Y YO LA AMO

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Sequence: INTRO, A, B, INTER, A, B, A, END Unphased Bolero Speed: 45

INTRO

1-4 RAISE ARMS: SHADOW FENCE LINE: SHADOW FWD LUNGE BREAK: MAN UNDERARM TRN;

SOQ 1 Both standing on R in shadow pos W to the R sd of M arms down and L tapped behind R with slight toe pressure raise the arms slowly no higher than shoulder ending with L hnds joined still in shadow position;

SOQ 2 Both sd L, lunge thru R, recov L still in shadow fc wall;

SOQ 3 Sd R, lower in R knee extend L to sd & bk to lead W to rck fwd, start rise on R to bring W bk (W sd R, lunge thru L, recov R still in shadow);

SOQ 4 Sd L, thru R with soft knee trn LF 3/4 under joined L hnds, fwd L trn 1/4 bk to shadow (W sd L, lunge thru R, recov L);

5-8 W UNDERARM TRN: SYNCOPATED WHEEL: TRANSITION TO FC: OVERSWAY,-

RECOV. TCH;

SOQ 5 Sd R, lunge thru L, recov R (W sd R, thru L with soft knee trn RF 3/4 under joined L hnds, fwd R trn 1/4 bk to shadow);

SOQ & O 6 Sd L, wheel bk R/L, R to fc RLOD (W sd L, wheel fwd R/L/R);

SS 7 Bk & sd L to fc wall letting go of L hnds, hold with slight trn DW (WQQS) place R arm arnd W's waist and left out to side (W cont to trn LF to step fwd L twd wall, cont to trn to step sd R end in CP W with R arm wrapped arnd M's neck & L arm out to sd, hold),-;

SOQ 8 Lower in L to oversway line (W lower R),-, staying low push from L to R as you come out of sway line, rise to tch L to R blend to CP wall;

PART A

1-4 TRNNG BASIC TO LOD: FWD OPEN BREAK: LEFT PASS TO CP: RIGHT LUNGE WITH ROCK;

SOQ 1 Sd L with RF body trn, trn LF 1/4 slip pivot action bk R soft knee, fwd L twd LOD begin to loosen hold (W sd R, slip fwd L, bk R);

SOQ 2 Sd R to lead hnds joined, rck fwd L, recov R (W sd L, rck bk R, recov L);

SOQ 3 Making 1/4 LF body trn to fc COH sd L, trn 1/4 LF rec bk R stf knee cont LF trn connect R arm to W's bk, sd & fwd L trn LF to CP fc DRW (W fwd R trn slight RF bk to man but shape head to man, -, sd & fwd L soft knee trn LF, sd R to trn LF across M end CP);

SOQ 4 Lunge R in CP DRW allow W to extend head, -, rck sd & bk L bring W's head up twd you, rec to R lunge allow W to extend head;
5-8 TRNING BASIC TO COH: NEW YORKER; UNDERARM TRN, STEP RONDE TO BK TO BK;
SQQ 5 Sd L with RF body trn ,-, trn 1/4 LF slip pivot action bk R soft knee, cont LF trn fwd L COH (W sd R,-, slip fwd L, bk R);
SQQ 6 Sd R to LOP fc LOD ,-, Rck thru L with soft knee, recov R;
SQQ 7 Sd L to fc COH ,-, rk bk R, recov L (W sd R,-, thru L with soft knee trn 3/4 RF under lead hnds, fwd R trn 1/4 to fc);
SQQ 8 Sd R & ronde L CCW behind R,-, XLIB of R, sd R trn RF to fc wall in bk to bk pos (W sd L & ronde R CW behind L,-, XRIB of L, sd L trn LF to bk to bk pos);
9-10 BOLERO ROCKS: TRN RONDE TO HIP LIFT;
SQQ 9 Sd L with upper body twd LOD ,-, recov R with upper body twd RLOD, sd L with upper body twd LOD (this action is a rib cage isolation with a delayed hip action - it is the bolero version of rumba hip rocks);
SQQ 10 Sd R trn 1/2 RF to fc COH & ptr & ronde L CW to tch L to R with L hip low R leg straight ,-, lift L hip with no wgt chg, lower L hip to original pos (W sd L trn 1/2 LF to fc wall & ptr & ronde R CCW to tch R to L R hip low L leg straight ,-, raise R hip, lower R hip);

PART B

1-4 TRNING BASIC TO RLOD; SHAKE HAND FWD OPEN BREAK; CONTINUOUS CROSS BODIES:-;
SQQ 1 Sd L with RF body trn ,-, trn LF 1/4 slip pivot action bk R soft knee, fwd L twd RLOD (W sd R,-, slip fwd L, bk R);
SQQ 2 Sd R to shake hnd pos ,-, fwd L, recov R (W sd L, bk R with sit line action, recov L);
SQQ 3 Trn LF to fc wall small sd L, cont trn LF bring R bk like slip piv, fwd L LOD (W fwd R with slight RF body trn ,-, fwd L past the M to trn 1/2 LF to fc RLOD, trn 1/4 LF bk R twd COH);
SQQ 4 Fwd R ,-, trn 1/2 LF on R to step fwd L twd W to fc RLOD, bk R (W trn 1/4 LF to fc wall LOD bk L, lunge bk R like sit line, fwd L LOD);
5-8 CONTINUOUS CROSS BODIES TO LEAD HNDS JOINED:- TRNING BASIC TO RLOD; CONTRA CHECK ,-, RECOV TRN TO FC WALL;
SQQ 5 Repeat meas 3 part B;
SQQ 6 Repeat meas 4 part B to end with lead hnds joined;
SQQ 7 Sd & bk L with RF body trn ,-, sharp trn LF 1/2 slip pivot action bk R soft knee, cont trn LF 1/4 fwd L twd DRC CP (W sd & fwd R, slip fwd L, bk R);
SQQ 8 Cont LF trn sd R fc RLOD ,-, contra check fwd L (W bk R extend head bk & L), recov R commence trn LF to end fc wall commence to place arms in extended BFLY;
9-10 ROCKS WITH ARMS; SD LUNGE WITH ARMS:- SD CL;
SQQ 9 Rk sd L and circle arms up so that the are over head ,-, rk sd R bring joined hnds down between faces, rk sd L bk to extended BFLY;
SQQ 10 Explode sd R with joined lead arms circling up and over between ptrs with sway to RLOD ,- sd L correcting sway, cl R to L blend CP wall;
INTERLUDE

