

CRADLE

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Record: STAR 195" AND I LOVE HIM" by Ross Mitchell&Michael Wilson flip of "BAILAMOS"

RHYTHM: RUMBA **Phase:** III **Speed :** 45rpm **Sqe:** INTRO-A-B-C-B-C-END

INTRO

1-4 WAIT 2 MEAS;; FULL TRN CHASE to BFY WALL;;

- 1-4 in BFY WALL wait 2 meas;; Fwd L trn 1/2 RF,rec R cont trn 1/2 RF to fc PTR,bk L,-; Bk R(W trn 1/2 RF),rec L(W rec R cont trn 1/2 RF to fc),fwd R,- to BFY WALL (Option:SHLDR WAIST Pos.WALL M's hnd on W's waist and W's hnds on M's shldr;

PART A

1-6 BAS;; FNC LIN; CRAB WK 3; SD WK 3; FNC LIN;

- 1-4 in BFY WALL(Option:SHLDR WAIST Pos WALL) fwd L,rec R,sd L,-; Bk R,rec L,sd R,-; Lunge XLIF,rec R,sd L,-; XRIF,sd L,XRIF,-;
5-6 Sd L,cl R,sd L,-; XRIF to side by side,rec L to fc,sd R,-;

7-10 CHASE to BFY WALL;;;

- 7-10 Fwd L trng 1/2 RF both fc COH(W no trn),rec R,fwd L,-; Fwd R trng 1/2 LF(W trng 1/2 RF) both fc WALL,rec L,fwd R,-; Fwd L(W fwd R trng 1/2 LF) ,rec R,fwd L,-; Bk R,rec L,fwd R,- to BFY WALL(Option:SHLDR WAIST WALL)

PART B

1-6 BAS;; SHLDR TO SHLDR TWICE;; SPT TRN TWICE to BFY WALL;;

- 1-4 In BFY WALL(Option:SHLDR WAIST WALL) Repeat meas 1-2 of PART A;; Rk fwd L(W rk bk R) ,rec R to fc,sd L,-;Rk fwd R(W rk bk L),rec L to fc,sd R,- ;
5-6 XLIF trng 1/2 RF(W 1/2 LF),rec R contg trng,sd L,-; XRIF trng 1/2 LF(W 1/2 RF),rec L contg trng,sd R,- to BFY WALL;;

7-10 OP BRK ;WHIP; OP BRK; WHIP;

- 7-10 Apt L, rec R,sd L,-; Bk R trn 1/4 LF,rec L contg trn 1/4 LF (W fwd L,fwd R trn 1/2 LF),sd R- end in BFY/COH; Repeat meas 7-8 meas of PART B to BFY/WALL;;

PART C

1-4 1/2 BAS; UNDRM TRN; TO A LARIAT to BFY WALL;;

- 1-4 in BFY/WALL Fwd L,rec R,sd L,-; Bk R,rec L,sd R,- (W under jnd lead hnds XLIF trng 1/2 RF,rec R contg trng RF,sd R end in M's R side); In plc stp L,stp R,stp L,- (W circ CCW amd M with joined lead hnds fwd R fwd L,fwd R,-); Stp R,stp L,stp R(W contg circ amd fwd L,fwd R,sd L,-) to BFY WALL;

5- B RK BK to OP LOD; PROG WK 3; SLDG DR OVER & BK to VARS LOD;;

- 5-8 XLIB to OP LOD,rec R,fwd L,-; Fwd R,fwd L,fwd R,-; Rk apt L,rec R,XLIF to LOP LOD,-; Rk apt R,rec L,XRIF,- to VARS LOD;

9-12 KIKI WKS;; CUCA TWICE;;

- 9-12 Fwd L,fwd R,fwd L,-;Fwd R,fwd L,fwd R,-;Keeping VARS/LOD sd L twd COH (W twd WALL),rec R,cl L,-;Sd R twd ptr&WALL(W twd prt&COH,rec L,cl R,-;Circ awy fwd L,fwd R,fwd L,-;

13-16 CIRC AWY&TOG to BORELO BJO;; WHEEL 6 to BFY WALL;;

- 13-16 Circ tog twd ptr fwd R,fwd L,fwd R,- to BORELO BJO WALL; Wheel RF fwd L,fwd R,fwd L,-; FwdR,fwd L,fwd R,- to BFY WALL(Option:SHLDR WAIST WALL);

17-18 CUCA TWICE;;

- 17-18 Sd L,rec R,cl L,-;Sd R,rec L,cl R,-;

END

1-4 BAS;; FNC LIN to BFY; THRU,SD LUNGE&TWIST;

- 1-4 in BFY WALL(Option:SHLDR WAIST WALL) repeat meas 1-3 of PART B;; XRIF,sd L lunge twd LOD,twist upper body look RLOD,-;