SOLAMENTE UNA VEZ

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Solamente Una Vez - Luis Miguel
Bolero, Phase III+2
INTRO, A, A, B, ENDING
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INTRO

1-4 WAIT;; MAN WALK 4 TOWARD LADY;;
1-2 \{Wait\} Wait 2 meas facing ptr & wall 4 ft apt lead ft free;;
SSSS 3-4 \{Man Walk 4\} Walk fwd L, R, L, R (W hold 2 meas) end in
(W----) low BFLY,;;
5-8 SLOW HIP ROCKS; NEW YORKER TWICE;; SPOT TRN;
SS 5-6 \{Slow Hip Rocks\} Rk sd twd LOD L, recov to R,;
SQQ \{New Yorker\} Sd L with body rise, open up to LOD fwd R lower to
SQQ sd by sd pos, recov bk L to fc ptr;
SQQ 7-8 \{New Yorker\} Sd R with body rise, open up to RLOD fwd L
SQQ lower to sd by sd pos, recov bk R to fc ptr;
SQQ \{Spot Trn\} Sd L with
body rise, XRIF of L lowering & trnng LF \(\frac{1}{4}\), fwd L cont trn \(\frac{1}{4}\)
to fc ptr and wall;
9 FWD BREAK;
SQQ 9 \{Fwd Break\} Sd & fwd R with body rise to LOP facing, fwd L
with checking action, bk R to BFLY;

PART A

1-4 FULL BASIC;; CRAB WALKS;;
SQQ 1-2 \{Basic\} Sd L with body rise, bk R with slipping action, fwd L;
SQQ Sd R with body rise, fwd L with slipping action, bk R;
SQQ 3-4 \{Crab Walks\} Sd L with body rise, XRIF of L as lower in
SQQ knees, sd L; XRIF of L with body rise, sd L as lower in knees,
XRIF of L;
5-8 LUNGE AND CRAB WALK REV; HIP LIFT; UNDERARM TRN; REV
UNDERARM TRN MAN FC RLOD;
SQQ 5-6 \{Lunge & Crab Walk\} Sd L with body rise, recov R twd
S-- RLOD as lower in knee, XLIF of R; \{Hip Lift\} Sd R with body rise bring L ft to R & lower L hip, with no wgtchg lift L hip up.
SQQ lower left hip down still in BFLY;
SQQ 7-8 \{Underarm Trn\} Sd L with body rise, XRJB of L & lower.
SQQ recov fwd L (W sd R with body rise, XLIF of R to trn RF \(\frac{1}{4}\)
SQQ under joined lead hnds, recov fwd R trn \(\frac{1}{4}\) to fc ptr); \{Rev
SQQ Underarm Trn\} Sd R with body rise, XLIF of R with body trn
to fc RLOD & ptr, recov bk R (W sd L with body rise, XRIF of
L to trn \(\frac{1}{4}\) LF under lead arms, recov fwd L to fc ptr & LOD);
9-12 **BK WALKS WITH ARMS::: BK ROCKS:::**

**SQQ** 9-10  **(Bk Walks)** Bk L to LOD swing trailing arms fwd & up,-, bk R, bk L bring arms down & then up btwn ptrs waist level; Bk R swing trailing arms fwd & up,-, bk L, bk R bring arms down;

**SQQ** 11-12  **(Bk Rocks)** Trn body LF to step bk on L fcing DRW CP,-, recov fwd R, bk L; Cont rocks fwd R,-, bk L, fwd R;

13-16 **CROSS BODY FC LINE; LUNGE BRK; RIGHT PASS; FWD BREAK:**

**SQQ** 13-14  **(Cross Body)** Sd & bk L with body rise to fc wall,-, bk R with slipping action trn LF, fwd L LOD (W fwd R,-, fwd L XIF of man trning LF, bk R); **(Lunge Brk)** Sd R with body rise,-, lower in R pt L sd no wgt, rise slghtly in R knee (W sd L with body rise,-, brk bk R lowering with slipping action, fwd L);

**SQQ** 15-16  **(Right Pass)** Fwd & sd L with body rise start RF trn raise lead hnds,-, XRIB of L cont RF trn, fwd L twd RLOD but end fcing ptr (W fwd R,-, fwd L start LF trn, bk R cont LF trn under lead hnds fc ptr & COH); **(Fwd Break)** Sd & fwd R with body rise to LOP fcing,-, fwd L with checking action, bk R to BFLY;

