

MANUELA

Music: Julio Iglesias

Cd: Da Manuela A Pensami – 2003

[Unknown - NEW Julio Iglesias - Da Manuela A Pensami \(CD\) | Amazon.com.au | Music!](#)

Track # 1 Time 3:21 Slow down w/ -10% Available from choreographer

Rhythm: Rumba **Phase:** III + 1(Cross Body) + Several U

Footwork: Opposite except where (Noted)

Release Date: Nov 23

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Sequence: INTRO ABC A B(1-10) C C(6-13) A END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; ROMANTIC SWAYS ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; **{Romantic Sways}** Sd L hip roll LF, rec R hip roll RF, [Relsg ld hnds] fwd & sd L and swiv LF (*W RF*) to bk to bk sweep ld hnds up & around to end stretched out to sd at shldr level, -; Sd R hip roll LF, rec L hip roll RF, sd R & swiv RF (*W LF*) to fc to fc sweep ld hnds up & around to end stretched out to sd at shldr level to BFLY WALL, -;

05-08 BASIC HALF ; UNDERARM TURN to LARIAT to BFLY WALL ; ; ;

{Basic ½} Fwd L, rec R, sd L, -; **{Underarm Trn Into a Lariat}** Raisg ld hnds Bk R, rec L, cl R (*W fwd L comm RF trn under jnd ld hnds, fwd R cont RF trn to rt sd ptr, fwd L*), -; Push sd L, rec R, cl L (*W fwd L, R, L arnd beh M to his lft sd*), -; Push sd R, rec L, cl R (*W fwd L, R, L arnd M to Fcg M*) to BFLY WALL, -;

PART A

01-04 CUCARACHA CROSS TWICE to OP LOD ; ; KIKI WALKS ; ;

{Cucaracha Cross x 2 end to OP LOD} Rk sd L, rec R, XLif (*W XRif*) to BFLY, -; Rk sd R, rec L relsg ld hnd, XRif (*W XLif*) trng ¼ LF (*W RF*) to OP LOD, -; **{Kiki Walks}** Placg each ft ifo the other w/ a swiv fwd R, L, R, -; L, R, L to OP LOD, -;

05-08 SLIDING DOOR BOTH WAYS ; ; CIRCLE AWAY & TOGETHER to BFLY ; ;

{Slide the Door x 2} Rk sd L, rec R, XLif crossg bhd W to LOP LOD, -; Rk sd R, rec L, XRif crossg bhd W to OP LOD, -; **{Circle Away & Together}** M twd COH CCW (*W twd WALL CW*) L, R, L to end both fcg RLOD, -; Cont circle R, L, R to BFLY WALL, -;

PART B

01-05 OP BREAK ; THRU SERPIENTE to OP LOD ; ; OP CRAB WALKS ; ;

{OP Break} Apt L raisg trl arm straight up, rec R, sd L to BFLY, -; **{Thru Serpiente}** [QQQ&;QQQ&]Thru R, sd L, XRib (*W XLib*), flare CCW w/ L-ft ; XLib (*W XRib*), sd R, XLif (*W XRif*), flare CCW w/ R-ft to BFLY WALL ; **{OP Crab Walks}** Keepg trl hnds jnd fwd R to OP LOD w/ ld arms parallel to floor, swiv RF on R sd L to fc ptr tch palms, swiv LF on L fwd R to OP LOD w/ ld arms parallel to floor, -; Swiv RF on R sd L to fc ptr tch palms, swiv LF on L fwd R to OP LOD w/ ld arms parallel to floor, swiv RF on R sd L to BFLY WALL, -;

06-10 FENCE LINE ; REVERSE UNDERARM TURN 1/2 OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ; X-CHECK RECOVER & SIDE ;

{Fence Line} XRif (*W XLif*) w/ bent knee, rec L, sd R to BFLY WALL, -; **{Reverse Underarm Trn to ½ OP LOD}** Raisg jnd ld hnds XLif, rec R, sd L (*W XRif undr jnd ld hnds trng LF ½, rec L contg LF trn to fc ptr, sd R*) swiv to ½ OP LOD, -; **{M Roll Across}** Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD [w/ free arms out to sd] (*W fwd L, R, L*), -; **{W Roll Across}** Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R*) to ½ OP DLC [w/ ld arms extnd to sd], -; **{X-Check Rec & Sd}** XRib (*W XLib*) trng to OP LOD, rec L to fc, sd R to BFLY WALL, -;

10-15 INTERRUPTED BOX ; ; ; FENCE LINE in 4 ;

