

VELHOS TEMPOS [OLD TIMES]

Music: Roberta Miranda
Cd.:Seleção De Repertorio Por Roberta Miranda
<https://www.amazon.com/Seleção-Sucessos-1989-Roberta-Miranda/dp/B07J5WV998>
Track # 1 Time 3:33 Shortened from 2.37,2 to 3.08,5 To Time 2:54
Available from choreographer

Rhythm: Rumba & Cha Cha Phase:V+Several U

Footwork: Opposite except where (Noted)

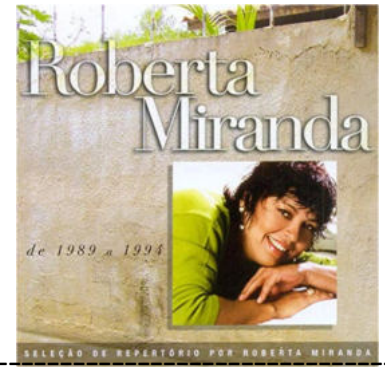
Release Date: Nov 24

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Sequence: INTRO A INTRO(1-8) B C A INTRO(1-8) B C(1-6) END



INTRO CHA CHA

~01-04 CP WALL LEAD FOOT FREE WAIT HALF MEASURE ; SPRING BREAK ; M ACROSS/W INSIDE TURN to L-POS ; SLING SHOT INTO FAN ; ;
~ {Wait} CP WALL Ld ft free wt ½ meas ; {Spring Break} Rk fwd twd Wall L, rec R, XLib/rec R, push off R to lunge sd LOD L (W rk bk R, rec L, fwd twd M R/cl L while swvlg ¼ RF to fc LOD, push off L to sit bk on R) to end M fcg Wall and W fcg LOD w/ ld hnds jnd low while lookg at ptr ; {M Across/W Insd Trn to "L" Pos} Fwd R twd Wall Xg ifo W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raisg jnd ld hnds, chasse sd LOD R/L, R checkg sdwrtd mvt and catchg W in rt arm (W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, bk LOD L/lk Rif, bk L) to "L" pos w/ M fcg COH and W fcg RLOD ; {Sling Shot Into Fan} Lunge sd RLOD L lookg at ptr, rec R, chasse sd RLOD L/R, L (W bk & sd R LOD trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/lk Lib, fwd R) ; Rk bk R trng hips slightly RF, rec L, ipl R, L, R (W fwd L to RLOD, fwd R trng ½ LF, bk L/lk Rif, bk L) to Fan Pos M fcg COH/W fcg LOD ;

05-08 ALEMANA FROM A FAN ; ; CROSS BODY/W INSIDE UNDERARM TURN ; ;
{Alemana From a Fan} Fwd L, rec R, sm sd L/cl R, sd L (W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fcg M's lft sd) ; [Raisg jnd ld hnds] XRib, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF to fcg M, sd L/cl R, sd L) to BFLY COH ; {Cross Body/W Insd Underarm Trn} Rk fwd L, rec R trng ¼ LF, sip L/R, L (W rk bk R, fwd L, fwd R/lk Lib, fwd R) ; Rk bk R, fwd L trng ¼ LF to fc Wall, sd R/cl L, sd L (W fwd L comm LF trn, fwd & sd R cont LF trn to fc Coh, sd L/cl R, sd L) to BLFY WALL ;

PART A RUMBA

01-04 OP BREAK INTO CONTINUOUS NATURAL TOP ; ; ; ;
{OP Break to Continuous Nat Top} Rk apt L [xtndg rt arm up w/ palm out], rec R lowerg rt arm trng ¼ RF, sd L (W rk apt R [xtndg lft arm up w/ palm out], rec L lowerg lft arm, trng ¼ RF fwd R) to RLOD, -; XRib, sd L trng RF, XRib (W sd L, XRif, sd L), -; Contg RF trn Sd L leadg W to spiral LF under ld hnds, XRib, sd L (W fwd R spiral LF under ld hnds, sd L, XRif) to CP, -; XRib, sd L trng RF lead W to spiral LF under ld hnds, sd R (W sd L, fwd R spiral LF under ld hnds, sd L) to Cuddle Pos WALL, -;

05-08 CUDDLE TWICE ; ; CUDDLE/W SPIRAL ; FAN/M SPOT TURN Chnge Hnds Behind Back ;
{Cuddle x 2} [In Loose CP] Sd L, rec R, cl L (W swiv RF on L rk bk R in M's rt arm to fc DLW, rec L to fc ptr, sd R to mom cuddle pos), -; Sd R, rec L, cl R (W swiv LF on R rk bk L in M's lft arm to fc DRW, rec R to fc ptr, sd L to mom cuddle pos), -; {Cuddle /W Spiral} Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld hnds (W trn RF ½ bk R, trn LF ¼ to LOD, fwd R, spiral 7/8 LF under jnd ld hnds), -; {Fan/M Spot Trn Chng Hnds Bnd Bk} XRif trng LF, [chng hnds bhnd bk] fwd L fwd Rlod cont trng LF, sd R (W fwd L, fwd R w/ ½ trng LF fc RLOD, bk L lrave R extended fwd) to Fan Pos, -;

