

## QUIETLY BOLERO

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Music: "No Me Platiques Mas", Luis Miguel, "Mis Boleros Favoritos" CD, Trk 1 or iTunes

Seq: Intro, A, A, B, A, C, B, A, END Time: 3:31 Difficulty Level: Above Average

Rhythm & Phase: Bolero, Phase 5 Release: 7/12



### INTRO

#### 1-4 SCP LOD WAIT 1; THRU TO PROMENADE SWAY; OVERSWAY; REC SYNC HIP RK;

- 1 SCP LOD trail feet free wait 1;  
2 SS [Prom Sway] Thru R twd LOD, sd L twd LOD rising through leg and upper body trng to SCP look over lead hands, soften L knee keep heads looking LOD, -;  
3 --- [Over Sway] Rotate upper body slightly LF to CP while extending R twd RLOD and turn head slightly twd ptrn (*W turn head to CP*),-,-,-;  
4 SQ&Q [Hip Rocks] Rec sd R, -, rk sd L/rk sd R, rk sd L;

#### 5-9 LUNGE BREAK; BASIC;-; UNDERARM TURN; FWD BREAK;

- 5 S—(SQQ) [Lunge Break] Lead hands joined sd fwd R with strong right side stretch, -, low on R extend left leg twd DLC, rise on R tch L (*W sd bk L, -, XRIB well under body with contra body action, rec fwd L*);  
6-7 In loose CP Wall sd L, -, rk bk R, rec L; sd R, -, rk fwd L, rec R;  
8 [Underarm Turn] Sd L raise joined lead hands,-, slight turn RF XRIB, rec fwd L BFLY COH (*W sd R, -, XLIF under joined lead hands, fwd R twd RLOD fce ptrn*);  
9 [Fwd Break] Sd fwd R, -, chk fwd L, rec bk R CP Wall (*W sd bk L, -, bk R contra chk action, rec fwd L*);

### PART A

#### 1-4 SYNC TRNG BASIC; SLOW CONTRA CHK; SYNC RT SIDE PASS WALL; FWD BRK;

- 1 SQ&Q [Sync Turning Basic] Blind CP sd fwd L, -, trng 1/4 LF slip RIBL/sd fwd L cont trng 1/4 CP DLC, fwd R;  
2 S-- [Slow Contra Chk] Lower on R with right side lead head to right fwd L between W's feet, -, -, -;  
3 S&QQ [Right Pass] Rec R with left side stretch, -/fwd L to "L" Pos raise lead hands to shape to lady, XRIB trng RF, XLIF cont turn to fce Wall (*W rec L, -/fwd R look at M, fwd L with LF turn, sd fwd R trng LF under lead hands to fce M*);  
4 [Fwd Break] Sd fwd R, -, chk fwd L, rec bk R (*W sd bk L, -, bk R contra chk action, rec fwd L*);

#### 5-8 LEFT PASS; HORSETURN;-; NEW YORKER;

- 5 [Left Pass] Sd fwd L trng 1/4 LF DRW shape to W, -, rec bk R soft knee cont trng LF, sd fwd L to LOP DRW (*W fwd R trng RF bk to M,-, sd fwd L with strong trn LF, bk R to fce M*);  
6-7 [Horseshoe Turn] Sd R to "V" pos LOD, -, chk fwd L, rec R (*W sd L to "V" pos LOD, -, chk fwd R, rec L*); fwd L raise joined hands trng slightly LF, -, fwd R moving bhnd W trng LF, fwd L cont trng to fce ptrn Wall (*W fwd R preparing to turn under jnd hands, -, fwd L trng RF, fwd R cont trng to fce ptrn*);  
8 [New Yorker] Sd R twd RLOD commence RF turn (*W LF*) to "V" pos RLOD, -, ck thru L, rec R fce Ptrn;

### PART B

#### 1-4 AIDA; AIDA LINE-REC SWVL TO FCE LOD; FWD 2 SHADOW; SYNC WALKS FCE;

- 1 [Aida] Release Handshake Sd fwd L to "V" pos LOD,-, thru R trng slight RF (*W LF*), sd fwd L twd LOD strong trng RF release trail hands to fcg Wall (*W trng LF*);  
2 SS [Aida Line-Swvl LOD] cont trng RF (*W LF*) bk R to Aida Line fcg RLOD, -, rec fwd L twd RLOD swivel LF fan R CCW to Shad POS LOD left hands joined M's right hand on W's right hip with W's right hand extended out to side (*W rec fwd R swvl RF fan L CW to Shad POS LOD, -*);  
3 SS [Fwd 2] Fwd R, -, fwd L, -, to Shad POS LOD left hands joined M's right hand on W's right hip with W's right hand extended out to side  
4 SQ&Q [Sync Walks] Fwd R, -, fwd L/fwd R trng to fce Wall, cls L (*W fwd L, -, fwd R/fwd L trng to fce M, cls R*);

