ME CONDENAS (Bachata Version)

Music: Patricia Manterola
www.amazon.com    Cd. Dédame Volar
Track # 7    Time 4:02
Available from choreographer

Rhythm: Rumba    Phase: V+1 (Turkish Towel)
Footwork: Opposite except where (Noted)

Release Date: Oct 2014
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Sequence: INTRO ABC D A B(1-8) C D B*(1-7) D A(1-8) END

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INTRO

BFLY WALL    LEAD FOOT FREE    WAIT FOR 6 GITAR NOTES

PART A

01-04 FULL BASIC ; ; SPOT TURN TWICE ; ;
{Full Basic} Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -; {Spot Turn Twice} Relg hnds XLif (W XRif) trng RF, rec R compg full trn, sd L to fc [no hndhold], -; XRif (W XWli) trng LF, rec L compg full trn, sd R to fc & BFLY, -;

05-08 THRU SERPIENTE ; ; FENCE LINE TWICE ; ;
{Thru Serpiente} Thru L, sd R, XLib (W XRib), flare R CW : XRib (W XLib), sd L, thru R, flare L CW ; {Fence Line Twice} XLif (W XRif) w/ bent knee, rec R, sd L, -; XRif (W XWli) w/ bent knee, rec L, sd R, -;

09-10 TIME STEP TWICE ; ;
{Time Step Twice} [Bring finger tips tog in front of chest] XLib (W Xib) ext both arms out to side, rec R, sd L [Bring finger tips tog in front of chest, -; XRib (WXib), ext both arms out to side rec L, sd R to BFLY WALL, -;

PART B

01-04 ALEMANA Into a LARIAT 3/M TURN to FACE ; ; DOOR ;
{Alemana Into a Lariat 3/M Trn toFc} Fwd L, rec R, cl L, raise jnd ld hnds to palm-to-palm (W bk R, rec L, fwd R twd M's R sd), - : XRib, rec L, sd R (W fwd L & swvl RF to fc COH, fwd R & swvl RF to fc DLW, fwd to LOD), -; sd L w/ partial wgt, rec R, small fwd L trng ½ LF to fcg W & COH (W w/ ld hnds still jnd circ CW arnd M fwd R, L, R to fcg M), -; {Door} Rk sd R, rec L, XRif (W rk sd L, rec R, Xli to BFLY COH, -;

05-08 CROSS BODY/W SPIRAL ; ; SHOULDERS to SHOULDER TWICE ; ;
{Cross Body/W Spiral} Fwd L, rec R, sd & bk L trng ¾ LF (W bk R, rec L, fwd R spiraling 7/8 LF under joined ld hands) to "L" CP M fcg RLOD W fchg WALL, -; Bk R contg LF trn, rec L comp LF trn, sd R (W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L) to BFLY WALL, -; {Shoulder to Shoulder Twice} Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R & r-hndshk, -;

09-12 FLIRT to VARS ; ; SWEETHEART TWICE ; ;
{Flirt to VARS} Fwd L, rec R, sd L (W bk R, rec L, fwd R, swvl 1/2 LF) to VARS WALL, -; Bk R, rec L, sd R (W bk L, rec R, sd L slidg if of M) L-VARS WALL, -; {Sweeheart Twice} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd , rec R , sd L (W BK R w/ LF bdy trn & look at ptr xtndg both arms to sd , rec L , sd R) ; Chk Fwd R w/ RF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R (W BK L w/ RF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L), -;

13-16 SWEETHEART/W SWIVEL to FACE & to a FAN ; ; HOCKEY STICK w/ SPIRAL (Optional) ; ;
{Sweetheart/W Swivel to Fc & to a FAN} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R , cl L (W bk R w/ LF bdy trn & look at ptr xtndg both arms to sd , rec L , fwd R trng ¾ RF to fchg LOD), -; Bk R, rec L, sd R (W Fwd L, fwd R trng ½ LF to Fan pos, bk L) ; {Hockey Stick w/ Spiral} Fwd L, rec R, cl L (W [1,2,3&] cl R, fwd L, fwd R, spiralling 7/8 LF), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, -;
PART C

