SONAR CONTIGO

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Music: “Sonar Contigo” CD: The Ultimate Latin Album 17  CD2  track 4
Rhythm: Rumba rh VI  Speed: As on CD  time 4:24
Footwork: Opposite, directions for man(lady as noted)  Date: May 2017 Ver.1.0

Meas

INTRO

1~8  LOP-FC/Wall lead foot free for both Wait pickup notes & 2 meas;;
Alemana;; Ropespin;; 1 Cuddle W Spiral; W Out toFc;

1~2  LOP-FC fc lead foot free for both wait pickup notes & 2 meas:;

RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M’s right sd, ~/spiral
RF on L);  

5~6  (Rope Spin) Sd L, rec R, cl L, -; Sd R, rec L, cl R, -;(W circle man CW with joined
lead hands fwd R, L, R, -; cont circle man CW fwd L, R, L, -; CP/Wall

1 (Cuddle W Spiral) Release lead hand 1/2 OP sd L, rec R, cl L to R rejoined lead
Hand lead W LF spiral. -(W swivel RF on L sd & bk R 1/2 OP, rec L commence LF trn,

8 (W Out to Fc) Bk R, rec L, fwd R (W fwd L twd Wall, fwd R 1/2 LF trn fc COH, bk L), -;

Meas

PART A

1~6  Lunge Sit Line W Spiral; Fan; Hockey Stick;; Adv Alemana fc COH;;

---S
(QQS)

1 (Lunge Sit Line W Spiral) Flex right knee lower, rise on R, cl L lead W LF spiral, -
(W small stp bk R flex knee left hand straight up, rec L, fwd R, spiral LF on R);

2 (Fan) Bk R, rec L, sd R(W fwd L twd LOD, fwd R 1/2 LF trn fc RLOD, bk L), -;

3~4 (Hockey Stick) Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Bk R slightly RF trn,
rec L, fwd R(W fwd L twd RDW, Bk R slightly RF trn, rec L, sd L, cont RF trn fc partner & Wall);

5~6 (Adv Alemana) Fwd L, rec R, sd L commence RF trn(W bk R, rec L, sd & fwd R commence
RF trn). -; Cont RF trn XRIF of L lead W RF trn under lead hands, cont trn sd L fc COH, cl R(W Cont RF trn under lead hands fwd L, cont trn fwd R, cont trn fwd L
Fc partner & Wall), -;

7~13  Break to OP both Spiral; Aida; Switch Rk; Spot Trn w/Fallaway
Ronde; Sync Rev Twirl; New Yorker in 4; Slow Hip Rks;

7 (Break to OP both Spiral) Swivel LF on R bk L OP/RLOD, rec R, fwd L spiral RF
on L(W spiral LF on R), -;

8 (Aida) Fwd R commence RF trn, sd L cont RF trn fc LOD, bk R(W fwd L, sd R commence
LF trn, bk L), -;

9 (Switch RK) Swivel LF on R sd L, rec R, sd L, -;

10 (Spot Trn w/Fallaway Ronde) XRIF of L commence LF trn, cont LF trn rec L fc partner
and Wall, sd R blend SCP left foot ronde CCW(W right foot ronde CW), -;

QQ&S

11 (Sync Rev Twirl) XLIB of R, sd R lead W LF twr1/cl L, sd R(W XRBIF of L, sd & fwd
L twd LOD commence LF trn under lead hands cont LF trn fc partner & Wall sd L), -;

QQQ

12 (New Yorker in 4) Swivel RF on R fwd L, rec R fc partner blend Bfly, sd L, cl R;

SS

13 (Slow Hip Rk) Sd L, -; rec R, -;

*2nd & 3rd time start fc COH end fc Wall

Meas

PART B

1~8  Three Alemana;;;(W Over Trn Shadow); Adv Sliding Door;;
Start Adv Sliding Door W Spiral; Fcng Fan(Handshake);

Cont
RF trn fwd L, fwd R twd wall cont RF trn, fwd L sltly M’s right sd, ~/swivel RF
on L; Fwd R starting a sharp LF trn, fwd L twd Wall swivel LF, fwd R twd partner, -;
Commence RF trn fwd L, fwd R twd Wall cont RF trn, fwd L sltly M’s right sd, 1/2 RF swivel on L) end Shadow/Wall, -;

QQS

5~6 (Adv Sliding Door) Fwd L on ball of foot pressure into floor and body trn to
right, rec R, XLIB of R sltly LF trn(W bk R keep pressure into floor w/ball of
foot as the body LF trn, rec L, XRIF of L), -;
--S(QQS) Flex L knee lower R foot extend sd, rise on L, small step bk R(W sd L flex knee lower R foot extend sd, rec R, XLIB of R) shadow/Wall, --.