{Interrupted Box} Sd L, cl R, fwd L, -; [Raisg jnd ld hnds] Sd R, cl L, bk R (*W fwd L, R, L CW under jnd ld hnds*) to LOP WALL, -; Sd L, cl R, fwd L (*W contg CW trn fwd R, L, R*) to CP WALL, -; Sd R, cl L, bk R to Low Bfly WALL, -; **{Fence Line in 4}** [QQQQ] XLif (*W XRif*) w/ bent knee, rec R, sd L, cl R to BFLY WALL ;

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16-20 NEW YORKER ; WHIP to COH ; THRU FRONT VINE 4 ; NEW YORKER ; WHIP to WALL ;

{New Yorker} XLif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; {Whip to COH} Bk R trng ¼ LF, rec L cont LF trn to COH, sd R (W fwd L outsd M on his lft sd, fwd R trng ½ LF, sd L) to BFLY COH, -; {Thru Front Vine 4} XLif, sd R, XLib, Sd R ; {New Yorker} Repeat meas 16 Part B to COH ; {Whip to WALL} Repeat meas 17 Part B to BFLY WALL ;

PART C

01-05 START CROSS BODY ; INTERRUPT w/ 2 CROSS SWIVELS ; FINISH CROSS BODY ; SHOULDER to SHOULDER TWICE ; ;

{Start Cross Body} Fwd L, rec R trng ¼ LF, sd L (W bk R, rec L, fwd R) to "L" shaped loose CP pos M fcg LOD & W fcg COH, -; {Interrupt w/ 2 Swivels} [S,-S,-] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (W fwd L swiv ½ LF, -, fwd R swiv ½ R) still in "L" shaped pos M fc LOD & W fc COH, -; {Finish Cross Body} Bk R, rec L trn ¼ LF, sd R (W fwd L, fwd R trng ½ LF, sd L) to BFLY COH, -; {Shoulder to Shoulder x 2} Fwd L to SCAR DLC, rec R to fc, sd L, -; Fwd R to BJO DRC, rec L to fc, sd R to BFLY COH, -;

06-09 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; ; FINISH CROSS BODY ;

{Start Cross body to Tummy Check & Bk w/ rt Hndshk} Fwd L, rec R trng ¼ LF to RLOD, sd L (W bk,R, rec L, fwd R), -; (Stop the W w/ ld hnd) Lunge sd R, rec L, cl R (W both arms fwd fwd L, rec R, cl L), -; Lunge sd L, rec R, cl L w/ rt Hndshk (W bk R, rec L, cl R), -; {Finish Cross body} Bk R, rec L trng ¼ LF to fc ptr, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd & bk L) to BFLY WALL, -;

10-13 CHASE w/ UNDERARM PASS TWICE ; ; ; ;

{Chase / W Underarm Pass} [relsng trl hnds] Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (W bk R, rec L, fwd R twd M's lft sd), -; Bk R raisg ld hnds, rec L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L) to BFLY COH, -; Repeat meas 10,11 Part C to BFLY WALL ; ;

*10-13 3^{the} TIME: CHASE w/ UNDERARM PASS ; ; ; FULL TURN CHASE M & W ; ;

{Chase / W Underarm Pass} Repeat meas 10,11 Part C to BFLY WALL ; ; {Full Turn Chase M & W} [Relsg both Hnds] Fwd L trn ½ RF, rec R cont trn ½ RF, cl L (W bk R, rec L, cl R), -; Bk R, rec L, cl R (W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, cl L) to BFLY WALL, -;

ENDING

01-06 ROMANTIC SWAYS ; ; BASIC HALF ; UNDERARM TURN to LARIAT/M SWIVEL to FACE ; ; ;

SIDE CLOSE SD & SWIVEL to ½ OP RLOD & EXTEND ARMS ;

{Romantic Sways} Repeat meas 3,4 Intro ; ; {Basic 1/2 & Underarm Trn Into a Lariat/M Swiv to Fc} Fwd L, rec R, cl L (W bk R, rec L, fwd & sd R to lft sd of M), -; Bk R, rec L, sd R (W fwd XLif trn RF, fwd R cont trn, sd L to rt sd M), -; Rk sd L, rec R, sd L trng ½ LF on last stp to fcg W and COH (W circ CW arnd M passing rt shldr stepping fwd R, L, w/ jnd ld hnds passing ovr M's hd to fc LOD then swvl ¼ RF on R to fc M) to Low Bfly COH, -; {To LOD Sd Cl Sd Swiv to ½ OP RLOD & Extend Arms} Sd R, cl L, sd R swiv LF(W RF) to ½ OP RLOD, raisg ld hnds up & out ;