

# AYUDAME DIOS MIO

**Music:** Tamara  
[www.amazon.com/Gracias](http://www.amazon.com/Gracias)  
Track # 1 Time 3:25 Available from choreographer

**Rhythm:** Bolero Phase: V+2 U (Cont Chase w/ Underarm Pass & Peeks  
+ Turn Into Romantic Sway's)

**Footwork:** Opposite except where (Noted)

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Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** INTRO ABC A(9-16) B END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TURN INTO ROMANTIC SWAY'S ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Turn Into Romantic Sways} Release Id-hnds Sd L & swiv LF (W RF) to bk-to-bk sweep Id-hnds up & around to end stretched out to sd at shoulder level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring Id-hnds btwn ptrs to lead hip, -, sd L, rec R ;

### 05-08 OPENING OUT TWICE ; ; UNDERARM TURN ; HIP ROCK & WAIT ~ ;

{DBL Hnd Opening Out x 2} In bfly small sd & fwd L body rise and body rotate LF, -, lower on L and extend R-ft to sd, rise on L body rotate in Bfly (W sd & bk R body rise and body rotate LF match ptr, -, XLib lowering, fwd R in Bfly) ; Cl R body rise and body rotate RF, -, lower on R and extend L-ft to sd, rise on R body rotate in Bfly (W sd & bk L body rise and body rotate RF match ptr, -, XRib lowering, fwd L in Bfly) to BFLY WALL ; {Underarm Turn} Sd L, -, relg tl-hnds & raisg Id-hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd Id-hnds XLif, comp full RF trn fwd R to fc ptr) to Low Bfly WALL ; {Hip Rk & Wt} Sd R, -, rec L rollg L hip, rec R rollg R hip & wait ~ ;

## PART A

### 01-04 START ON THE WORD "DIOS" w/ LEFT PASS ; NEW YORKER ; RIGHT PASS ; NEW YORKER ;

{Start on the word "DIOS"} {Left Pass} Fwd L w/ rise to SCAR DLW lead W trn RF to shape body LOD, -, slip bk R flex knee, fwd L trn LF to fc COH (W fwd R trn ¼ RF back to M, -, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr) to BFLY COH ; {New Yorker} Sd & fwd R LOD rise, -, slight trn RF (W LF) ck thru L soft knee, rec R trn to Bfly COH ; {Right Pass} Fwd & sd L begin RF trn raise Id-hds to create window, -, XRib cont RF trn, fwd L (W fwd R, -, fwd L begin LF trn, bk R cont LF trn under raised Id-hds) to BFLY WALL ; {New Yorker} Repeat meas 2 Part A to Bfly WALL ;

### 05-08 AIDA PREPARATION ; AIDA LINE & HIP ROCK TWO ; SWIVEL to FACE & SPOT TURN TWICE ; ;

{Aida Prep} Relg Id hnds Sd L trng to slight V pos RLOD, -, thru R, trng RF sd L chg hnds to LOP-FCG ; {Aida Line & Hip Rock 2} Bk R to bk to bk V pos raisg tl-arms, -, chg wgt to L w/ soft knee foldg free arm at elbow, replc wgt on R xtndg free arm ; {Swivel to Fc & Spot Turn x 2} Fwd swiv LF on L pt R small sd w/ no wght, -, relg hnds & trng LF XRif (W trng RF XLif), rec L cont LF trn to fc WALL ; Sd R, -, XLif trng RF (W trng LF XRif), fwd & sd R contg trn to CP WALL ;

### 09-12 TURNING BASIC ; LUNGE BREAK ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{Turning Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF) to Bfly Pos COH ; {Lunge Break} Sd & bk R to LOP FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise (W sd & bk L, -, bk R w/ sitting action, rec L) to BFLY COH ; {Fence Line w/ Armsweep x 2} Sd L body rise, -, XRif bent knee r-arm circle CCW ifo body, rec bk L ; Sd R body rise, -, XLif bent knee lft-arm circle CW ifo body, rec bk R to BFLY COH ;

### 13-16 OP BREAK ; HORSESHOE TURN ; ; HIP LIFT & r-hndshk ;

{OP Break} Sd L xtndg r-hnd to sd, -, bk R (W bk L), rec L to BFLY COH ; {Horseshoe Trn} Sd & fwd R to V pos LOD, -, cont trn thru L LOD, rec R to V pos & raise Id hnds ; Circ LF to fc ptr fwd L, -, R, L (W circ RF ½ undr jnd hnds fwd R, -, L, R to fc ptr) to Low Bfly WALL ; {Hip Lift & r-hndshk} Sd & fwd R to CP bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift L hip, lowr L hip relaxing knee to r-hndshk WALL ;

