

AY NOVIA

Music: Francesca Lotà
itunes Cd DanceSport Cup Blue Angels
Track # 15 Time 3:04 Available from choreographer

Rhythm: Rumba **Phase:** V+2 (Advanced Alemana + Turkish Towel)

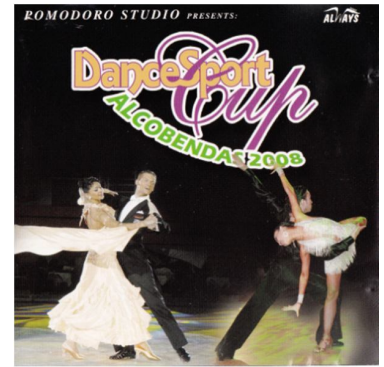
Footwork: Opposite except where (Noted)

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Sequence: **INTRO AB AB B(9-15) END**



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; SHOULDER to SHOULDER TWICE ; ;

{Wait} BFLY POS WALL ld ft free wt 2 meas ; ; {Shoulder to Shoulder Twice} Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R, -;

PART A

01-04 ALEMANA INTO a LARIAT 3/M TURN to FC & COH ; ; ; START THRU SERPIENTE ;

{Alemana} Fwd L, rec R, cl L to R (W bk R, rec L, fwd & sd R), -; Bk R, rec L, sd R (W fwd XLIFR turn RF, fwd R cont turn, sd L to bjo M), -; {Lariat 3 to Fc/M Trns to Fc} Rk bk L, rec R, sd L trng ½ LF on last stp to fc W and COH (W circ CW arnd M passing R shldr stepping fwd R,L, w/ jnd ld hnds passing ovr M's hd to fc LOD then swvl ¼ RF on R to fc M and WALL), -; {Start Thru Serpiente} Thru R, sd L, XRib (W XLib), flare L CCW ;

05-08 FINISH THRU SERPIENTE ; FENCE LINE w/ ARMS ; ADVANCED ALEMANA ; ;

{Finish Thru Serpiente} XLib (W XRib), sd R, thru L, flare R CCW ; {Fence Line} Thru R w/ bent knee and arm swing from sd up and over CCW, rec L, sd R, -; {Advanced Alemana} Fwd L, rec R, trng 1/4 RF sd L (W bk R, rec L, fwd R), -; XRib trng RF, sd L compg RF trn to fc WALL, fwd R (W trng RF undr hnds fwd L, fwd R cont trn, contg RF trn to fc ptr fwd & sd L) to BFLY WALL, -;

09-12 NEW YORKER & r-hndshk ; UNDERARM TURN ; SHADOW BACK BREAK/W SPIRAL ; W to a FAN/M SPOT TURN ;

{New Yorker & r-hndshk} XLif (W XRif) to RLOD, rec R to fc ptr, sd L & r-hndshk, -; {Underarm Turn} [Keep r-hndshk] XRib, rec L, sd R (W XLif trng 1/2 RF undr r-hnds, rec R cont RF trn to fc ptr, sd L) to r-hndshk WALL, -; {Shadow Bk Break/W Spiral} XLib (W XRib) trng to both fc LOD w/W's L arm xtnd bhd M's bk, rec R to fc LOD, fwd L raising jnd R hands over head W (W Spirals LF on R), -; {W to a Fan / M Spot Turn} Fwd R trng ½ LF, [chng hnds behind the bk] rec L comp LF trn to fc ptr, sd R to WALL (W Fwd L, Fwd R trng ½ LF, bk L to FAN POS), -;

13-16 START STOP & GO HOCKEY STICK INTERRUPT w/ 2 SWIVELS ; ; FINISH STOP & GO ; EXIT to FC in 4 & r-hndshk ;

