

AMAPOLA

Music: Mantovani
www.amazon.com/The Golden Hits of the Mantovani
Track # 14 Time:2:50
Cut from 2:34 to 2:35,3 and from 2:39,5 to 2:44,5
Then slow down w/ -5 % to Time 2:53
Available from choreographer

Rhythm: Rumba **Phase:** V+1U (Slingshot)

Footwork: Opposite except where (Noted)

Release Date: Dec 19

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO AB AB* END



INTRO

01-06 LEFT-HAND STAR to RLOD LEAD FOOT FREE WAIT 2 MEASURES ; ; UMBRELLA TURN ; ; ; ;

{Wait} Lft-hnd Star RLOD Id ft free wt 2 meas ; ; **{Umbrella Turn}** Rk fwd L rlod, rec R, bk L (*WLH star rk bk R, rec L, fwd R trn 1/2 LF rlod*), -; Rk bk R, rec L, fwd R fc rlod (*W rk bk L, rec R, fwd L trn 1/2 RF to LOD*), -; Repeat meas 3 Intro ; Rk bk R, rec L w/ LF trn to fc ptr, sd R (*W rk bk L, rec R fwd L w/ RF trn to fc ptr, sd L*) to WALL, -;

PART A

01-04 BACK BREAK/BOTH SPIRAL INTO FAN ; ; ALEMANA ; ;

{Bk Break Both Spiral Into Fan} XLib (*W XRib*) trng to OP, rec R, twd LOD fwd L & spiral 7/8 RF (*W fwd R & spiral LF*), -; Fwd R, cl L, sd R (*W fwd L, fwd R trng 1/2 LF, bk L*) to Fan Pos, -; **{Alemana from a Fan}** Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swivg to lft-sd of M*), -; Raisg jnd Id-hnds sm sd & bk R, rec L, fwd & sd R (*W trng RF undr jnd Id-hnds fwd L, fwd R cont RF trn, fwd & sd L to fc ptr*) to BFLY WALL, -;

05-08 FENCE LINE ; DBL Hndhid UNDERARM TURN to Stacked-Hnds ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;

{Fence Line} XLif (*W XRif*) w/ bent knee, rec R, sd L, -; **{Dbl Hndhid Underarm Turn to Stacked Hnds}** [Raisg Id-arm high & bringing tl-arm up to r-shldr level] XRib & taking lft-arm first over W's head, rec L taking r-arm over W's head, sd R (*W XLif trng RF under Id-arm, rec R contg to trn under tl-arm to fc M, sd L*) to stacked hnds lft-over r-hnds, -; **{Open Break to Fc}** [With stacked hnds] Apt L, rec R, fwd L to fcg W's r-sd, -; **{Change Sides /W Underarm}** Fwd R to WALL twd W's rt-sd trng RF lead W trn under stacked hnds, small fwd L cont RF turn to fc, sd R (*W fwd L to COH twd M's rt-sd trng LF under stacked hnds chg sds, cl R cont LF turn to fc, sd R*) to BFLY COH, -;

09-12 CHASE w/ UNDERARM PASS ; ; SHOULDER to SHOULDER TWICE & r-hndshk ; ;

{Chase / W Underarm Pass} [relsng trail hnds] Fwd L trng RF 1/2 keepg Id-hnds jnd w/ palm upwards, rec R, small fwd L (*W bk R, rec L, fwd R twd M's L sd*), -; Bk R raisg Id-hnds, rec L, sd R (*W fwd L, fwd R trng 1/2 LF undr jnd Id-hnds to fc ptr, sd L*) to BFLY WALL, -; **{Shoulder to Shldr x 2 & r-hndshk}** Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R to r-hndshk WALL, -;

13-16 SHADOW BREAK to OP LOD ; PARALLEL BREAKS to FACE ; ; FENCE LINE ;

{Shadow Break to OP LOD} [w/ r-hndshk] XLib (*W XRib*) trng both to OP LOD w/ W's lft-arm xtnd bhd M's bk, fwd R, L to OP LOD, -; **{Parallel Breaks}** [w/ r-hndshk] Rk bk R leading W across in front, rec L, fwd R (*W fwd L trng 1/4 LF ifo M, fwd R trng 1/2 LF, sd L*) to r-hndshk M fcg LOD/W fcg WALL, -; Fwd L trng 1/4 LF ifo W, fwd R trng 1/2 LF, sd L (*W trng 1/4 LF rk bk R allowing M to pass across in front, rec L, fwd R*) to BFLY WALL, -; **{Fence Line}** XLif (*W XRif*) w/ bent knee, rec R, sd L to BFLY WALL, -;

