UNA GOLONDRINA

Music: Janu
www.discogs.com Cd Harp of Love Track # 16 Time: 2:24
Slow down w/ 7% Available from choreographer

Rhythm: Rumba Phase: III+2+1U (Aida + Switch + Trade Places)
Footwork: Opposite except where (Noted)
Release Date: July 2014 Corrected Sept 2014
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
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Sequence: INTRO AB AB AB END

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INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; NEW YORKER TWICE ; ;
{Wait} BFLY POS WALL ld ft free wt 2 meas ; ; {New Yorker x 2} Xrif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; XRif (WXLif) to OP LOD, rec L to BFLY WALL, sd R, -;

PART A

01-04 BOTH HANDS ALEMANA to TAMARA ; ; WHEEL 3 ; WHEEL/ W UNWRAP to WALL ;
[Alemana to Tamara] [Keepg both hnds jnd] Fwd L, rec R, cl L, -; XRib, rec L, cl R (W [Keepg both hnds jnd] Xrif under raised ld hnds begin full RF trn, fwd R contg RF trn to fc ptr, sd L compg trn) to TAMARA POS WALL, -; [Wheel 3] Wheelg RF fwd L, R, L (W fwd R, L, R) to TAMARA pos COH, -; [Unwrap to WALL] Cont wheeling R, L, R (W unwraps LF undr both hnds L, R, L) to BFLY WALL, -;

00-05 AIDA to RLOD ; SWITCH & RECOVER to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ;
[Aida to RLOD] Thru L, sd R trng RF, bk L contg RF trn to V-bk-to-bk pos LOD, -; [Switch & Recover to ½ OP LOD] [SS] Trn RF to fc ptr sd & bk R to fc ptr & WALL, -; lunge sd L with soft L knee keeping R leg extended & trng bdy sltly LF to ½ OP LOD, -; [M Roll Across] Fwd R comm RF trn, sd & fwd L XrIf of W cont trn, sd & fwd R to L-1/2 OP with M’s R & W’s L arms out to sd (W fwd L, R, L short stps adj to M’s action), -; [W Roll Across] M fwd L, R, L short stps adj to W’s action (W fwd R comm RF trn, sd & fwd L XIF of M cont trn, fwd & sd R) to ½ OP with M’s L & W’s R arms out to sd fcg DC, -;

09-12 FENCE LINE ; REVERSE UNDERARM TURN ; UNDERARM TURN ; FENCE LINE in 4 & R-HNDSHK ;
[Fence Line] Xrif (W XrIf) w/ bent knee, rec R, sd L to BFLY WALL, -; [Reverse Underarm Turn] Raisg jnd ld hnds Xrif, rec R, sd L (W Xrif undr jnd ld hnds trng LF ½ rec L contg LF trn to fc ptr, sd R) to BFLY WALL, -; [Underarm Turn] Bk R, rec L, sd R (W Xrif undr jnd ld hnds comm 1/2 RF trn, rec R cont RF trn to fc ptrn, sd L) to BFLY WALL, -; [Fence Line in 4] Xrif (W XrIf) w/ bent knee, rec R, sd L, cl R & R-Handshake;

13-16 TRADE PLACES TWICE ; ; NEW YORKER TWICE ; ;
[Trade Places x 2] With R hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (W rk apt R, rec L trng ¼ LF to fc LOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL) joining L hnds, -; With L hnds jnd rk apt R, rec L trng ¼ LF to fc LOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (W rk apt L, rec R trng ¼ RF to fc LOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH) to BFLY WALL, -; [New Yorker x 2] Repeat meas 3 & 4 Intro ; ;

PART B

01-04 BACK BREAK BOTH SPIRAL ; THRU SERPIENTE ; ; AIDA ;
[Bk Break Both Spiral] [Relg lead hnds] Xlib trng to OP LOD, rec R, twd LOD fwd L & spiral 7/8 RF (W fwd R & spiral LF), -; [Thru Serpiente] Thru R, sd L turn to fc ptr & BFLY, XRib (W XRib), flare L CCW ; XLIB (W XLIB), sd R, thru L, flare R CCW ; [Aida] Thru R, sd L trng LF, bk R cont LF trn to V-bk-to-bk pos RLOD, -;
05-08  ROCK 3 to FACE ; SPOT TURN TWICE ; WHIP to BFLY COH :
    [Rk 3 to Fc]  [QQQQ]  Rk fwd L, rk bk R, rk fwd L trn RF to fc ptr & Wall, point R to LOD ;  [Spot Turn x 2]  Relg hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to fc & BFLY COH, - ;  Relg hnds XLif (W XRif) trng RF, rec R compg full trn, sd L to fc & BFLY COH, - ;  [Whip to BFLY COH]  Bk R trng ¼ LF, rec L trng ¼ LF, sd R (W fwd L long step in frt of M, trng LF fwd & sd R, sd L to fc M) to BFLY COH, - ;

09-16  REPEAT MEAS 01-08 PART B to BFLY WALL ; ; ; ; ; ; ; ;

REPEAT PARTS A,B

ENDING

01-02  AIDA to RLOD ; SWITCH LUNGE & EXTEND ARMS :
    [Aida to RLOD]  Repeat meas 5 Part A ;  [Switch Lunge & Extend Arms]  [S]  Bk & sd R bringing joined hnds thru slight body trn RF look at ptr, relax R knee to lunge line & extend both arms to side, - , - ;