**REPEAT A**

**PART B**

1-4 **SERPIENTE::: SWIVEL TO FENCE LINE; FENCE LINE:**

**SQQ** 1-2  **(Serpiente)** Sd L trning body slgt LF with body rise,-, XRIF of L while lowering, sd L; XRIB of L with body rise and ronde of L ft CCW,-, XLIB of R while lowering, sd R twd RLOD;

**SQQ** 3-4  **(Swvl Fence Line)** XLIB of R with body rise & ronde R CCW to swvl LF,-, XRIF of L in BFLY while lowering, recov L to fc ptr & wall; **(Fence Line)** Sd R with body rise,-, XLIB of R while lowering, recov R to fc ptr;

5-8 **SPOT TRN; DBL HAND HOLD OPENING OUT; UNDERARM TRN; REV UNDERARM TRN TO FC RLOD:**

**SQQ** 5-6  **(Spot Trn)** Sd L with body rise,-, XRIF of L lowering & trning LF ¼, fwd L cont trn ¼ to fc ptr and wall in BFLY; **(Dbl Hnd Hold Opening Out)** Sd R with body rise trn body RF to lead W to step bk on diag,-, lower on R to pt L DW, rise slghtly to lead the W bk to fc (W sd L trn RF,-, bk R to DRW, recov L to fc ptr);

**SQQ** 7-8  **(Underarm Trn)** Sd L with body rise,-, XRIB of L & lower. recov fwd L (W sd R with body rise,-, XLIB of R to trn RF ¼ under joined lead hnds, recov fwd R trn ¼ to fc ptr); **(Rev Underarm Trn)** Sd R with body rise,-, XLIB of R with body trn to fc RLOD & ptr, recov bk R (W sd L with body rise,-, XRIF of L to trn ¼ LF under lead arms, recov fwd L to fc ptr & LOD);
BK WALKS WITH ARMS; BK ROCKS;

{Bk Walks} Bk L to LOD swing trailing arms fwd & up, - , bk R, bk L bring arms down & then up btwn ptrs waist level; Bk R swing trailing arms fwd & up, - , bk L, bk R bring arms down;

{Bk Rocks} Trn body LF to step bk on L fcng DRW, - , recov fwd R, bk L; Cont rocks fwd R, - , bk L, fwd R;

CROSS BODY; LUNGE BREAK; RECOV TO CLOSED WITH HIP ROCKS; LUNGE BREAK;

{Cross Body} Sd & bk L with body rise to fc wall, - , bk R with slipping action trn LF, fwd L LOD (W fwd R, - , fwd L XIF of man trning LF, bk R); {Lunge Brk} Sd R with body rise, - , lower in R pt L sd no wgt, rise slghtly in R knee (W sd L with body rise, - , brk bk R lowering with slipping action, fwd L);

{Reov Hip Rocks} As music slows step bk L as bring W fwd to CP L sd bk, - , rk fwd R, recov L; {Lunge Brk} Sd & fwd R with body rise, - , lower in R pt L sd no wgt, rise slghtly in R knee (W sd & bk L with body rise, - , brk bk R lowering with slipping action, fwd L);

RIGHT PASS; FWD BREAK;

{Right Pass} Fwd & sd L with body rise start RF trn raise lead hnds, - , XRB of L cont RF trn, fwd L twd RLOD but end fcng ptr (W fwd R, - , fwd L start LF trn, bk R cont LF trn under lead hnds fc ptr & COH); {Fwd Break} Sd & fwd R with body rise to LOP fcng, - , fwd L with checking action, bk R;

ENDING

FWD TO BOLERO WHEEL RUNAROUND END IN CUDDLE POS;

{Fwd to BJO Bolero Wheel Runaround} Fwd & sd L to BJO with body rise (W fwd R to BJO), - , R arms armd waists and L arms out run around R, L; R, L, R, L;

{Cont Runaround to Cuddle Pos} Run fwd R to fc ptr & wall, draw L to R having completed 1 or 2 revolutions, wrap arms armd W as she puts head down on his R shoulder head trned twd LOD and down he puts head down on her head, - ;