01-06 NEW YORKER TWICE ; ; CROSS CHECK /W DEOLVE ; BACK SIDE THRU ; CUCARACHA TWICE & r-hndshk ; ;
   [New Yorker Twice] XLICh (W XLIIf) to LOP, rec R to fc ptr, sd L, -; XLIIf (W XLIIf) to OP, rec L to fc ptr, sd R, -; [Cross Ck /W Develope] [S] Ck Fwd L outsd ptr to DLW, -; shape to ptr extending R sd of body (W bk R to DLW, -; raise L knee & extend L fwd), -; [Bk Sd Thru] Bk R to WALL, sd L, XLIIf, -; [Cucaracha x 2] Sd L [extend free arm out & in], rec R, cl L, -; Sd R [extend free arm out & in], rec L, cl R & r-hndshk, -;

07-09 CROSS BODY INTERRUPT WITH 2 SWIVELS ; ; FINISH CROSS BODY :
   [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 1/2, -, fwd R swvl RF 1/2) still in "L" pos, -; [Finish Cross Body] Bk R, rec L trn LF 1/4, sd R (W fwd L, fwd R trng LF 1/2, sd L) to COH [Keep r-hndshk], -;

10-13 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to FACE & r-hndshk ; ;
   [Trade Places Twice] With r-hnds jnd rk apt L, rec R trng ¼ RF to fc ptr & WALL stepping sd & bk L twd COH (W rk apt R, rec L trng ¼ LF to fc LOD front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL) joining I-hnds, -; With I-hnds jnd rk apt R, rec L trng ¼ LF to fc LOD beh W then rel jnd L-hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (W rk apt L, rec R trng ¼ RF to fc LOD in front of M then rel jnd L-hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH), -; [Trade Places/W Spiral] With r-hnds jnd Rk apt L, rec R comm to pass R shldrs while trng ¼ RF and keeping R hnds jnd, cont to trn RF but slightly less than in meas 10 stepping sd L twd COH (W rk apt R, rec L, fwd R fwd WALL spiralling 7/8 LF undr jnd r-hnds to end almost fcg WALL), -; [W Out to Fc] Trng bdy RF to fc WALL stp fwd twd WALL R,L,R (W fwd WALL L, fwd R trng ½ LF to fc COH, sd & bk L) to r-hndshk WALL, -;

PART D

01-06 BASIC ½ to a TURKISH TOWEL ; ; 3 BREAKS ; ; W OUT to FACE ;
   [Basic ½ to a Turkish Towel] Fwd L, rec R, sd L (W bk R, rec L, fwd R), -; Bk R, rec L, sd R to VARS M in front W to her right sd (W XLIIf trn RF under R hnds, fwd R cont trn, fwd L arnd M join L hnds), -; [3 Breaks] Ck bk L, rec R, sd L to W left sd (W ck fwd R, rec L, sd R), -; Bk R trng 1/4 LF, rec fwd L trng 1/4 LF to COH, sd R (W fwd L, fwd R trng ½ LF, sd L), -; Repeat meas 3 Part D, -; [W Out to Fc] Ck bk R, rec L, sd R (W fwd L, fwd R trng LF to fc, sd L), to BFLY WALL, -;

PART B * (1-7)

01-04 ALEMANA Into a LARIAT 3/M TURN to FACE ; ; ; DOOR ;
   [Alemana Into a Lariat 3/ M Trn to Fc] Repeat meas 1,2,3 Part B ; ; ; [Door] Repeat meas 4 Part B ;

05-07 CROSS BODY/W SPIRAL ; ; SHOULDER to SHOULDER in 4 & r-hndshk ; ;
   [Cross Body/W Spiral] Repeat meas 5,6 Part B ; ; [Shoulder to Shoulder in 4] Fwd L to SCAR, rec R to fc, sd L, cl R & r-hndshk, -;

ENDING

01 SLOW AIDA to RLOD & EXTEND ; ;
   [Slow Aida to RLOD & Extend] Slow thru L to RLOD, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, extend ld arms ;