

# LA PALOMA

**Music:** Nana Mouskouri  
Cd: La Dame Du Coeur  
Track # 12 Time 4:16 Shortened & + 5% Faster to Time 3:47  
[www.amazon.co.uk/gp/product/B003SLMVOQ/ref=dm\\_ws\\_sp\\_ps\\_dp](http://www.amazon.co.uk/gp/product/B003SLMVOQ/ref=dm_ws_sp_ps_dp)  
Available from choreographer

**Rhythm:** Bolero Phase: V+2U (Rom. Sways + Checkd R Pass)

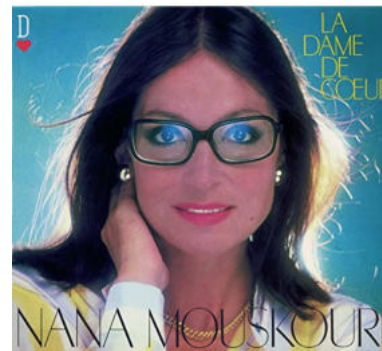
**Footwork:** Opposite except where (Noted)

**Release Date:** Oct 22

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence:** INTRO ABC A(11-19) BRIDGE B C(1-6) END



## INTRO

### 01-05 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TURN INTO ROMANTIC SWAYS ; ; RIFF TURN ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Trn Into Romantic Sways} Relg ld hnds Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring ld hnds betwn ptrs to lead hip, -, sd L, rec R ; {Riff Trn} [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (W sd & fwd R com RF spin undr jnd ld hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld hnds) to BFLY WALL ;

## PART A

### 01-05 LUNGE BREAK ; REVERSE UNDERARM TURN ; PREP to AIDA ; AIDA LINE & SWITCH & RECOVER ; SPOT TURN ;

{Lunge Break} Sd & bk L to LOP FCG, -, slidg R ft sd & bk w/ no wgt lowr on L w/ slight LF bdy trn, rise (W sd & bk R, -, bk L w/ sittg action, rec R) ; {Reverse Underarm Trn} Sd R, -, Xlif, bk R (W sd L com LF trn undr jnd ld hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr) to BFLY WALL ; {Aida Prep} Relsg ldl hnds Sd L trng LF to slight V pos LOD, -, thru R, trng RF sd L to BFLY WALL ; {Aida Line Switch & Rec} Trng RF (W LF) Bk R to V BK-TO-BK RLOD free hnds up & out, -, swiv LF (W RF) on R sd L to fc ptr, rec R ; {Spot Trn} Sd & fwd L to slight V pos LOD, -, relg hnds & trng LF XRif (W trng RF XLif), rec L to BFLY WALL ;

### 06-10 HORSESHOE TURN ; ; SHOULDER to SHOULDER TWICE ; ; MAN UNDERARM TURN ;

{Horseshoe Trn} Sd & fwd R trng RF (W LF) to V Pos LOD, -, thru L, lk Rib raise ld hnds ; Fwd L comm circle CCW around W, -, fwd R cont circle, fwd L comp circle to fc ptr (W fwd R comm CW trn, -, fwd L cont CW circle undr jnd ld hnds, fwd R compl circle to fc ptr) BFLY COH ; {Shoulder to Shldr x 2} Sd R, -, fwd L to BFLY-SCAR, bk R to BFLY COH ; Sd L, -, fwd R to BFLY-BJO, bk L to BFLY COH ; {M Underarm Trn} Sd R com RF trn undr jnd ld hnds, -, XLif contg ½ RF trn, fwd R compg RF trn to fc ptr (W sd L, -, XRif, rec L) to CP COH ;

### 11-15 TURNING BASIC ; BACK BREAK to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ; FWD SYNC MANEUVER/PIVOT ;

{Trng Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF) to BFLY WALL ; {Bk Break to ½ OP LOD} Sd R, -, bk L trng LF to ½ OP LOD, fwd R ; {M Roll Across} Fwd L rise, -, fwd R twd DLW across W comm trn LF, bk L cont trn to fc LOD w/ free arms out to sd (W fwd R rise, -, L, R w/ free arms out to sd) to ½ LOP LOD ; {W Roll Across} Fwd R rise, -, fwd L, R w/ free arms out to sd (W fwd L rise, -, fwd R twd DLW across M comm trn LF, bk L cont trn to fc LOD w/ free arms out to sd) to ½ OP LOD ; {Fwd Sync Manvr/ Pivot} [SQ&Q] Blend to SCP Sd & fwd L rise, -, thru R trn ¼ RF ifo W blend to CP/ bk L pivot ½ RF, cl R complt RF trn (W sd & fwd R rise, -, thru L/ fwd R pivot ½ RF, sd L complt RF trn) end CP WALL ;

