

LA PALOMA BOLERO

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Music: "La Paloma", Charlie Shaffer, Serenta CD, Trk #5 or iTunes

Seq: Intro, A, A, B, B, A 1-7, End Time: 3:03 Release: October 2015

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 ptrn 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 ptrn rec R*);
- 3 [Rev Underarm Turn] Step sd R twd RLOD raise lead hands leading W to turn LF, -, XLIF, rec R to fce ptrn (*W sd L twd RLOD prep to turn LF under joined lead hands, XRIF twd RLOD trng LF, cont trng rec L to fce ptrn*);
- 4 [Spot Turn] Release hands sd L twd LOD, -, fwd R twd LOD trng 1/2 LF, cont trng rec L to fce ptrn;
- 5 [New Yorker] Sd R twd RLOD, -, chk fwd L soft knee trail hands up out to side, rec R trng to fce ptrn 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; SERPIENTE RLOD;-;**
- 1 S---(SQQ) [Dbi 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 ptrn*);
- 2 [Spiral to Aida Prep] Sd L twd LOD, -, thru R trng RF, cont trng sd L to fce ptrn (*W fwd R spiral LF to fce LOD, -, fwd L trng LF, sd bk R to fce ptrn*);
- 3 SQ&Q [Aida Qk Sync Switch Crs] Step bk R trng to fce RLOD in "V" pos, -, bk L trng to fce ptrn bring lead hands bk twd LOD/sd R twd RLOD, XLIF (*W step bk L to "V" pos fcg RLOD, -, bk R trng to fce ptrn/sd L. XRIF*);
- 4-5 [Serpiente RLOD] Sd R trn RF, -, XLIF of R, sd R; XLIB 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; SYNC HIP RKS;**
- 6 [Swvl to Encline] Thru R twd LOD swvl RF to fce ptrn, -, 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 ptrn;
- 8 S---(SS) [Lunge Break] Sd R twd DRW lower on R point L DLC, -, -, (*W sd L, -, bk R crossing bhnd L well 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 ptrn 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 OVRTRN VARS WALL;-;

- 5 S---(SQQ) [Swvl to Lunge Break] Fwd R past W swvl RF on R to fce ptr 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 Hndshk] Trng LF to fce LOD sd L twd COH, -, bk R trng LF, rec fwd L to fce COH blind hndshk pos (*W fwd R twd COH, -, fwd L trng LF to fce ptr, sd R*);
- 7-8 [Halfmoon] Hndshk fcg COH sd R twd LOD, -, trng RF chk fwd L twd LOD with rt hands joined in frnt of M, and left arms extended out to sides, rec R to fce ptr; 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 ptr; fwd R twd Wall trng LF, -, fwd L cont LF trn, 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 ptr, rec L; sd R, -, rk bk L with slight rotation to look at ptr, 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 ptr*);
- 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 ptr;

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 sd L twd Wall, -, XRIB trng RF, toe swvl sd L; cont trng RF XRIB, -, toe swvl sd L, XRIB; cont trng toe swvl sd L, -, XRIB 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] Blind 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, -*);