09-12 EXIT FAN to TANDEM WALL ; OPPOSITE CUCARACHA'S/LADY PEEKS ; ; LADY ROLL OUT to WALL ;
{Exit Fan to Tandem WALL} Fwd L, rec R, cl L raisg ld hnds (W cl R, fwd L trng ¼ LF to Wall, fwd R) to Tandem WALL [ld hnds still over W's head], -; {Opp Cucaracha x 2} Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R, cl L), -; Sd L, rec R, cl L (W sd R lookg ovr lft shldr, rec L, cl R), -; {W Roll Out to WALL} Bk R, rec L, fwd R (W fwd L, fwd R trng ½ LF, cl L) to BFLY WALL, -;

13-16 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; FENCE LINE w/ ARMSWEEP ;
{Bk Break to ½ OP LOD} [Relsg ld hnds] XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; {OP In & Out Runs} 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), -; 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 extend to sd], -; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee trl arm circle CCW (W circle CW) ifo body, rec L, sd R to BFLY WALL, -;

PART B CHA CHA

01-04 START X-BODY to TUMMY CHECK & BACK w/ Rt Hndshk ; ; FINISH X-BODY to COH ;
{Start X-Body to Tummy Check & Bk w/ rt Hndshk} Fwd L, rec R, sd L/cl R, sd L (W bk R, rec L, fwd R/lk Lib, fwd R) ; [Stop the W w/ ld hnd] Lunge sd R, rec L, ipl R, L, R (W [Both arms fwd] fwd L, rec R, bk L/XRif, bk L) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (W bk R, rec L & rt hndshk, fwd R/lk Lib, fwd R) ; {Finish X-Body to Coh} Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd L/cl R, sd L) to rt Hndshk COH, -;

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05-08 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to FACE & WALL

{Trade Places x 2} [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD (*W trn LF*), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc LOD (*W trn RF*), slidg bhd W sd R/cl L reachg rt hand to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to fc COH in rt hndshk ; **{Trade Places/W Insd Undrm Trn}** Apt L, rec R comm to pass R shldr while trng ½ RF to fc WALL, bk L/lk Rib, ipl L (*W apt R, rec L, fwd R spiralg 7/8 LF undr jnd R hnds/cl L, ipl R fcg WALL*) relsg hnds ; **{W Out to WALL}** Rk apt R, rec L, fwd R/lk Lib, ipl R (*W fwd L twd WALL, fwd R comm LF trn, sd L cont LF trn to fc COH/cl R, ipl L*) to rt Hndshk WALL ;

PART C CHA CHA

01-04 FLIRT to TANDEM WALL ; ; SWEETHEART TWICE ; ;

{Flirt to Tandem} [with rt Hndshk] Fwd L, rec R, sd & bk L/cl R, sd & bk L (*W bk R, rec L trng LF, cont trn to TANDEM sd & bk R/cl L, sd & bk R*) to TANDEM WALL ; Bk R, rec L, ipl R, L, R (*W bk L, rec R, sd L/cl R, sd L moving ifo M*) to lft-TANDEM WALL ; **{Sweetheart x 2}** Ck fwd L w/ rt sd ld & look at ptr xtndg both arms to sd, rec R straighteng bdy, sd L/cl R, sd L slidg bhd W (*W bk R w/ lft sd ld, rec L straighteng bdy, sd R/cl L, sd R slidg acrs ifo M*) ; Ck fwd R w/ lft sd ld & look at ptr xtndg both arms to sd, rec L straighteng bdy, sd R/cl L, sd R slidg bhd W (*W bk L w/ rt sd ld, rec R straighteng bdy, sd L/cl R, sd L slidg acrs ifo M*) to lft TANDEM WALL ;

05-08 SWEETHEART/W SWIVEL to FACE INTO FAN ; ; HOCKEY STICK ; ;

{Sweetheart/W Swiv to Fc Into Fan} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, ipl L/R, L (*W bk R w/ RF bdy trn & look at ptr xtndg both arms to sd, rec L, ipl R/L, R trng ½ RF to fcg ptr*) to BFLY WALL ; Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W (*W fwd L, fwd R trn ½ LF, bk L/lk Rif, bk L*) to Fan Pos ; **{Hockey Stick}** Fwd L, rec R, sip L/R, L (*W cl R, fwd L, fwd R/L, R*) ; [Raisg ld hnds] Sm bk R, rec L trng 1/8 RF, fwd R/L, R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L/lk R, bk L*) to LOP FCG DRW & rt Hndshk ;

ENDING

01 EXIT FAN to CUDDLE POS WALL & HOLD ;

{Exit Fan to Cuddle Pos Wall & Hold} Fwd L, rec R, sip L/R, L (*W cl R, fwd L swiv RF to fcg ptr, ipl R/L, R*) to Cuddle Pos & Hold ;