

AFTER YOU HAVE STOPPED LOVING ME (Cuando Ya No Me Quieras)

Music : Leroy Holmes
LP Los violines del amour vol 1 ©1968
United Artists Latino LS-61024 Track # 1 Time 3:05
Available from Choreographer

Rhythm : Rumba **Phase :** V + 1 (*Cont Nat Top*)

Footwork : Opposite , except where (Noted)

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SEQUENCE : INTRO AB AB END

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INTRO

01-04 BFLY WALL LD FT FREE WAIT 2 MEAS ; ; NEW YORKER TWICE ; ;

{Wait} In BFLY WALL ld ft free wt 2 meas ; ; **{NYkr x 2}** XLif (*WXRif*) to LOP RLOD, rec R to BFLY WALL, sd L, -; XRif (*W XLif*) to OP LOD, rec L to BFLY WALL, sd R, -;

PART A

01-04 ALEMANA ; ; BACK BREAK BOTH SPIRAL ; AIDA ; ;

{Alemana} Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swiveling to R sd of M*), -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (*W trng RF undr jnd hnds fwd L, fwd R, fwd & sd L to fc ptr*), -; **{Bk Break Both Spiral}** XLib trng to OP, rec R, twd LOD fwd L & spiral 7/8 RF (*W fwd R & spiral LF*), -; **{Aida}** Thru R, sd L trng LF, bk R cont LF trn to V-bk-to-bk pos RLOD, -;

05-08 SWITCH ROCK ; SPOT TURN ; REVERSE UNDER ARM TURN ; CUCARACHA RIGHT ;

{Switch Rock} Trn LF to fc ptr bring jnd lead hnds thru lunge sd L, rk R, rk L to BFLY WALL, -; **{Spot Trn}** XRif (*W XLif*) trng ½ LF, rec L comp full LF trn to fc ptr, sd R, -; **{Reverse Undarm Trn}** 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*) to BFLY WALL, -; **{Cucaracha Right}** Sd R w/ partial wgt, rec L, cl R & R-handshake, -;

09-12 START CROSS BODY ; INTERRUPT w/ 2 SWIVELS ; FINISH CROSS BODY ; SHADOW NEW YORKER in 4 ;

{Start Cross Body} Fwd L, rec R trng LF 1/4 , 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}** [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (*W fwd L swvl LF 1/2, -, fwd R swvl RF 1/2, -*) still in "L" pos, -; **{Finish Cross Body}** Bk R, rec L trn LF 1/4, sd R (*W fwd L, fwd R trng LF 1/2, sd L*) to HNDSHK COH, -; **{Shdw NYkr in 4}** [QQQQ] Trng RF fwd L to SHADOW LOD, rec R trng RF to fc ptr, sd L, rec R;

13-16 START CROSS BODY ; INTERRUPT w/ 2 SWIVELS ; FINISH CROSS BODY ; SHADOW NEW YORKER in 4 ;

Repeat meas 09-12 Part A in opposite direction ; ; ;

PART B

01-04 1/2 BASIC to CONTINUOUS NATURAL TOP ; ; ; ;

{Basic 1/2 } Fwd L, rec R, sd & fwd L trng RF (*W bk R, rec L, fwd R tng RF, -*) to CP RLOD, -; **{Cont Nat Top}** XRib, sd L trng RF, XRib (*W sd L, XRif, sd L, -*), -; Contg RF trn Sd L leadg W to spiral LF under lead hands, XRib, sd L (*W XRif spiral LF, sd L, XRif, -*) to CP, -; XRib, sd L trng RF lead W to spiral LF under lead hands, sd L (*W sd L, XRif spiral LF, sd R, -*) to CP WALL, -;

05-08 CUDDLE TWICE ; ; CUDDLE / W SPIRAL ; SEND W to a FAN

Cuddle x 2} Sd L, rec R, cl L placing L hnd on W's R shldr blade (*W trng ½ RF bk R with free arm out to sd, rec L, fwd R plcg R hnd on M's L shldr trng ½ LF*) to CP WALL, -; Sd R, rec L, cl R placing R hnd on W's L shldr blade (*W trng ½ LF bk L with free arm out to sd, rec R, fwd L plcg L hnd on M's R shldr trng ½ RF*) to CP WALL, -; **{Cuddle /W Spiral to a Fan}** 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 joined ld hands*), -; **{Send W to a Fan}** XRif, cl L, sd R (*W fwd L, fwd R wt ½ trng LF fc RLOD, bk L,-*), -;

09-12 HOCKEY STICK / W SPIRAL (Option) ; ; AIDA to RLOD ; SWITCH ROCK ;

{Hockey Stick W Spiral} Fwd L, rec R, cl L bringing jnd ld hnds in frt of forehd (*W cl R, fwd L, fwd R w/spiral RF under jnd ld hnds*), -; Sm bk R, rec L, fwd R long step following W (*W fwd L, fwd R & spiral ¾ LF undr jnd ld hnds, bk L*) to LOP-FCG DRW, -; **{Aida to RLOD}** Thru L, sd R trng RF, bk L cont RF trn to V-bk-to-bk pos LOD, -; **{Switch Rock}** Trn RF to fc prtn bring jnd trail hnds thru lunge sd R, rk L, rk R to BFLY WALL, -;

13-16 FENCE LINE ; THRU SERPIENTE ; ; FENCE LINE ;

{Fence Line} XLif (XRif) w/ bent knee, rec R, sd L, -; **{Thru Serpiente}** Thru R, sd L, XRib (*W XLib*), flare L CCW; XLib (*W XLib*), sd R, thru L, flare R CCW; **{Fence Line}** XRif (*W XLif*) w/ bent knee, rec L, sd R, -;

REPEAT PARTS A & B

ENDING

01-05 2 QUICK NEW YORKERS ; SLOW FRONT VINE 4 ; AIDA to RLOD ; SWITCH & RECOVER to a LEFT LUNGE ;

{2 Qk NYkers} [1&23&4] Trng RF (*W LF*) to LOP RLOD ck thru L/rec R trng LF (*W RF*) to fc, sd LOD L to BFLY Wall, trng LF (*W RF*) to OP LOD ck thru R/rec L trng RF (*W LF*) to fc, sd R to BFLY Wall ; **{Slow Front Vine 4}** [QQQQ] XLif (*W XRif*), sd R, XLib (*XRib*), sd R ; **{Aida to RLOD}** Repeat meas 11 Part B ; **{Switch & Rec to a L Lunge}** [SS] Trn RF to fc ptr sd & bk R to fc ptr & WALL, -, lunge sd L with soft L knee keeping R leg extended & trng bdy sltly LF, -;