

NO MORE BOLEROS

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Music: "No More Boleros" Steve Carse, MP3, Album "No More Boleros (in edit)"
www.tradebit.com/filedetail.php/79901185-no-more-boleros-inedit

Rhythm: Bolero RAL Phase 5 + 1 Unphased (Three Circular Spirals)

Timing: SQQ Except as noted

Footwork: Opposite except as noted

Dance Level: Average

Speed: 43 RPM [or Slow to suit]

SEQUENCE: Introduction A, A[Mod], B, C, B[Mod], Interlude, Ending

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MEAS:

INTRODUCTION

1 – 2 CUDDLE POS, M FC WALL LD FT FREE FOR BOTH, WAIT THRU INTRO NOTES HIP LIFTS L&R;;

- 1 [Hip Lift] Sd L bringing R ft to wgted ft, -, with slight pressure on R ft lift R hip, lower R hip;
- 2 [Hip Lift] Sd R bringing L ft to wgted ft, -, with slight pressure on L ft lift L hip, lower L hip;

PART A

1 – 14 CUDDLES 2X;; BASIC;; HIP ROCKS 2X [TO A HAND SHAKE];; SHDW BRK [FC RLOD]; ½ MOON;; OP BRK; CROSS BDY; SHDW NY'R; BOLERO WLKS 6;;

- 1 – 2 [Cuddles] Sd L with L. sd stretch giving W slight L sd lead to op W out, -, sd R with R sd stretch, rec L chg to L sd stretch placing R hnd on W's R shldr blade leading W to CP (W sd R with R sd stretch trn'g ½ LF, -, bk L with L sd stretch extnd free arm out to sd, rec R chng to R sd stretch trn'g ½ R fc place L hnd on M's R shldr blending to CP); sd R with R sd stretch giving W slight R sd lead to op W out, -, sd L with L sd stretch, rec R chg to R sd stretch placing L hnd on W's L shldr blade leading W to CP (W sd L with L sd stretch trn'g ½ RF, -, bk R with R sd stretch extend free arm out to sd, rec L chan'g to L sd stretch trn'g ½ L fc, place R hnd on M's L shldr blending to CP);
- 3 – 4 [Basic] Sd L with bdy rise, -, bk R with slipping action, fwd L; sd R with bdy rise, -, fwd L with slipping action, bk R;
- 5 – 6 [Hip Rocks] Rk sd L rolling hip sd and bk, -, rec R with hip roll, rec L with hip roll; rk sd R rolling hip sd & bk, -, rec L with hip roll, rec R with hip roll [to a R-R handshake];
- 7 [Shadow Break] with R hnds joined sd L with bdy rise trn'g to fc RLOD M's L arm extnd acrs W shldrs, -, bk R, rec fwd L;
- 8 – 9 [Half Moon] Sd R trn'g RF with R sd stretch slight "V" shape twd ptr, -, con't trn'g R fc fwd L, rec bk R, trn'g to fc ptr (W sd L trn'g L fc with L sd stretch slight "V" shape twd ptr, -, cont't trn'g Lfc slip fwd R, rec bk L to fc ptr); trn'g ¼ L fc sd & fwd L with L sd stretch, -, slip bk R shape to ptr, fwd L con't trn'g ¼ to fc ptr (W trn'g ¼ R fc sd & fwd R raising L arm trn'g slightly away from ptr, -, slip fwd L in front of M trn'g L fc ½, bk R con't trn'g ¼ Lfc to ptr); [M fc COH W fc wall]
- 10 [Open Break] Sd & Fwd R with bdy rise, -, bk L lowering, fwd R; [extend M & W's L arms to sd throughout]
- 11 [Cross Body] R – R handshake Sd & bk L trn'g L fc, -, bk R with slipping action, fwd L trn'g L fc [W sd & fwd R, -, fwd L crossing in front of M trn'g L fc, small sd R];
- 12 [Shadow Ny'r] R-R handshake sd R with bdy rise, -, fwd L with slipping action lowering & trn'g to sd by sd pos [Bolero Walks 6][LOD] fwd L with body rise, -, fwd R, fwd L; fwd R with body rise, -, fwd L, fwd R;

PART A [MODIFIED]

1 - 12 CUDDLES 2X;; BASIC;; HIP ROCKS 2X [TO A HANDSHAKE];; SHDW BRK [FC RLOD]; ½ MOON;; OPN BRK; CROSS BODY; HIP ROCK;

- 1 – 11 Repeat Measure 1 – 11 Part A
- 12 [Hip Rock] Rock sd R rolling hip sd & bk, -, rec L with hip roll, rec R with hip roll;

PART B

1 - 12 TRN'G BASIC; [INTO A] DBL CONTRA CHK;; AIDA; AIDA LINE AND RK 2X; RONDE TO FNC LINE; REV U/ARM TRN; SYNC HIP ROCK; TRN'G BASIC;; BOLERO WALKS 6;;

- 1 [Trn'g Basic] Blending to CP wall trn R fc & stp sd L, -, bk R trn'g ¼ LF [slip pivot action] sd & fwd L, trn'g ¼ LF to CP COH;
- 2 - 3 [Dbl Contra Checks] Sd & fwd R, -, lower & [contra chk] fwd L with R shldr ld, rec R; pt sd L [M look L, W look R], -, lower & [contra chk] fwd L with R shldr ld, rec R;
- 4 [Aida] Sd L rise to slight open "V" shape, -, thru R, trn'g RF stp sd L;

NO MORE BOLEROS (PART B CONT'D)

- 5 [Aida Line& Rk 2X] Cont trn'g RF to fc LOD bk R to bk to bk "V" shape, -, rk in pl L,R;

