MY CHERIE AMOUR

Rhythm/Phase: Rumba, Phase III     Phase 3 Teaching Rumba
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Release Date: February 25, 2016
Music: "My Cherie Amour" by Rod Stewart
Album: Soulbook, Track 2
Download: Amazon.com and other sources
Time/Speed: Downloaded file: 3:10 - Play at original speed.
Footwork: Opposite throughout (Lady as noted in parentheses).
Timing: QQS unless otherwise noted, reflects actual weight changes.
Degree of Difficulty: Easy - Instructional Rumba For Phase 3. Includes 23 Phase III Roundalab Rumba Figures.
Sequence: INTRO, A, B, C, A, D, B, C, E, ENDING

INTRODUCTION

1-4 WAIT 2X;; CUCARACHA 2X;;
1-2 {Wait} M fc prtnr and Wall-lead ft. free-no hands joined - Wait 2 measures ;;
3-4 {Cucarachas} Sd L partial wt, rec R, cl L - ;  Sd R partial wt, rec L, cl R - ;

5-8 CHASE;;;
5-8 {Chase} Fwd L comm 1/2 RF turn, rec fwd R, fwd L, - ; Fwd R comm 1/2 LF turn, rec fwd L, fwd R, - ;
Check Fwd L, rec R, bk L, - ;  Check Bk R, rec L, fwd R, - ;
  (Check Bk R, rec L, fwd R, - ;  fwd L comm 1/2 RF turn, rec fwd R, fwd L, - ;
  fwd R comm 1/2 LF turn, rec fwd L, fwd R, - ;  Check Fwd L, rec R, bk L, - ;)

PART A.

1-4 BASIC;; FENCELINE; SPOT TURN;
1-2 {Basic} Check fwd L, Rec R, sd L, - ;  Check bk R, Rec L, sd R, - ;
3  {Fenceline} In BFLY-Wall Cross lunge thru L twd RLOD with bent knee, rec R, sd L, - ;
4  {Spot Turn} Swiveling on left ft fwd R twd LOD trng 1/2 LF, rec L compl turn to fc prtnr, sd R, - ;

5-8 HAND TO HAND; CRABWALKS;; FENCELINE;
5  {Hand to Hand} Swiveling LF on rt foot step Bk L to Open pos-LOD, rec R to fc prtnr, sd L, - ;
6-7 {Crabwalks} Toward LOD XRIF, sd L, XRIF, - ;  Sd L, XRIF, sd L, - ;
8  {Fenceline} In BFLY-Wall Cross lunge thru R twd LOD with bent knee, rec L, sd R, - ;

PART B.

1-4 REV UNDERARM TURN; UNDERARM TURN; TIME STEPS 2X;;
1  {Rev UA Turn} XLIF leading W to turn LF, rec R, sd L ;
  (Swiveling 1/4 LF on left foot step fwd R turning 1/2 LF, rec L turnng 1/4 LF to fc prtnr, sd R, - ;)
2  {UA Turn} Bk R leading W to turn RF, rec L, sd R, - ;
  (Swiveling 1/4 RF on rt foot step fwd L turning 1/2 RF, rec R turning 1/4 RF to fc prtnr, sd L, - ;)
3-4 {Time Steps} Staying parallel to prtnr XLIB, rec R, sd L, - ;  XRIB, rec L, sd R, - ;

5-8 OPEN BREAK; WHIP; NEW YORKER; WHIP;
5  {Op Break} With lead hands joined rock apart L ext rt arm out w/ palm down, rec R lowering rt arm, sd L, - ;
6  {Whip} Bk R comm 1/4 LF turn, rec fwd L turning 1/4 to fc COH, sd R, - ;
  (Fwd L outside M on his left sd, fwd R turning 1/2 LF, sd L, - ;)
7  {New Yorker} Thru L with straight leg to LOP pos fc LOD, rec R to fc prtnr, sd L, - ;
8  {Whip} Bk R comm 1/4 LF turn, rec fwd L turning 1/4 to fc Wall, sd R, - ;
  (Fwd L outside M on his left sd, fwd R turning 1/2 LF, sd L, - ;)
PART C.

1-4 SHOULDER TO SHOULDER 2X;;  BREAK BACK TO OPEN;  PROG WALK 3;
1-2 (Shoulder To Shoulder) Fwd L to BFLY SCAR pos DRW, rec R, sd L to BFLY-wall, - ;
   Fwd R to BFLY BJO pos DLW, rec L, sd R to BFLY-Wall, - ;
3 (Brk to Open) Swiveling LF on rt foot step Bk L to Open pos-LOD, rec R, fwd L, - ;
4 (Prog Walk) Toward LOD  Fwd R, fwd L, fwd R, - ;

5-8 SLIDING DOOR 2X;;  CIRCLE AWAY & TOG;;
5-6 (Sliding Doors)  Rk apart L, rec R rel hands, XLIF changing sides to LOP-LOD as W XIF of man, - ;
     Rk apart R, rec L rel hands, XRIF changing sides to OP-LOD as W XIF of man, - ;
7-8 (Circle Away & Tog) Separating from prtnr and moving away in a circular pattern
   Fwd L, fwd R, fwd L to fc RLOD, - ; cont circling fwd R curving toward prtnr, fwd L, fwd R to BFLY-Wall, - ;

1-8 PART A.  BASIC;;  FENCCELIN;;  SPOTT TURN;  HAND TO HAND;  CRABWALKS;;
   FENCCELIN;  

PART D.

