

ETERNAL FLAME

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MUSIC: "Eternal Flame" by Atomic Kitten 3:13 download Amazon

RHYTHM: BOLERO RAL PHASE IV+2 [riff turn, horseshoe trn]

FOOTWORK: Opposite unless indicated. **SPEED:** As on download

SEQUENCE: INTRO A A B C A B END Revised May 2014

INTRO

1-4 **WAIT; U/A TRN TO TAMARA POS; WHEEL 3; UNWRAP;**

- 1 Fcg ptr WALL both hnds jnd lead ft free wait;
- 2 [U/A TRN TO TAMARA POS] keep both hnds jnd sd L w/bdy rise leading W to trn RF undr jnd hnds,-, XRIB of L lowering, rec fwd L leading W to M's R sd (W sd R w/bdy rise comm RF trn undr jnd hnds,-, XLIF of R lowering & trng 1/2 RF, cont RF trn sd & fwd L to end on M's R sd);
- 3-4 In tamara pos wheel CW fwd R,-, fwd L, fwd R; fwd L,-, fwd R, fwd L leading W to unwrap LF to end fcg ptr WALL trail ft free;

PART A

1-4 **LUNGE BRK; X BODY; REV U/A TRN; CORTE W/RKS;**

- 1 [LUNGE BRK] Sd & fwd R w/bdy rise to L open fcg, -, comm sl RF bdy trn lowering on R and extending L sd & bk, rec R (W sd & bk L w/bdy rise,-, bk R with contra ck action, fwd L);
- 2 [X BDY] Sd & bk L trng LF,-, bk R w/slipping action trng LF, fwd L cont LF trn to fc COH (W sd & fwd R,-, fwd L XIF of M trng LF ro dc ptr, sd R);
- 3 [REV U/A TRN] Sd R w/body rise,-, XLIF of R lowering, bk R (W sd L w/bdy rise comm LF trn undr jnd lead hnds,-, XRIF of L lowering & cont LF trn 1/2, fwd L to fc ptr) blending to CP COH;
- 4 [CORTE W/RKS] Bk L extend R fwd,-, shift weight fwd R, shift weight bk L;

PART A (CONT)

- 5-9** **FWD BRK; R SD PASS; NYR; RIFF TRN; HIP LIFT;;**
- 5** [FWD BRK] In CP rec sd & fwd R with bdy rise,-, fwd L with contra ck action, bk R (W sd and bk L with bdy rise,-, bk R with contra ck action, fwd L);
- 6** [R SD PASS] Fcg ptr COH fwd & sd L comm RF trn raising lead hnds,-, XRIB of L cont RF trn, fwd L (W fwd R,-, fwd L comm LF trn, bk R cont LF trn undr jnd hnds);
- 7** [NYR] fcg ptr WALL lead hnds jnd sd R with bdy rise,-, fwd L with slipping action lowering and comm trn to sd by sd pos, bk R trng to fc ptr;
- 8** [RIFF TRN] sd L raising lead hnds to lead W to spin RF undr jnd hnds, cl R to L, sd L keep lead hnds up, cl R to L (W sd & fwd R comm RF spin one full trn undr jnd hnds, cl L to R to complete spin fwd R comm RF spin one full trn undr jnd hnds, cl L to R complete 2nd spin) end fc ptr WALL;
- 9** [HIP LIFT] sd L,-, draw R to L taking momentary weight on ball of R and straightening R knee to raise L hip, relax R leg taking weight on L;

REPEAT PART A

PART B

- 1-4** **FENCE LINE; U/A TRN TO TAMARA POS; WHEEL 3; UNWRAP TO WALL;**
- 1** [FENCE LINE] In BFLY pos sd R w/bdy rise,-, XLIF of R thru to RLOD w/bent knee, rec bk R;
- 2-4** REPEAT MEAS 2,3,4 OF INTRO;;;;
- 5-8** **REV U/A TRN; DBLE HND HOLD OPENING OUT X 2;; AIDA PREP;**
- 5** [REV U/A TRN] REPEAT MEAS 3 PART A jn both hnds;
- 6** [DBLE HND HOLD OPENG OUT X2] CI L,-, lower into L knee trng bdy sl LF extending R leg sd & bk, draw R to L (W sd R comm LF trn,-, bk L cont trn to fc DRC ckg, rec R to fc ptr);
- 7** CI R,-, lower into R knee trng bdy sl Rf extending L leg sd & bk, draw L to R (W sd L comm RF trn,-, bk R cont trn to fc DLC ckg, rec L to fc ptr);
- 8** [AIDA PREP] Fcg ptr WALL with lead ft free sd L,-, thru R twd LOD, trng RF sd L;