- 6 [Ronde to Fence Line] Fwd L with bdy rise,-, ronde R to a cross lunge thru [look RLOD], bk L;
 7 [Rev U/A Trn] Sd R with bdy rise,-, cross R in front of L lowering, bk R (W sd L with bdy rise starting LF trn under jnd ld hnds,-, cross R in front lowering & trn'g ½ LF, fwd L con't LF trn to fc ptr); [CP/COH]
 8 [Syn Hip Rk s q & q] Stp sd L rolling hip sd & bk,-, sd R/L, R;
 9 – 10 [Trn'g Basic] Repeat meas 1 Part B; sd R,-, fwd L chknng, bk R;
 11-12 [Bolero Walk 6] Repeat Meas 13 -14 Part A

PART C

1 – 11 ½ BASIC; HORSESHOE TURN;; SHDW BRK; HIP ROCKS;; ½ BASIC; HORSESHOE TURN;; ½ BASIC; SYNC HIP ROCK;

- 1 [1/2 Basic] Repeat Meas. 3 Part A
 2 – 3 [Horseshoe Turn] Stp sd & fwd R to “V” pos,-, slip thru L with chknng action [shape to ptr], rec R raising ld hnds; fwd L commencing LF trn,-, fwd R start circle wlk, fwd L con't circle walk to fc ptr;
 4 [Shdw Brk] with R hnds joined sd R to LOD trn'g ¼ LF (W RF) RLOD,-, bk L (W's L arm extended across M'shoulders), rec R;
 5 – 6 [Hip Rocks][CP] Repeat Meas 5-6 Part A
 7 [1/2 Basic] Repeat Meas 1 Part A
 8 - 9 [Horseshoe Turn] Repeat Meas 2 – 3 Part C
 10 [1/2 Basic] [CP] Repeat Meas 2 Part A
 11 [Sync Hip Rock] Repeat Meas 8 Part B

PART B [MODIFIED]

1 – 10 TRN'G BASIC [INTO A]; DBL CONTRA CHK;; AIDA; AIDA LINE AND RK 2X; RONDE TO FNC LINE; REV U/A TRN; SYNC HIP ROCK; TRN'G BASIC ½; SYNC HIP ROCK;

- 1 – 8 Repeat Meas 1 – 8 Part B
 9 [Trn'g Basic] Repeat Meas 1 Part B
 10 [Sync Hip Rock] R-R handshake stp sd R rolling hip sd & bk,-, sd L/R, L;

INTERLUDE

1 – 9 OP CONTRA CK 3X;; CROSS BDY; OP CONTRA CK 3X;; CROSS BDY; BOLERO WLK 3;

- 1 - 3 [Op Contra Ck 3X][R-R handshake throughout Meas 1-8] Sd & fwd R,-, fwd L acrs bdy with R shldr ld flexing knee looking at ptr, rec R (W sd & bk L,-, bk R undr bdy flexing knee looking L, rec L); sd & fwd L,-, fwd R acrs with L shldr lead flexing knee looking at ptr, rec L (W sd & bk R,-, bk L undr bdy flexing knee looking R, rec R); Repeat Meas 1 Interlude
 4 [Cross Body] Repeat Meas 11 Part A
 5 – 7 [Op Contra Ck 3X] Repeat Meas 1 – 3 Interlude
 8 [Cross Bdy] Repeat Meas 11 Part A
 9 [Bolero Walk 3] Repeat Meas 14 Part A

ENDING

1 – 18 TRN'G BASIC [INTO A]; DBL CONTRA CHK;; TRN'G BASIC;; AIDA; AIDA LINE & ROCK 2X; RONDE TO FNC LINE; REV U/A TRN; HIP ROCK; SD TCH, SD CL; FWD STAIRS 3X;; CIRCULAR SPIRAL 3 X;; WRP & EXTND;

- 1 – 3 [Trn'g Basic into Dbl Contra Chks] repeat meas 1 - 3 Part B
 4 - 5 [Trn'g Basic] Repeat Meas 1 & Meas 10 Part B
 6 – 9 [Aida thru Rev U/A Trn] Repeat Meas 4 -7 Part B
 10 [Hip Rock] CP/w, Rock sd L rolling hip sd & bk,-, rec R with hip roll, rec L with hip roll;
 11 [Sd Tch Sd Cl qqqq] [CP/w] sd R, tch L, sd L, cl R;
 12 – 14 [Fwd Stairs qqqq] [CP/w] fwd L, cl R, sd L, cl R (bk R, cl L, sd R, cl L); fwd L, cl R, sd L, cl R (bk R, cl L, sd R, cl L); fwd L, cl R, sd L, cl R (bk R, cl L, sd R, cl L);
 15 – 17 [CIRCULAR SPIRAL 3X] [R-R handshake] Trn'g RF stp fwd & sd L to fc RLOD leading W fwd under jnd R hnds W spirals,-, XRIB of L, sd L con't RF trn to DLC (W spiral LF,-, fwd L, fwd R); XRIF of L con't RF trn [lower jnd R hnds after W's spiral,-, sd L, XRIB to fc RLOD(W fwd L & spiral RF,-, fwd R, fwd L); sd L con't RF trn leading W fwd under jnd R hnds W spirals,-, XRIF of L fwd L (W fwd R & spirial LF,-, fwd L, fwd R); [ends facing ptr, M fc COH]
 18 [Wrp & Extnd] Bfly sd R,-, rec L, cl R (W trans in two stps sd L,-, fwd R Trn'g ½ to fc COH in wrapped pos) in wrapped pos “Lay Back” extend L ft and arm sweep [M's left & W's R arms];