1-4  TRNING BASIC TO COH DOUBLE HAND HOLD: FWD OPEN BREAK OUTSIDE;
     RIGHT PASS; LUNGE BREAK;
     SQQ 1  Sd L with RF body trn ,-, trn LF 1/4 slip pivot action
           bk R sft knee, fwd L trn LF to fc COH (W sd R ,-, slip fwd L, bk R);
     SQQ 2  Sd R blend to low BFLY SCAR,-, rck fwd L in SCAR, recov R (W sd L ,-
           bk R with knee bend head goes bk like contra check, recov L);
     SQQ 3  Sd & slight bk L to "L" pos fc DLW raise lead hands to create window
           for W to look through, -, loose XRIB of L sglth trn RF sft knee, slight
           trn RF rec L to fc DRW (W fwd R look at M thru window, -, fwd L sft
           knee trn LF under lead hnds to fc ptr, bk R);
     SQQ 4  Sd & fwd R to opn fcng DRW lead hnds joined, -, lower on R extend L
           to sd & bk to lead W bk, strt rise on R to bring W fwd (W sd & bk L ,-
           bk R like sit line, rec fwd L);
     5-8 UNDERARM TRN; WHISK; SPOT TRN; HIP LIFT;
     SQQ 5  CL L to R palm up, -, rck bk R under body, recov L (W fwd R with
           stop action, -, thru L with soft knee trn RF 3/4, fwd R trn 1/4 to fc);
     SQQ 6  Sd R ,-, XLIB of R like whisk in SCP, recov R;
     SQQ 7  Sd L ,-, thru R with soft knee trn LF 3/4, fwd L trn 1/4 to fc;
     SQQ 8  Sd R blend to CP & tch L to R with L hip down R leg straight, -, lift L
           hip up no wgt chg, drop hip down no wgt chg;

REPEAT A, B, A(1-9)

MEAS 10 PART A: TRN RONDE TO HIP LIFT (W SPIN TRANSITION);
     SS 10 Repeat meas 10 part A (W sd L & ronde R CCW but cont spin LF to fc
           COH ,-, clos R to L for transition end in shadow facing COH hnds down
           by side);

ENDING

1-7 REPEAT MEAS 1-7 OF PART A FCING COH BY TAPPING L FOOT BEHIND FOR
     BOTH AS THE ARMS BEGIN TO LIFT:......
     8 HOLD ,-- OVERSWAY ,--;
     SS 8 Hold in the position where W has R arm arnd M's neck fcng DRC ,-, on
           the last beats of music drop sharply to oversway line W's head back ,--;
| A | RAISE ARMS JOIN LEFT HANDS | SHADOW FENCE LINE |
|   | SHADOW FWD LUNGE BREAK | MAN UNDERARM TURN |
|   | LADY UNDERARM TURN | SYNCOPATED WHEEL |
|   | TRANSITION TO FACE | OVERSWAY RECOVER & TOUCH |
| A | TURNING BASIC FACE LOD | FORWARD OPEN BREAK |
|   | LEFT PASS TO CLOSED | LUNGE WITH ROCK |
|   | TURNING BASIC FACE COH | NEW YORKER |
|   | UNDERARM TURN | STEP RONDE TO BACK TO BACK |
|   | BOLERO ROCKS | TURN RONDE TO HIP LIFT (1 2) |
|   |                     | TURN RONDE LADY SPIN SHADOW (3) |
| B | TURNING BASIC FACE REVERSE | HANDSHAKE FWD OPEN BREAK |
|   | CONTINUOUS CROSS BODIES | TO LEAD HANDS |
|   | CONTINUOUS CROSS BODIES | CONTRA CHECK REC FACE WALL |
|   | TURNING BASIC FACE REVERSE | SIDE LUNGE & SIDE CLOSE |
|   | ROCK WITH ARMS | |
| I | TURNING BASIC COH DOUBLE HAND | FWD OPEN BREAK OUTSIDE |
|   | RIGHT PASS FACE DRW | LUNGE BREAK |
|   | UNDERARM TURN | WHISK |
|   | SPOT TURN | HIP LIFT |
| END | RAISE ARMS JOIN LEFT HANDS | SHADOW FENCE LINE |
|    | SHADOW FWD LUNGE BREAK | MAN UNDERARM TURN |
|    | LADY UNDERARM TURN | SYNCOPATED WHEEL |
|    | TRANSITION TO FACE | HOLD & OVERSWAY |

Y YO LA AMO
(SHADOW WALL ARMS DOWN BOTH L TAPPED BEHIND R)