{Start Stop & Go Hock Stk} Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" position (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD), -; {Interrupt w/ 2 Swivels} [SS] Rk sd R trng bdy slightly LF, -, rk sd L trng bdy slightly RF (W fwd L swvl LF 1/2, -, fwd R swvl RF ½) still in "L" pos, -; [these rocks are in opposite dir] {Finish Stop & Go} XRib, rec L, sd R to WALL (W fwd L, fwd R trng ½ LF to fc RLOD, bk L to fan pos) to "L" pos, -; {Exit to Fc in 4} Fwd L, rec R, small sd L, cl R (W cl R, fwd L, trng ¼ RF fwd R to fc M, cl L) to r-hndshk WALL ;

PART B

01-04 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT TO COH ;

{Trade Places x 2} [r-hndshk] Rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & COH stepping sd & bk L (W rk apt R, rec L trng ¼ LF to fc RLOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & WALL stepping sd & bk R) joining L hnds, -; With L hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R (W rk apt L, rec R trng ¼ RF to fc RLOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & COH stepping sd & bk L) joining R hnds, -; {Trade Places/W Spiral} Rk apt L, rec R comm to pass R shldr while trng ¼ LF and keeping R hnds jnd, cont to trn LF but slightly less than in meas 5 stepping sd L twd COH (W apt R, rec L, fwd R, spiralling 7/8 LF undr jnd R hnds), -; {W Out to Fc} [releasing hnds] Trng bdy RF to fc COH stp fwd twd COH R,L,R (W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L) to BFLY COH, -;

05-08 CROSS BODY/ W SPIRAL ; ; REVERSE UNDERARM TURN ; NEW YORKER & r-hndshk ;

{Cross Body/W Spiral} Fwd L, rec R, sd & bk L trng ¼ LF (*W bk R, rec L, fwd R spiraling 7/8 LF under joined ld hands*) to "L" CP M fcg RLOD W fcg WALL, -; Bk R contg LF trn, rec L comp LF trn, sd R (*W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L*) to BFLY WALL, -; **{Reverse Underarm Trn}** Raisg jnd ld hnds XLif, rec R, sd L (*W XRif trng LF ½ undr jnd ld hnds, rec L contg LF trn to fc ptr, sd R*) to BFLY WALL, -; **{New Yorker & r-hndshk}** XRif (*W XLif*) to OP LOD, rec L to fc ptr, sd R & r-hndshk WALL, -;

09-12 BASIC 1/2 to a TURKISH TOWEL ; ; ONE BREAK ; W OUT to COH ;

{Basic ½ to a Turkish Towel} Fwd L, rec R, sd L (*W bk R, rec L, sd & fwd R*), -; Bk R, rec L, sd R to VARS M in front W to her right sd (*W XLif trn RF under R hnds, fwd R cont trn, fwd L arnd M join L hnds*), -; **{One Break}** Ck bk L, rec R, sd L to W left sd (*W ck fwd R, rec L, sd R*), -; **{W Out to Fc}** Ck bk R, rec L, sd R (*W fwd L, fwd R trng LF to fc, sd L*), to BFLY WALL, -;

13-16 FENCE LINE w/ ARMS to ½ OP ; OP IN & OUT RUNS ; ; SPOT TURN (2^{de} TIME to r-hndshk) ;

{Fence Line to ½ OP} Thru L w/ bent knee and arm swing from sd up and over CW, rec R, sd & fwd L to ½ OP LOD, -; **{OP In & Out Runs}** Fwd R comm RF trn ½ to fc ptr, sd L cont trn to L ½ OP, fwd R (*W small steps fwd L, R, L*), -; Small steps fwd L, R, L (*W fwd R comm RF trn ½ to fc ptr, sd L cont trn to ½ OP, fwd R*), -; **{Spot Trn}** XRif (*W XLif*) trng ½ LF, rec L cont trn to fc ptr, sd R to BFLY WALL (2^{de} TIME to r-hndshk), -;

ENDING

01 LUNGE THRU & HOLD ;

{Lunge Thru & Hold} XRif (*WXLif*), Hold ;