### 16-20 UNDERARM TURN ; NEW YORKER TWICE ; ; SPOT TURN ; SLOW HIP ROCK TWO ;

{Underarm Trn} Sd L raisg ld hnds, -, XRif, fwd L (W sd R com RF trn undr jnd ld hnds, -, XLif contg ½ RF trn, fwd R compg trn to fc ptr) to BFLY WALL ; {New Yorker x 2} Sd R, -, trng to LOP RLOD fwd L, bk R to BFLY ; Sd L, -, trng to OP LOD fwd R, bk L to BFLY WALL ; {Spot Trn} Relsg both hnds Sd R to slight V pos LOD, -, XLif trng RF, fwd & sd R contg trn to loose CP WALL ; {Slow Hip Rk 2} [S,-,S,-] Sd R rollg R hip, -, rec L rollg L hip, - ;

## BRIDGE

### 01 SYNCOPATED TURNING BASIC ;

{Sync Trng Basic} [SQ&Q] Blend to CP Sd L rise w/ body trn RF, -, slip bk R flex knee trn LF/cont trn sd & fwd L to fc Wall, sd R to CP WALL ;

**PART B**

**01-04 CROSS BODY & rt Hndshk ; HALF MOON OVERTURNED to VARSOUVIENNE WALL ; ; SWEETHEART ;**

**{Cross Body to rt Hndshk}** Trng LF to fcg LOD Sd L, -, bk R trng LF, rec fwd L to fcg COH blnd hndshk pos (*W fwd R twd COH, -, fwd L trng LF to fcg ptr, sd R*) to rt Hndshk COH ; **{Half Moon Overtrnd to VARS WALL}** Sd R twd LOD, -, trng RF chk fwd L twd LOD w/ rt hnds jnd ifo M, and lft arms xtnd out to sides, rec R (*W sd L twd LOD, -, chk fwd R, rec L*) to fcg ptr ; in rt hndshk trng LF twd RLOD Sd L twd Wall, -, bk R trng LF, rec fwd L bring rt hnds up to right trng W LF (*W fwd R twd Wall trng LF, -, fwd L cont LF trn, sd fwd R*) to VARS Wall on M's lft sd ; **{Sweetheart}** In left VARS fcg Wall w/ both hnds jnd at W's shldr Sd R twd RLOD bhnd W to W's rt sd, -, chk fwd L trng slightly LF to look at W, rec R (*W sd L, -, rk bk R slight rotation to look at ptr, rec L*) ;

**05-08 SWEETHEART ; SWEETHEART/LADY SWIVEL to FACE ; SPOT TURN TWICE ; ;**

**{Sweetheart}** Sd L twd LOD bhnd W to W's lft sd, -, chk fwd R trng slightly to look at W, rec L (*W sd R, -, rk bk L w/ slight rotation to look at ptr, rec R*) ; **{Sweetheart/ Lady Swiv to Fc}** Sd R bhnd W twd RLOD to W's rt sd, -, chk fwd L trng slightly to look at W, rec R relsg both hnds (*W sd L, -, rk bk slight rotation to look at ptr R, relsg both hds fwd L twd RLOD swiv ½ RF to fc ptr*) to BFLY WALL ; **{Spot Trn x 2}** Repeat meas 5 Part A ; Repeat meas 19 Part A to BFLY WALL ;

**09-12 DBL HND OPENING OUT FOUR TIMES ; ; ; ;**

**{Opening Out x 4}** Small Sd & fwd L body rise and body rotate LF, -, lower on L and extend R foot to sd, rise on L body rotate in Bfly (*W sd & bk R body rise and body rotate LF match ptr, -, XLib lowerg, fwd R in Bfly*) ; Cls R body rise and body rotate RF, -, lower on R and extend L foot to sd, rise on R body rotate in Bfly (*W sd & bk L body rise and body rotate RF match ptr, -, XRib lowerg, fwd L in Bfly*) ; Repeat meas 9,10 Part B to BFLY WALL ; ;