PART B

01-04 OP BREAK INTO NATURAL TOP ; ; SLINGSHOT/W SPIRAL INTO AIDA ; ;

{OP Break Into Nat Top} Rk apt L xtndg rt-arm up w/ palm out, rec R lowerg rt-arm trng 1/4 RF, sd L (*W rk apt R xtndg lft-arm up w/ palm out, rec L lowerg lft-arm, trng 1/4 RF fwd R*) to RLOD, -; XRib, sd L, cl R (*W sd L, XRif, cl L*) to CP WALL, -; **{Slingshot/W Spiral Into AIDA}** Lunge sd L trng 1/8 RF extend Id-arms slightly rightward [leading lady to step back] hip rk R, hip rk L (*W [QQQQ] swivelg on L rk bk R to LOD, rec L, fwd R/spiralg 7/8 LF*), -; Swiv LF on L thru R, sd L trng RF, bk R cont RF trn (*W fwd L, fwd R comm LF trn, bk L cont LF trn*) to V-bk-to-bk pos RLOD, -;

05-08 SWITCH ROCK ; WHIP OVERTURNED to SHADOW COH ; 2 SWEETHEARTS ; ;

{Switch Rock} Repeat meas 3 Part A ; **{Whip Overturned to Shad COH}** Bk R trng ¼ LF, rec L cont LF trn to COH, sd R (*W [QQQ&] fwd L outsd M on his lft-sd, fwd R trng ½ LF, sd L cont LF turn*) to Shadow COH, -; **{Sweetheart x 2}** Chk Fwd L w/ LF bdy trn & look at ptr [xtndg Ms lft-arm out to sd & rt-arm fwd], rec R, sd L (*W Bk R w/ LF bdy trn & look at ptr [xtndg Ws lft-arm fwd & r-arm out to sd], rec L, sd R*), -; Chk Fwd R w/ RF bdy trn & look at ptr [xtndg Ms r-arm out to sd & lft-arm fwd], rec L, sd R (*W Bk L w/ RF bdy trn & look at ptr [xtndg Ws lft-arm out to sd & rt-arm fwd], rec R, sd L*) to Shadow COH, -;

09-12 SWEETHEART /W SWIVEL to FACE ; WHIP to WALL ; NEW YORKER TWICE ; ;

{Sweetheart/W Swivel to Fc} Repeat meas 7 Part B (*W XRib shaping twd ptr, rec L, sd & fwd R swivelg ½ R to fc ptr*) to r-hndshk WALL, -; **{Whip to WALL}** 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 WALL, -; **{New Yorker 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, -;

13-16 SPOT TURN to ½ OP LOD ; OP IN & OUT RUNS ; ; THRU CLOSE & SIDE [2^{de} TIME: TURNING to lft-hnd STAR RLOD] ;

{Spot Turn to ½ OP LOD} Relg hnds XLif (*WXRif*) trng RF, rec R compg full trn, sd L to ½ OP LOD, -; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xifo W cont trn, sd & fwd R to ½ LOP LOD w/ trl-arms out to sd (*W Fwd L, R, L*), -; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xifo M cont trn, fwd & sd R*) to ½ OP LOD w/ ld-arms extended to sd, -; **{Thru Cl Sd}** Thru R, cl L trng to fc ptr, sd R [**2^{de} TIME:** Trng to lft-hnd STAR RLOD], -;

ENDING

01-04 UMBRELLA TURN ; ; ; ;

{Umbrella Turn} Repeat meas 3,4,5 & 6 Intro ; ; ; ;

05-07 AIDA to RLOD ; SWITCH RECOVER INTO R-LUNGE & HOLD ;

{Aida to RLOD} Xg ld-hnds ovr trl-hnds to RLOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos, -; **{Switch Rec Into rt-Lunge & Hold}** Sd & Bk R trng RF to fc ptr, rec L, lunge sd R with soft R-knee keeping L-leg extended, & trng bdy sltly RF ;