PART B (CONT)

- 9-11 AIDA LINE W/HIP RKS; SWVL TO SPOT TRN; NYR;**
- 9 [AIDA LINE W/HIP RKS] Releasing lead hnds bk R in “V” position,-, rk fwd L, rk bk R;**
- 10 [SWVL TO SPOT TRN] Fwd L swvling LF to fc ptr WALL,-, XRIF of L trng 1/2 LF, cont LF trn fwd L to fc ptr WALL;**
- 11 [NYR] REPEAT MEAS 7 PART A;**

PART C

- 1-4 RIFF TRN; U/A TRN; HORSESHOE TRN;;**
- 1 [RIFF TRN] REPEAT MEAS 8 PART A;**
- 2 [U/A TRN] sd L with bdy rise,-, XRIB or L lowering, fwd L (W sd R with bdy rise comm RF trn undr jnd lead hnds,-, XRIF of L lowering & cnt RF trn, fwd R complete RF trn to fc ptr);**
- 3 [HORSESHOE TRN] Sd & fwd R w/R sd stretch to “V” pos,-, ck fwd L, rec R raising jnd lead hnds (W sd & fwd L w/L sd stretch to “V” pos,-, ck fwd R, rec L);**
- 4 fwd L comm to trn LF,-, fwd R circling LF, fwd L finish circle to fc ptr COH (W fwd R,-, making tight RF circle passing undr jnd hands fwd L, fwd R to end fcg ptr);**
- 5-7 REV U/A TRN; CROSS BDY; 2 SLOW HIP RKS;;**
- 5 [REV U/A TRN] REPEAT MEAS 3 PART A;**
- 6 [CROSS BDY] REPEAT MEAS 2 PART A;**
- 7 [2 SLOW HIP RKS] both hnds jnd rk sd R,-, rk sd L,-;**
- REPEAT PART A**
- REPEAT PART B**
- END**
- 1-5 U/A TRN; HORSESHOE TRN;; REV U/A TRN; BK CORTE;**
- 1 [U/A TRN] REPEAT MEAS 2 PART C;;**
- 2-3 [HORSESHOE TRN] REPEAT MEAS 3 & 4 PART C;;**
- 4 [REV U/A TRN] REPEAT MEAS 3 PART A;**
- 5 [BK CORTE] Bk L extend R fwd & hold,-,-,;**

**QUICK CUES
INTRO**

**WAIT; U/A TRN TO TAMARA POS; WHEEL 3 & UNWRAP TO WALL;;
PART A**

**LUNGE BRK; X BDY; REV U/A TRN; CORTE WITH RKS;
FWD BRK; R PASS; NYR; RIFF TRN; HIP LIFT;**

PART A

**LUNGE BRK; X BDY; REV U/A TRN; CORTE WITH RKS;
FWD BRK; R PASS; NYR; RIFF TRN; HIP LIFT;**

PART B

**FENCE LINE; U/A TRN TO TAMARA POS; WHEEL 3 & UNWRAP TO WALL;;
REV U/A TRN; DBLE HND HOLD OPENING OUT TWICE;; AIDA PREP;
AIDA LINE WITH HIP RKS; SWVL TO SPOT TRN; NYR;**

PART C

**RIFF TRN; U/A TRN; HORSESHOE TRN;;
REV U/A TRN; CROSS BDY TO WALL; 2 SLOW HIP RKS;**

PART A

**LUNGE BRK; X BDY; REV U/A TRN; CORTE WITH RKS;
FWD BRK; R PASS; NYR; RIFF TRN; HIP LIFT;**

PART B

**FENCE LINE; U/A TRN TO TAMARA POS; WHEEL 3; UNWRAP TO WALL;
REV U/A TRN; DBLE HND HOLD OPENING OUT TWICE;; AIDA PREP;
AIDA LINE WITH HIP RKS; SWVL TO SPOT TRN; NYR;**

END

U/A TRN; HORSESHOE TRN;; REV U/A TRN; BK CORTE;