SABOR A MI BOLERO IV

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MUSIC: Amazon download, Luis Miguel Mis Boleros Favoritos album Track 12

SPEED: Slow 5 percent for comfort

TIME: 3:12

FOOTWORK: Opposite, directions to man except as noted (W’s in parentheses)

RHYTHM: Bolero Phase IV +1 [Horseshoe Trn]

DIFFICULTY: Ave

RELEASED: May 2012

SEQUENCE: INTRO, A, B, A (9-16), B (mod), END

INTRO

1-4 WAIT pick up notes [BFLY & WALL], FNC LN (w arms) 2X;; SLO HIP RKs; X BDY;

1-2 [BFLY & WALL, lead ft free wait pick up notes], {fnc ln w arms} Sd L,-, lun thru R with ld hnds jnd sweep trail hnds out, up & dwn betwn ptrs, rec L; Sd R,-, lun thru L, with op hnds jnd sweep ld hnds out, up & dwn betwn ptrs, rec R;

3-4 {slo hip rks} Hnds jnd low & betwn ptrs rk L,-, rec R,- [rolling hip to weighted ft]; {x bdy} sd & bk L trn LF ¼, bk R cont trn LF ¼, fwd & sd L end fcg coh (W fwd R XIF of M, -, fwd L comm LF trn, sd & bk R to fc ptr);

5-8 FWD BRK; TRNG BASIC;; SLO HIP RKs:

5-7 {fwd brk} Sd & fwd R extend M’s R & W’s L arms out to sd,-, fwd L, rec R; {trng basic} Sd L slight RF trn,-, trn LF slip pvt action bk R, sd & fwd L trn LF to fc WALL; Sd R, -, slight LF body trn fwd L w contra ck action, rec R;

8 {slo hip rks} Hnds jnd low & betwn ptrs rk L,-, rec R,- [rolling hip to weighted ft]:
PART A

1-4 BASIC;; HND/HND; BRK BK to OP:

1-2  {Basic} Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;

3-4  {Hnd/Hnd} Sd L to fc ptr, -, Rk bk R to fc RLOD, rec L to fc ptr; {Br bk to op} sd R to fc ptrn, -, rk bk L to fc LOD, rec R to fc LOD;

5-8 BL WLK 6;; UNDRM TRN; SPT TRN:

5-6  {Bl wlks} Fwd L, -, fwd R , fwd L; fwd R, -, fwd L, fwd R [end BFLY & WALL];

7-8  {Undrm trn} Sd L, -, XRIB L, fwd L (W sd R comm. RF trn undr jnd ld hnds,-, XLIF R cont trn RF ½, fwd R fin RF trn to fc ptr); {spt trn} Sd R, XLIF R comm RF trn, (W Xrif L comm LF trn) -, release hnds fwd R cont RF trn to fc ptr;

9-12 HIP LIFT; LUN BRK; R SD PASS; FWD BRK:

9-10  {Hip lift} Sd L to cp,-, tch R to L  w slight pressure on  R ft lift R hip, lower R hip no wgt chg; {lun brk} Sd & fwd R,-, lower on R extend L to sd & bk, rise on R bringing W fwd (W sd & bk L,-, bk R contra ck sit line action, rec fwd L);

11-12  {Rs d pass} Sd & fwd L comm RF bdy trn raise jnd ld hnds,-, small bk R fin RF trn to fc coh, rec L (W fwd R lk at ptr thru “jnd ld hnd window”,-, fwd L comm LF trn undr jnd ld hnds, fwd R fin LF trn undr jnd ld hnds to fc ptr & LOD); {fwd brk} repeat meas 5 of intro;

13-16 TRNG BASIC;; HIP RKs 2X;;

13-14  {trng basic} repeat meas 6 & 7 of intro;;

15-16  {hip rks} Hnds jnd low & btwn ptrs  rk sd L,-, rec R, rk L [rolling hip to weighted ft];  rk sd R,-, rec L, rk R [rolling hip to weighted ft];
PART B

1-4 L SD PASS; HORSESHOE TRN;; PREP AIDA;

