QUIETLY BOLERO

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Music: “No Me Platiques Mas”, Luis Miguel, “Mis Boleros Favoritos” CD, Trk 1 or iTunes
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 twng 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 ptnr (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, -
  XLIIF under joined lead hands, fwd R twd RLOD fce ptnr);
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] Bind CP sd fwd L, -, twng 1/4 LF slip RIBL/sd fwd L cont twng 1/4 CP DLC, fwd R;
2 S-- [Slow Contra Chk] Lower on R with right side stretch to right fwa L between W’s feet, -, -, -;
3 S&QQ [Right Pass] Rec R with left side stretch, - fwa L to “L” Pos raise lead hands to shape to lady, XRIB trng RF, XLIF cont turn to fce Wall (W rec L, - fwa R look at M, fwa L with LF trn, sd fwa R twng LF under lead hands to fce M);
4 [Fwd Break] Sd fwa R, -, chk fwa L, rec bk R (W sd bk L, -, bk R contra chk action, rec fwa L);

5-8 LEFT PASS; HORSETURN;--; NEW YORKER;
5 [Left Pass] Sd fwa L twng 1/4 LF DRW shape to W, -, rec bk R soft knee cont twng LF, sd fwa L to LOP DRW (W fwa R twng RF bk to M, -, sd fwa L with strong trn LF, bk R to fce M);
6-7 [Horseshoe Turn] Sd R to “V” pos LOD, -, chk fwa L, rec R (W sd L to “V” pos LOD, -, chk fwa R, rec L);
  fwa L raise joined hands slightly LF, -, fwa R moving bhnd W trng LF, fwa L cont twng to fce ptnr Wall (W fwa R preparing to turn under jnd hands, -, fwa L twng RF, fwa R cont twng to fce ptnr);
8 [New Yorker] Sd R twd RLOD commence RF turn (W LF) to “V” pos RLOD, -, ck thru L, rec R fce Ptnr;

PART B

1-4 AIDA; AIDA LINE-REC SWVL TO FCE LOD; FWD 2 SHADOW; SYNC WALKS FCE;
1 [Aida] Release Handshake Sd fwa L to "V" pos LOD-, thru R twng slight RF (W LF), sd fwa L twd LOD strong twng RF release twng hands to fce Wall (W trng LF);
2 SS [Aida Line-Swvl LOD] cont twng RF (W LF) bk R to Aida Line fce RLOD, -, rec fwa 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 fwa R swvl RF fan L CW to Shad POS LOD, -);
3 SS [Fwd 2] Fwd R, -, fwa L, -, to Shad 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, -, fwa L/fwa R to fce Wall, cls L (W fwa L, -, fwa R/fwa L twd R to fce M, cls R);

5-8 HOKEY STICK overturned to--; AIDA TO SWITCH LUNGE;--;-
5 (&SQQ) [Hockeystick] Sd R, -, small fwa 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, fwa L);
6 Sd L twng slight RF, -, XRIB, fwa L lead W to turn LF under joined lead hands (W fwa R, -, fwa L twng LF, bk R to fce M) to end fwa Wall;
7 [Aida] Sd R to “V” pos RLOD-, thru L soft knee twng slight RF (W LF), sd fwa R strong twng LF release lead hands to fce LOD (W trng RF);
8 SS Bk L Aida POS fce LOD, -, [Switch Lunge] bk R twng RF bring jnd trail hnds thru twd RLOD to fce ptnr, - ;

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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 fwd RLOD) to end fce 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 R, fwd R (W fwd L, -, fwi R fwd LF under right then left hands, fwd L fwd RLOD) to end fce 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 fwi 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 sd 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 fce 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, nse on R trk 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 fce LOD;

END

1-2  
HIP ROCKS TO HNDSHAKE; 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 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 HNDSHAKE;

2  LUNGE BREAK AND EXTEND;