#### 5-8 HOCKEY STICK overturned to;-; AIDA to SWITCH LUNGE;-;

- 5 (&SQQ) [Hockeystick] Sd R, -, small fwd L, rec R raise lead hands to make window with W's right elbow pointed twd RLOD (*W swvl on R fce RLOD/sd bk L to Fan Pos, -, cls R, fwd L*);  
6 Sd L trng slight RF, -, XRIB, fwd L lead W to turn LF under joined lead hands (*W fwd R, -, fwd L trng LF, bk R to fce M*) to end fcg Wall;  
7 [Aida] Sd R to "V" pos RLOD,-, thru L soft knee trng slight RF (*W LF*), sd fwd R strong trng LF release lead hands to fcg LOD (*W trng RF*);  
8 SS Bk L Aida POS fcg LOD, -, [Switch Lunge] bk R trng RF bring jnd trail hnds thru twd RLOD to fce ptrn, -;

## PART C

### 1-4 SYNC HIP RKS -STACK HNDS; CRS HND UNDRARM TRN 2X;-; FWD 3 TO FCE;

- 1 SQ&Q [Sync Hip Rocks] Sd L, -, rk sd R/rk sd L, sd L to stack hands right over left;  
2 [Crs Hand Underarm Trn] Sd L trng slightly RF raise right hands, -, after lady goes under lower right hand and take left hands up and over ladies head trng RF bk R to fce LOD, fwd L (*W sd R, -, fwd L trng RF under right then left hands, fwd R twd RLOD*) to end fcg RLOD side by side hands low left over right;  
3 Fwd R trng LF twd Wall raise left hands, -, after lady goes under lower left hand and take right hands up and over ladies head trng LF on R step bk L, fwd R (*W fwd L, -, fwd R trng LF under left then right hands, fwd L twd LOD*) to end fcg LOD hands joined low right over left;  
4 [Fwd 3] Fwd L release dbl hand hold join lead hands, -, fwd R trng RF to fce ptnr Wall, cls L (*W fwd R, -, fwd L trng fce ptnr, cls R*);

### 5-8 ALEMANA;-; LUNGE BREAK; LADY WRAP in 2 FCE LOD;

- 5 (S&QQ) [Alemana] Sd R, -, fwd L lead W to cls, rec R (*W swvl LF on R/step bk L to Fan Pos, -, cls R, fwd L*);  
6 Sd L raise joined lead hands palm to palm lead W to trn under joined lead hands, -, XRIB, rec L (*W fwd R under joined lead hands brush L, cont trng fwd L trng to fce M, sd R*) to end fcg Wall;  
7 S—(SQQ) [Lunge Break] Lead hands joined sd fwd R with strong right side stretch, -, lower on R extend left leg twd DLC, rise on R tch L (*W sd bk L, -, XRIB well under body with contra body action, rec fwd L*);  
8 SS [Lady Wrap] Step tog L raise ld hands, -, cls R lead W to trn LF to fce LOD lower lead hands, - (*W fwd R, -, fwd L trng LF under joined lead hands to fce LOD, -*) to end with W on M's right side both fcg LOD;

## END

### 1-2 HIP ROCKS TO HND SHAKE; LUNGE BREAK AND EXTEND;

- 1 Sd L, -, rk sd R, rk sd L to join rt hands;  
2 S—(SS) [Lunge Break] Lead hands joined sd fwd R with strong right side stretch look at ptnr extend left arm up and out to side, -, lower on R extend left leg twd DLC slowly extend rt arm twd W to allow her to extend her upper body up and back, - (*W sd bk L, -, XRIB well under body with contra body action while extending upper body up and back with head well left look away from M, -*);

Seq: Intro, A, A, B, A, C, B, A, END

## INTRO

### 1-4 SCP LOD WAIT 1; THRU TO PROMENADE SWAY; OVERSWAY; REC SYNC HIP RK; 5-9 LUNGE BREAK; BASIC;-; UNDERARM TURN; FWD BREAK CP;

## PART A

### 1-4 SYNC TRNG BASIC; SLOW CONTRA CHK; SYNC RT SIDE PASS WALL; FWD BRK; 5-8 LEFT PASS; HORSETURN;-; NEW YORKER;

## PART B

### 1-4 AIDA; AIDA LINE-REC SWVL FCE LOD; FWD 2 SHADOW; SYNC WLK FCE; 5-8 HOCKEY STICK overturned to;; AIDA; SWITCH LUNGE;

## PART C

### 1-4 SYNC HIP RKS -STACK HNDS; CRS HND UNDERARM TRN 2X;-; LADY TO FAN-M FCE WALL; 5-8 ALEMANA;-; LUNGE BREAK; LADY WRAP in 2 FCE LOD;

## END

### 1 HIP ROCKS TO HND SHAKE; 2 LUNGE BREAK AND EXTEND;