7 (Start Adv Sliding Door W Spiral) Fwd L on ball of foot pressure into floor and body trn to right, rec R, XLIB of R slightly LF trn. -(W bk R keep pressure into floor w/ball of foot as the body LF trn, rec L, XRIF of L /- spiral LF on R);

8 (Feiing Fan) Bk R compelled LF trn, rec L fc LOD, fwd R(W fwd L twd LOD, fwd R 1/2 LF trn fc LOD, bk L) right hands joined fc LOD, :-

9~16 Turkish Towel;; 1 Break; W Sync Roll Out (OP/COH);

OP Fence Line w/Pt; Fence Rec W Sync Roll Bk to Skaters;

Horse & Cart W Spiral; Hockey Stick Ending(LOP/FC/COH);

9~11 (Turkish Towel) Fwd L, rec R, sd L, :- Bk R lead W RF trn under joined right hands, rec L 1/4 LF trn fc COH, sd R (W XLIB of R compelled RF trn under right hands, fwd R cont, RF trn. Fwd L around M to end in bk of and to his left sd joining left hands) M's Vars fc COH, -;

(QQS) 12 (W Sync Roll Out to OP) XLIB of L lead W LF roll, rec L sd R(W fwd L twd RDW commence LF roll cont LF roll sd R/cont roll L, sd R fc Wall) OP/COH, -

(QQ&S) 13 (OP Fence Line w/Pt) Same foot work XLIB of R extended lead arms, rec R, pt sd L, -

(QQS) 14 (Fence Rec W Sync Roll Bk to Skaters) XLIB of R, rec R, sd L (W XLIB of R, rec R compelled LF roll, sd & fwd L twd LOD cont roll/R, L fc RLOD) Skaters/RLOD, -

(QQQS) 15 (Horse & Cart W Spiral) cont trn LF on L, - (W compelled body trn to left small running steps fwd circling to the left around the man R/L, R/L, R/L, R fc COH spiral LF on R);

16 (Hockey Stick Ending) Bk R, rec L, fwd R(W fwd L twd COH, fwd R LF trn under lead hand fc partner, bk L) LOP/FC/COH, :-;

Meas

PART B mod

1~ 8 Alemana;; Ropespin (M Swivel Fc); Fence Line w/Arms(CP/Wall);

OP Out W Spin Trans: Corte w/Leg Crawl; Slip Telemark;

W Sync Roll Out fc LOD Handshke;

1~ 2 (Alemana) Fwd L, rec R, cl L to R(W bk R, rec L, sd & fwd R), - Bk R, rec L, cl L, -(W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M's right sd,-/spiral RF on L);

3 (Rope Spin M Swivel Fc) Sd L, rec R, cl L swivel 1/2 LF on L fc Wall, -

4 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW(W CW), rec L, sd R, -

(QQ&S) 5 (OP Out W Spin Trans) Blend CP fwd L, rec R, tch L to R lead W LF spin, -(W swivel RF on L bk R twd COH, rec L swivel on L, sd & fwd R twd LOD spin LF on R, cl L);

S- 6 (Corte w/Leg Crawl) Sd & bk L flex L knee blend cuddle position, -(W sd & fwd R, left leg up along M's outer thigh with toe pointed to floor), -

(QQQS) 7 (Slip Telemark) Swivel LF on L and slip bk R f/ f/p cont trn sf, cont LF trn to SCP fc LOD, fwd L(W swivel LF on R slightly fwd LF trn, bk R cont LF trn, cl L cont LF heel trn to SCP, fwd R);

(QQ&S) 8 (W Sync Roll Out) Bk R compelled LF trn lead W LF roll, rec L fc LOD, fwd R(W fwd L twd LOD compelled LF roll cont roll L/R, cont roll L/R, fc RLOD bk L) R hands joined, -

9~16 Turkish Towel;; 1 Break; W Sync Roll Out (OP/COH);

OP Fence Line w/Pt; Fence Rec W Sync Roll Bk to Skaters;

Horse & Cart W Spiral; Hockey Stick Ending(LOP/FC/COH);

9~16 Repeat meas 9~16 of Part B: ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;

Meas

ENDING

1~ 5 Slow Curl, Sync Fan, Hockey Stick, (handshake) OP Contra Ck;

(QQSS) 1~ 2 (Slow Curl) Fwd L, rec R, cl L(W bk R, rec L, fwd R compelled LF spiral on R), - Hold (W cont spiral on R), -

(QQ&S) 3~ 4 (Sync Fan) Bk R/rec L, sd R(W fwd L twd RLOD/fwd R 1/2 LF trn, bk L);

(QQ&S) 5~ 6 (Hockey Stick) Fwd L, rec R, cl L(W cl R, fwd L, fwd R), - Bk R slightly RF trn, rec L, fwd R(W fwd L twd DC, fwd R LF trn under lead hand fc partner, bk L), -

S- 5 (OP Contra Ck) R hands joined compel upper body LF trn flexing knees with strong R side lead ck fwd L left hand extend sd & bk, --, -