

KILLING ME SOFTLY

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Record: STAR 183-B, flip El Conquistador Speed 44 RPM Phase V+2

Sequence: INTRO, A, B, C, A MOD, B, C, B, ENDING

INTRO

1-4 PRESENT ARMS;; OPEN HIP TWIST; FAN;

- 1-2 Wait 2 notes fc ptr and wall no hnds joined lead ft free then raise both arms slowly by crossing them in front of body to waist level and then connect lead hnds in preparation to lead hip twist and trail arms go to the side twd RLOD;-;
- QQS 3 Ck fwd L, recov R, cl L to R (W bk R, recov L, fwd R twd M with tension in R arm which causes W to swivel ¼ RF on R on & ct),-;
- QQS 4 Bk R, recov L, sd R (W fwd L, fwd R trn ½ LF, bk L leave R extended fwd no wgt fcng RLOD in “L” position),-;

PART A

1-4 ALEMANA;; CIRCULAR HIP TWISTS;;

- QQS 1 With lead hnds joined fwd L, recov R, cl L lift lead hnds up & out to L palm to palm (W cl R, fwd L, fwd R to fc ptr ready to go under lead hnds RF),-;
- QQS 2 Bk R, recov L, cl R to L leading W to R sd fc wall (W XLIF of R trn RF to fc DRW bring R up to L, fwd R slightly away from ptr trn to fc DRC bring L up to R, fwd L twd M’s R sd),-;
- QQS 3 Fwd L with RF body trn, recov R to fc wall, XLIB of R to BJO (W swivel RF ½ to step bk R, recov L start LF trn, fwd R outside ptr complete 5/8 LF trn),-;
- QQS 4 Sd & bk R make 1/8 LF trn lead W to swvl RF, XLIB of R trn and bking LF lead W to swvl LF, sd & bk R trn LF lead W to swvl RF (W swvl ½ RF fwd L, swvl ½ LF cl R, swvl 1/8 RF step fwd L),-;

5-8 FINISH CIRCULAR HIP TWISTS; FAN; CHECK & LOCK TO FAN; CURL;

- QQS 5 XLIB of R trn LF lead W to swvl LF, sd & bk R trn LF lead W to swvl RF, cl L to R (W swvl ½ LF cl R, swvl 1/8 RF step fwd L, swvl ½ LF cl R to fc swvl ¼ RF) make 1 full LF rev throughout figure,-;
- QQS 6 Bk R, recov L, sd R (W fwd L, fwd R trn ½ LF, bk L leave R extended fwd no wgt fcng RLOD in “L” position),-;
- QQQQ7 Ck fwd L, rec R, cl L to R, sd R (W cl R to L, fwd L, lk RIF of L, bk L to fan pos);
- QQS 8 Rk fwd L, recov R trning W LF under lead hnds, lunge sd L (W cl R to L, fwd L trn sharply LF to fc LOD, bk R in a sit line),-;

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9-12 FAN; CHECK & LOCK TO FAN; HOCKEY STICK;;

- QQS 9 Bk R, recov L, sd R (W fwd L, fwd R trn ½ LF, bk L leave R extended fwd no wgt fcng RLOD in "L" position),-;
- QQQQ 10 Ck fwd L, rec R, cl L to R, sd R (W cl R to L, fwd L, lk RIF of L, bk L to fan pos);
- QQS 11 Fwd L, recov R, cl L (W cl R, fwd L, fwd R),-;
- QQS 12 Bk R trn RF to fc DRW, recov L, fwd R follow the W (W fwd L, fwd R trn LF under lead arms to fc ptr, bk L leave R extended),-;

PART B

1-4 BASIC; FULL NATURAL TOP WITH RONDE;;;

- QQS 1 Fwd L, recov R, sd L trn RF to fc RLOD in CP (W bk R, recov L, fwd R to CP),-;
- QQS 2 XRIB of L, sd L, XRIB of L (W sd L, XRIF of L, sd L),-;
- QQS 3 Sd L, XRIB of L, sd L (W XRIF of L, sd L, XRIF of L),-;
- QQS 4 Trning RF XRIB of L, sd L, fwd R btwn W's legs trn body RF to cause W to ronde (W sd L, XRIF of L, sd L ronde R behind L no wgt end fallaway pos) fc RLOD,-;

5-8 INSIDE UNDERARM TRN TRANSITION CHECKED; LADY SLOW SWIVEL TO BJO; LADY SYNCOPATED SPIN TO LOD; RK LADY TRN TO SKATERS;