**13-16 SPOT & TIME ; TIME & SPOT ; HAND to HAND TWICE ; ;**

**{Spot & Time}** Sd L w/ body rise, -, XRif w/ flex knee trn ¾ LF, fwd L cont trn to fc ptr (*W sd R rise, -, XLib flex knee, fwd R*) ; **{Time & Spot}** Sd R rise, -, XLib flex knee, fwd R (*W sd L rise, -, XRif flex knee trn ¾ LF, fwd L cont trn to fc ptr*) ; **{Hnd to Hnd x 2}** Sd L, -, [relsg tl hnds] XRib (*W XLib*) to LOP RLOD, fwd L to Bfly WALL ; Sd R, -, [relsg ld hnds] XLib (*W XRib*) to OP LOD, fwd R to BFLY WALL ;

**PART C**

**01-04 CHECKED RIGHT PASS ; M RONDE to FORWARD BREAK ; NATURAL TOP 3 ; HIP LIFT ;**

**{Checked Right Pass}** Fwd & sd L raisg lft hnd start RF rotation around Lady placg rt hnd on W's R hip cking her fwd motion, -, XRib cont rotation around W, fwd & sd L to W's lft sd (*W fwd R raisg rt arm as if to comm undarm trn then lower to wrap pos, -, XLif, bk R*) ; **{M Ronde to fwd Brk}** Fwd R ronde L ft cont RF trn to fc ptr & wall, -, ck fwd L, rec R (*W sd & bk L, -, bk R, rec L*) ; **{Nat Top 3}** Sd & fwd L trng RF, -, XRib cont RF trn, sd & fwd L to fc WALL (*W fwd R to CP, -, sd L, fwd R btwn M's ft*) ; **{Hip Lift}** In Low Bfly Sd R, -, slight pressure on L ft lift lft hip, lower lft hip to Low Bfly Wall ;

**05-07 UNDERARM TURN ; SIDE & FORWARD to SCAR/W DEVELOPE ; BACK to FACE & SYNCOPATED HIP ROCK ;**

**{Underarm Trn}** Repeat meas 16 Part A ; **{Sd & Fwd to SCAR Checkg/W Develope}** [S,S] In BFLY Sd R, -, fwd L to SCAR outsd W checkg, - (*W sd L, -, bk R to SCAR, bring L ft up R leg to insd of R knee, extend L ft fwd*) ; **{Bk to Fc & Sync Hip Rk}** [SQ&Q] Low Bfly Bk R to fc ptr, -, small sd L rollg L hip/rec R rollg R hip, rec L rollg L hip ;

**08-11 BACK BREAK w/ M's HEADLOOP to ½ OP LOD ; SWITCH & WALK 2 to RLOD ; SWITCH & WALK 2 to FACE ; RIFF TURN ;**

**{Brk Bk w/ M's Headloop to ½ OP LOD}** Sd R raisg lft hnds and loopg over M's head lowerg hnds to M's shldr & relsg both hnds, -, brk bk L, rec R to ½ OP LOD ; **{Switch & Walk 2 to RLOD}** Sd & fwd L trng to ½ LOP RLOD, -, fwd R, L ; **{Switch & Run 2 to LOD}** Sd & fwd R trng to ½ OP, -, fwd L, R swiv to fc ptr ; **{Riff Trn}** Repeat meas 5 Intro ;

ENDING

**01-04 BACK to PROMENADE SWAY ; CHANGE to OVERSWAY ; RECOVER to FACE & SYNCOPATED HIP ROCK ;**

**BACK BREAK w/ M's HEADLOOP to ½ OP LOD ;**

**{Bk to Promenade Sway}** Bk R swiv to SCP LOD, -, sd & fwd L w/ right sd stretch lookg over ld hnds, relax L knee lowerg (*W fwd L to SCP, -, sd & fwd R w/ L sd stretch looking over ld hnds, relax R knee*) ; **{Chng to Oversway}** With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ; **{Rec to Fc & Sync Hip Rk}** Rec R swiv to fc ptr, -, small sd L rollg L hip/rec R rollg R hip, rec L rollg L hip ; **{Bk Brk w/ M's Headloop to ½ OP LOD}** Repeat meas 8 Part C ;

**05-10 SWITCH & WALK 2 to RLOD ; SWITCH & WALK 2 to FACE ; RIFF TURN ; PREPARATION to AIDA ; AIDA LINE & EXTEND ;**

**{Switch & Walk 2 to RLOD}** Repeat meas 9 Part C ; **{Switch & Run 2 to Fc}** Repeat meas 10 Part C ; **{Riff Trn}** Repeat meas 5 Intro ; **{Aida Prep}** Repeat meas 3 Part A ; **{Aida Line & Xtnd Arm}** Bk R to bk to bk V pos raisg trl arms up & out ;