1-4 CHASE WITH PEEKABOO;;;;
1-4 (Chase Peekaboo)  Fwd L turning 1/2 RF to Tandem-COH [man in front], rec R, fwd L, - ;
   Sd R looking over left shoulder, rec L, cl R, - ;  Sd L looking over rt shoulder, rec R, cl L, - ;
   Fwd R turning 1/2 LF to fc prtnr and Wall, rec L, fwd R, - ;
   (Check Bk R, rec L, fwd R to Tandem-COH [man in front], - ;  Sd L, rec R, cl L, - ;
   Sd R, rec L, cl R, - ;  Check Fwd L, rec R, bk L, - ;)

5-8 1/2 BASIC;;  UNDERARM TURN;  LARIAT;;
5 {1/2 Basic}  Fwd L, Rec R, sd L, - ;
6 {UA Turn}  Bk R leading W to turn RF, rec L, sm sd R making room for W to begin lariat, - ;
   (Swiveling 1/4 RF on rt ft step fwd L trng 1/2 RF, rec R trng 1/4 RF, sd L & sl fwd L to fc M's rt sd, - ;)
7-8 {Lariat}  Step in place L, R, L, - ;  Step in place R, L, R - ;
   (Circling M clockwise under joined lead hands Fwd R, fwd L, fwd R, - ;
   Cont. circling M  Fwd L, fwd R, fwd L to end fc prtnr, - ;)

1-8 PART B.  REV UNDERARM TURN;  UNDERARM TURN;  TIME STEPS 2X;;  OPEN BREAK;
   WHIP;  NEW YORKER;  WHIP;

1-8 PART C.  SHOULDER TO SHOULDER 2X;;  BREAK BACK TO OPEN;  PROG WALK 3;
   SLIDING DOOR 2X;;  CIRCLE AWAY & TOG;;

PART E.

1-8 CHASE WITH DOUBLE PEEKABOO;;;;;
1-4 (Double Peekaboo Chase)  Fwd L turning 1/2 RF to Tandem-COH [man in front], rec R, fwd L, - ;
   Sd R looking over left shoulder, rec L, cl R, - ;  Sd L looking over rt shoulder, rec R, cl L, - ;
   Fwd R turning 1/2 LF to Tandem-Wall [lady in front], rec L, fwd R, - ;
   (Check Bk R, rec L, fwd R to Tandem-COH [man in front], - ;  Sd L, rec R, cl L, - ;  Sd R, rec L, cl R, - ;
   Fwd L turning 1/2 RF to Tandem-Wall [lady in front], rec R, fwd L, - ;)
5-8 Sd L, rec R, cl L, - ;  Sd R, rec L, cl R, - ;  Check Fwd L, rec R, bk L, - ;  Check Bk R, rec L, fwd R, - ;
   (Sd R looking over left shoulder, rec L, cl R, - ;  Sd L looking over rt shoulder, rec R, cl L, - ;
   Fwd R turning 1/2 LF to face prtnr, rec L, fwd R, - ;  Check Fwd L, rec R, bk L, - ;)

ENDING

1-3 SIDEWALKS;;  SIDE-CORTE;
1-2 (Side Walks)  Toward LOD  Sd L, cl R, sd L, - ;  Cl R, sd L, cl R, - ;
3 {Sd-Corte}  Blending to CP-Wall Sd & sl bk L, relaxing L knee point R ft RLOD, - , - ;
MY CHERIE AMOUR

Quick Cues

Rumba - Phase 3+1 (Alemana)  Choreo.: Jack and Sharie Kenny  Speed: Original Speed
Music: "My Cherie Amour" by Rod Stewart  Album: Soulbook, Track 2

Instructional Rumba for Phase 3+1. Includes 23 Phase III Figures.


INTRO:  WAIT 2X;;  CUCARACHA 2X;;  FULL CHASE;;;

PART A:  FULL BASIC;;  FENCELINE;  SPOT TURN;  HAND-TO-HAND;
         CRABWALKS (LOD);;  TO A FENCELINE;

PART B:  REV UNDERARM TURN;  UNDERARM TURN;  TIME STEPS 2X;;
         OPEN BREAK;  WHIP (COH);  NEW YORKER;  WHIP (WALL);

PART C:  SHOULDER TO SHOULDER 2X;;  BREAK BACK TO OPEN;  PROG WALK 3;
         SLIDING DOOR 2X;;  CIRCLE AWAY & TOG;;

PART A:  FULL BASIC;;  FENCELINE;  SPOT TURN;  HAND-TO-HAND;
         CRABWALKS (LOD);;  TO A FENCELINE;

PART D:  CHASE-PEEKABOO;;;  1/2 BASIC;  UNDERARM TURN;  TO A LARIAT;;

PART B:  REV UNDERARM TURN;  UNDERARM TURN;  TIME STEPS 2X;;
         OPEN BREAK;  WHIP (COH);  NEW YORKER;  WHIP (WALL);

PART C:  SHOULDER TO SHOULDER 2X;;  BREAK BACK TO OPEN;  PROG WALK 3;
         SLIDING DOOR 2X;;  CIRCLE AWAY & TOG;;

PART E:  CHASE-DOUBLE PEEKABOO;;;;;

ENDING:  SIDEWALKS (LOD);;  SIDE-CORTE;