- SS 5 Bk L under body to lift lead hnds,-, sd R lead W under lead hnds wrapping
W(QQS) W into R arm keeping lead hnds joined (W XRIB of L, trn LF to step sd & fwd L, step fwd R to trn LF under lead hnds lifting L arm up & over to M's shoulder),-;
- Hold 6 Trn body slowly to L to cause W to step fwd & swivel to BJO no wgt chg
W (S-) (W fwd L swivel LF slowly to BJO like a whiplash);
- SS 7 Trn RF to step bk as lead W to free spin down LOD,-, fwd R down LOD
W (Q&QS) connect lead hnds (W fwd R comm RF spin/ cont spin RF cl L, cont spin fwd R, cont spin bk L to fc ptr lead hnds joined),-;
- QQS 8 Rk fwd L, recov R, cl L to R in skaters fc LOD (W rk bk R, recov L trn LF to skaters, bk R to M's R sd in skaters),-;

9-12 BREAK BACK; SYNCOPATED FWD BASIC TO FC; CUCARACHA; ALEMANA TRN SHADOW;

- QQS 9 Rk bk R, recov L, fwd R in skaters,-;
- Q&QS 10 Rk fwd L/ recov R, cl L to R, fwd R to fc ptr & wall in BFLY,-;
- QQS 11 Rk sd L, recov R, cl L to R,-;
- QQS 12 Bk R, recov L, cl R to L leading W to trn to shadow (W XLIF of R trn RF to fc DRW bring R up to L, fwd R slightly away from ptr trn to fc DRC bring L up to R, fwd L twd M's R sd trning RF to end in shadow),-;

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PART C

1-4 ADVANCED SLIDING DOOR WITH W UNDERARM TURN TWICE;;;

- QQS 1 Fwd L trning body to R, recov R, XLIB of R trn ¼ LF (W bk R trn body to R, recov L with LF body trn, fwd R DW trn RF under lead hnds),-;
- QQS 2 Rk sd R as lead W to trn under joined L hnds, recov L, slight fwd R bk to shadow (W bk L with sit line, recov R trn 1/8 RF, fwd L trn RF bk to shadow pos),-;
- QQS 3 Fwd L trning body to R, recov R, XLIB of R trn ¼ LF (W bk R trn body to R, recov L with LF body trn, fwd R DW trn RF under lead hnds),-;
- QQS 4 Rk sd R as lead W to trn under joined L hnds, recov L, slight fwd R bk to shadow (W bk L with sit line, recov R trn 1/8 RF, fwd L trn RF bk to shadow pos),-;

5-8 OPENING OUT TO WHEEL;;; W ROLL OUT TO FC;

- QQS 5 Sd & bk L, recov R trning RF and lifting L arm, fwd L with R arm arnd W's waist to fc DRC ready to wheel (W bk R trn body RF, lift arms up & over to cause LF body trn to step sd L, fwd R both arms pointed L with R elbow resting on M's R upper arm in BJO position ready to wheel),-;
- QQS 6 Wheel RF fwd R, fwd L, fwd R in this position so W's R elbow is pointed twd DC making at least ½ of a revolution,-;
- QQS 7 Cont wheel L, R, L to fc DW (W comm RF trn ready to step bk),-;
- S 8 Leading W to roll out RF hold,-, fwd R (W bk L cont RF trn, cont W (QQS) trn fwd R, bk L connect lead hnds),-;

PART A MODIFIED

1-4 ALEMANA;; CIRCULAR HIP TWISTS;;

- QQS 1 With lead hnds joined fwd L, recov R, cl L lift lead hnds up & out to L palm to palm(W bk R, recov L, sd & fwd R ready to go under lead hnds),-;
- 2-4 Repeat meas 2-4 part A

5-8 FINISH CIRCULAR HIP TWISTS; FAN; CHECK & LOCK TO FAN; CURL;

9-12 FAN; CHECK & LOCK TO FAN; HOCKEY STICK;;

REPEAT B

REPEAT C

REPEAT B

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ENDING

1-4 ADVANCED SLIDING DOOR WITH W UNDERARM TURN TWICE;;;;

1-4 Repeat meas 1-4 part C;;;;

5-8+ OPENING OUT TO WHEEL WITH RUNAROUND;;; W ROLL OUT TO FC; FORWARD WITH ARMS UP,-;

QQS 5 Sd & bk L, recov R trning RF and lifting L arm, fwd L with R arm arnd W's waist to fc DRC ready to wheel (W bk R trn body RF, lift arms up & over to cause LF body trn to step sd L, fwd R both arms pointed L with R elbow resting on M's R upper arm in BJO position ready to wheel),-;

QQ Run 6-7 Slowing slightly wheel RF fwd R, fwd L, speeding up cont wheel with runaround action using 8 quick steps over the next 1 ½ meas making 2 full revolutions,-;; (Note that the number of running steps can be any even number of steps as long as M's R ft is free to lead W to roll out)

-S 8 Leading W to roll out RF hold,-, fwd R (W bk L cont RF trn, cont trn fwd R, bk L connect lead hnds),-;

S + On the last beat of music connect lead hnds step fwd twd ptr (W bk) and put trail hnds up and out,-,