIP RKs;

6 [Swvl to Fncline] Thru R twd LOD swvl RF to fce ptnr, -, chk fwd L soft knee twd RLOD, rec R to fce;

7 [Fenceline] Sd L twd LOD, -, chk thru R with soft knee twd LOD, rec L fce ptnr;

8 S---(SS) [Lunge Break] Sd R twd DRW lower on R point L DLC, -, -, (W sd L, -, bk R crossing blnd L under body to Sit Line Pos, -);

9 [Rec to Hip Rks] Rise on R cls L bring W to CP DRW, -, rk sd R, rk sd L (W rec fwd R, -, rk sd L, rk sd R);

10 SQ&Q [Sync Hip Rks] Rk sd R, -, rk sd L/rk sd R, rk sd L;

PART B

1-4 FWd BRK; CHKd RT PASS FCE COH; SWVL TO FCE FWd BRK WALL; CHKd RT PASS:

1 [Fwd Break] Sd fwd R twd DRW extend trail hands out twd RLOD, -, rk fwd L, rec R (W sd L, -, chk bk R under body to Sit Line Pos, rec fwd L);

2 [Chkd Right Pass] Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB of L cont RF trn, sd L (W fwd R, -, XLIF of R, sd & bk R) both fce COH;

3 [Swvl to Fwd Brk] Fwd R twd COH past W swivel RF on R to fce ptnr Wall, -, fwd L contra chk like action, rec bk R (W sd bk L, -, XRIB with foot well undr body, rec L);

4 [Chkd Right Pass] Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB of L cont RF trn, sd L (W fwd R, -, XLIF of R, sd & bk R) both fce COH;
5-8 SWVL TO LUNGE BRK WALL; CROSS BODY COH HNDSHK; HALFMOON-LADY OVTRTN VARS WALL:;-;

5  S---(SQQ) [Swvl to Lunge Break] Fwd R past W swvl RF on R to fce ptrn Wall, -, lower on R extend L point toe twd DLC, rise on R (W sd bk L, -, XRIB with foot well undr body, rec L);
6  [Cross Body to Hnshk] Trng LF to fce LOD sd L twd COH, -, bk R trng LF, rec fwd L to fce COH blnd hndshk pos (W fwd R twd COH, -, fwd L trng LF to fce ptrn, sd R);
7-8 [Halfmoon] Hndshk fcg COH sd R twd LOD, -, trng RF chk fwd L twd LOD with rt hands joined in fmrnt of M, and left arms extended out to sides, rec R to fce ptrn; in hndshk trng LF twd RLOD sd L twd Wall, -, bk R trng LF, rec fwd L bring rt hands up to right trng W LF to fce VARS Wall on M's left side (W sd L twd LOD, -, chk fwd R, rec L to fce ptrn; fwd R twd Wall trng LF, -, fwd L cont LF tm, sd fwd R to VARS Wall;)

9-12 2 SWEETHEARTS:;-; SWEETHEART-LADY TRN TO FCE; SPOT TURN;
9-10 [2 Sweethearts] In left VARS fcg Wall with both hands joined at W's shoulders sd R twd RLOD to W's rt side, -, chk fwd L trng slightly LF to look at W, rec R; sd L twd LOD bhnd W to W's left side, -, chk fwd R trng slightly to look at W, rec L (W sd L, -, rk bk R slight rotation to look at ptrn, rec L; sd R, -, rk bk L with slight rotation to look at ptrn, rec R);
11 [Sweetheart Lady Turn] Sd R bhnd W twd RLOD to W's rt side, -, chk fwd L trng slightly to look at W, rec R (W sd L, -, rec R, fwd sd L twd RLOD trng RF to fce ptrn);
12 [Spot Turn] Tch palms lead hands sd L twd LOD trng RF, -, fwd R twd LOD trng 1/2 LF, cont trng sd L twd RLOD fce ptrn;

13-16 FWD BASIC TO FULL NAT TOP:;-;-
13 [Fwd Basic] Sd R twd RLOD, -, rk fwd L, rec R leave left foot fwd twd Wall with slight RF turn;
14-16 [Full Nat Top] Trng strongly RF twd Wall, -, XIRIB trng RF, toe swvl sd L; cont trng RF XIRIB, -, toe swvl sd L, XIRIB; cont trng toe swvl sd L, -, XIRIB to fce Wall, cls L (W Xrif, -, sd L, Xrif; sd L, -, Xrif, sd L; Xrif, -, sd L, cls R) maintain CP throughout;

END

1-2 SLOW RIGHT LUNGE-SLOW REC; SLOW CLS-SLOW CONTRA CHK;
1  SS [Right Lunge] Blnd CP DLW trailing feet free lower on L fwd R with rt side lead looking to right, -, rec bk L to CP, -(W lower on R stp sd bk L with left side back keep head well to left, -, rec fwd R CP, -);
2  SS [Contra Check]Cls R, -, lower on R fwd L with rt side lead placing foot under W's body with head well to right, -(W cls L, -, lower on L step sd and bk R well under body keep head well to left, -);