

AMAPOLA 3

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RECORD Star 131A
RHYTHM Rumba Released June 2001.
SEQUENCE Intro A B A B A Ending
FOUNDALAB Phase 3+2 [3 Of An Umbrella Tum & Fan]
SUGGESTED SPEED 45 RPM
FOOTWORK Opposite [women in parentheses]

INTRO

1-4

WAIT; WAIT; DIAGONAL CUCARACHAS TWICE WITH ARMS;;
1-2 Open Facing Arms at sides[Man Wall] Wait 2 Meas.; [M L & W R Foot Free]
3-4 Opening out with Arm Sweeps Sd L, Rec R, Cl L; Side R, Rec L, Cl R; To B'Fly

PART A

1-5

HAND TO HAND TWICE;; [To A Left Hand Star] 3 OF AN UMBRELLA TURN;;

1-2 In B'Fly Rck Bck L Tmg LF To Face LOD, Rec R To Face Ptr, Sd L;
Rck Bck R Tmg RF to Face RLOD, Rec L Face RLOD, Fwd R;
[Rck Bck L Tmg LF RLOD, Rec R Face Ptr, Sd L Tmg RF LOD;]

3-5 Fwd L, Rec R, Bck L; Bck R, Rec L, Fwd R; Fwd L, Rec R, Bck L;
[W Bck R, Rec L, Fwd R; Fwd L Tmg ½ RF under jnd hnds, Rec R, Fwd L; Fwd R Tmg
½ LF under jnd hnds, Rec L, Fwd R;]

6-8

LADY TO A FAN; [Man Face Line] PROGRESSIVE WALKS;;

6 Bck R, Rec L Tmg ½ LF, Sd R LOD; [Fwd L, Fwd R Tmg ½ LF, Bck & Sd L;]

7-8 Fwd L, Fwd R, Fwd L; Fwd R, Fwd L, Fwd R;

9-12

FORWARD FACE & CLOSE; [Lady To Tandem] FENCELINE TWICE;;

SPOT TURN; [Lady To Face]

9 Fwd L, Rec R Tmg ¼ LF/Wall, Cl L; [Bck R, Rec L Tmg ¼ LF, Sd R; To Tandem/Wall]

10-11 Cross Lunge R, Rec L, Sd R; Cross Lunge L, Rec R, Sd L;

XRIFL, Rec L Tmg LF To Face Ptr, Sd R; [XLIFR, Rec R Tmg RF To Face Ptr, Cl L;]

13-16

HAND TO HAND; CRAB WALKS;; NEW YORKER;

13 Join Trail Hands Bck L To Face LOD, Rec R Face Ptr, Sd L;

14-15 XRIFL; [WXLIF] Sd L, XRIFL; Sd L, XRIFL, Sd L;

Thru R With Straight Leg LOD, Rec L, Sd R;

Note:- Third time through A, end in Closed Position

PART B

- 1-4** **HALF BASIC; LADY UNDERARM TURN; NEW YORKER; PROGRESSIVE WALK 3;**
1 Fwd L, Rec R, Sd L;
2 Bck R, Rec L, Sd R; [Under Joined Lead Hands XLIFR, Tmg RF Rec R Face Ptr, Sd L.]
3 Thru L With Straight Leg RLOD, Rec R, Fwd L Face LOD In LOP;
4 Fwd R, Fwd L, Fwd R;
- 5-8** **SLIDING DOORS;; PROGRESSIVE WALK 3; NEW YORKER;**
5-6 Sd L, Rec R, XLIFR; Sd R, Rec L, XRIFL;
7 Fwd L, Fwd R, Fwd L;
8 Fwd R With A Straight Leg, Rec L Tmg RF Face Ptr, Sd R;
- 9-12** **BASIC;; [Lady To A Tamara] WHEEL IN 3; WHEEL & UNWRAP;**
9-10 Fwd L, Rec R, Sd L; Bck R, Rec L, Cl R; [Bck R, Rec L, Sd R; XLIFR, Rec R Tmg
RF Face Ptr, Sd L To A Tamara Position;]
11-12 Fwd L, Fwd R, Fwd L Face COH; Cont Wheel Fwd R, Fwd L, Cl R Face Wall;
[Fwd R, Fwd L, Fwd R Face Wall; In Place Tmg LF L-R-L Face Ptr]
- 13-16** **REVERSE UNDERARM TURN; FENCELINE; BASIC;;**
13 XLIFR, Rec R, Sd L; [Under Joined Lead Hands XRIFL, Tmg LF Rec L, Sd R Face Ptr;]
14 XRIFL, Rec L, Cl R;
15-16 Fwd L, Rec R, Sd L; Bck R, Rec L, Sd R;

ENDING

- 1-2** **FORWARD BASIC; HOLD; [OPTIONAL LADY LEG CRAWL]**
1 In Closed Position Fwd L, Rec R, Bck L;
2 Hold; [Optional -Lady slide her left leg slowly up outside of Mans extended right leg]