1-3 [L sd pass] Fwd L to SCAR shape bdy to ptr trn W RF, -, rec bk R comm LF trn, sd & fwd L fin LF trn (W fwd R trn RF w bk to M but shaping to ptr, -); sd & fwd L comm LF trn, bk R fin LF trn to fc ptr); {horseshoe trn} Sd & fwd R to slight “v” pos, -, ck thru L, rec R in “v” raising ld hnds; fwd L comm LF (W RF) circle wlk, -, fwd R cont LF circle wlk leading W undr jnd ld hnds, fwd L to RLOD;

4 {prep aida} Sd R op out slightly, -, thru L comm LF trn (W trn RF) jn trail hnds, sd R cont LF trn to OP/LOD;

5-8 AIDA LN & HIP RKs; SWCH & X; CRB WKs 2X;;

5-6 {aida ln w hip rks} Bk L to “v” bk to bk pos, -, rk fwd R, rec L [rolling hips to wtd ft]; {swch & X} Sd & bk R trn RF to fc ptr bring jnd trail hnds thru, -, rec L, XRIF L;

7-8 {crb wks} Fwd & sd L, -, XRIF L, fwd & sd L; XRIF L, -, fwd & sd L, XRIF L [fc ptr in BFLY];

9-12 SHLDR/SHLDR; HIP LFT; [DBL HND HOLD] OP OUTs 2X;;

9-10 {shldr/shldr} Sd L, -, fwd R & across in frnt of L to SCAR (W bk L & across behind R), rec L; {hip lift} Sd R to cp, -, tch L to R w slight pressure on L ft lift L hip, lower L hip no wgt chg;

11-12 {Op outs} Sd L [to dbl hnd hold], -, lower on L extend R to sd with trail hnds dwn & slight LF trn to LOD, rise on L no wgt chg (W sd & fwd R trn LF ½, -, rk bk L lower slightly w soft knee, rec R); cl R to L, -, lower on R extend L to sd with trail hnds dwn & slight RF trn to RLOD, rise on R no wgt chg (W sd & fwd L trn RF 3/8, -, rk bk R lower slightly w soft knee, rec L);

13-16 TIME STP; REV UNDRM TRN; UNDRM TRN; HND/HND;

13-14 {time stp} Sd L bring finger tips tog in frnt of chest, -, XRIB L (W XLIB R) extend arms out, rec L; {rev undrm trn} Sd R raise jnd ld hnds, -, XLIF R, rec R (W sd L comm LF trn, -, XRIF L trng LF undr jnd ld hnds, fwd L fin LF trn to fc ptr);

15-16 {undrm trn} Sd L raise jnd ld hnds, -, bk R, fwd L to fc ptr (W sd R comm RF trn, -, XLIF R trng RF undr jnd ld hnds, fwd R fin RF trn to fc ptr); {hnd/hnd} Sd R, -, rk bk L to fc LOD, rec R to fc ptr;

REPEAT A (9-16)
PART B (mod)

1-12  Repeat Part B

13-15.5 **TIME STP; SYNC HIP RKs; LUN BRK & HOLD,**

13-14  \{*time stp*\} Repeat meas 13 Part B; \{*sync hip rks*\} Rk R, -, recL/recR, rk L [rolling hips to wtd ft];

15-15.5 \{*lun brk & hold*\} Repeat meas 10 Part A, but hold extra beat;

END

1-5  **SLO HIP RKs; PREP AIDA; AIDA LN & SWCH RK; FWD (to a) PROM SWAY; SLOWLY CHG (to an) OVERSWAY**

1-2  \{*slo hip rks*\} Repeat meas 3 Intro; \{*Prep Aida*\} Sd L op out slightly, -, thru R comm RF trn (W trn LF) jn trail hnds, sd L cont RF trn to lop/rLOD;

3-4  \{*aida ln & swch rk*\} Bk R to “v” bk to bk pos, -, Sd & fwd L trn LF to fc ptr bring jnd trail hnds thru, rec R: \{*fwd to prom sway*\} Fwd & sd L, -, rise on L to look over jnd ld hnds w R sd stretch, -;

5  \{*chg to oversway*\} Lower on L extending R with slight LF trn and L sd stretch (W lower on R extending L and trning LF to look rev & coh);