**PART B**

**01-04 CROSS BODY/W OVERTURNED to SHADOW COH ; 3 SWEETHEART's ; ; ;**

**{Cross Body/ W Overtrnd to Shadow}** Sd & bk L LF trn body rise [While changing to r-hndshk], -, bk R slip action, fwd L LF trn fc WALL (*W sd & fwd R body rise, -, fwd L crossing ifo M trng LF, small stp sd R ½ LF spin fc COH*); **{3 Sweethearts}** Still r-hnds jnd sd R, -, XLif, rec R (*W sd L, -, XRib, rec R*); [Chg lft-hnds jnd] Sd L, -, XRif, rec L (*W sd R, -, XLib, rec L*); [Rejoined r-hnds] Sd R, -, XLif, rec R (*W sd L, -, XRib, rec R*);

**05-08 W SWIVEL INTO CROSS BODY ; HAND to HAND TWICE ; ; LUNGE BREAK ;**

**{W Swivel Into X-Body}** Sd L lead W RF swivel, -, XRib comm LF trn, cont LF trn rec L fc ptr (*W sd R swivel ½ RF, -, fwd L Xif Man trng LF, small stp sd R ½ LF spin to fc*) to BFLY WALL; **{Hand to Hand x 2}** Sd R, -, [releasg ld-hnd] XLib (*W XRib*) to OP LOD, fwd R to BFLY WALL; Sd L, -, [releasg tl-hnds] XRib (*W XLib*) to LOP RLOD, fwd L to Bfly WALL; **{Lunge Break}** Repeat meas 10 Part A to BFLY WALL;

**09-12 RIFF TURNS ; UNDERARM TURN ; AIDA PREP to RLOD ; AIDA LINE & HIP ROCK TWO ;**

**{Riff Trns}** [Q&Q&] Sd L raisg ld-hnds, cl R, small sd L, cl R (*W sd & fwd R comm RF spin, cl L compg full RF spin, fwd R comm RF spin, cl L compg 2nd full spin undr jnd hnds*) to BFLY WALL; **{Underarm Trn}** Sd L, -, relg trl hnds & raisg ld-hnds sm bk R, rec L (*W sd & fwd R comm RF trn, -, contg RF trn undr jnd hnds XLif, compg full RF trn fwd R to fc ptr*); **{Aida Prep to RLOD}** Sd R trng to slight V pos LOD, -, thru L, trng LF to fc ptr sd R release ld-hnds; **{Aida Line & Hip Rk 2}** Trng LF XLib to V BK-TO-BK RLOD free hnds up & out, -, chg wgt to R w/ soft knee foldg free arm at elbow, replc wgt on L xtndg free arm;

**13-16 SWIVEL INTO THRU SERPIENTE ; ; REVERSE UNDERARM TURN ; SYNCOPATED HIP ROCK's ;**

**{Swivel Into Thru Serpiente}** Fwd R swiv RF on R fc ptr, -, blend to Bfly XLif, sd R; XLib, R-flare CW, XRib, sd L; **{Reverse Underarm Turn}** Sd R, -, XLif, bk R (*W sd L com LF trn undr jnd ld-hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr*) to Bfly WALL; **{Syncop Rock's}** [SQ&Q] Sd L, -, rec R rollg R hip/ rec L rollg L hip, rec R rollg R hip;

**PART C**

**01-08 CONTINUOUS CHASE w/ UNDERARM PASS & PEEKS ; ; ; ; CONTINUE ; ; ; ; W SWIVEL to FACE ;**

**{Continuous Chase w/ Underarm Pass & Peeks}** Fwd L trng ½ RF keepg ld-hnds jnd behind M, -, rec R, fwd L (*W bk R, -, rec L, fwd R twds M's lft-sd*); Bk R raisg jnd ld-hnds, -, rec L, sd R (*W fwd L, -, fwd R trng ½ LF under jnd ld-hnds, fwd & sd L contg to trn ½ LF*) to TAND COH w/ ld-hnds still jnd above the head W; **{Peek-a-Boo x 2}** Sd L look at the lady, -, rec R, cl L (*W sd R turn the upper body ¼ LF & lookg ovr lft-shldr, -, rec L, cl R*); Sd R look at the lady, -, rec L, cl R (*W sd L turn the upper body ¼ RF & lookg ovr r-shldr, -, rec R, cl L*); **{Continue}** Fwd L trng ½ RF keepg ld-hnds jnd behind M, -, rec R, fwd L (*W fwd R trng ½ LF, -, fwd L, fwd R twds M's lft-sd*); Repeat meas 3 Part A; **{W Swivel to Fc}** Sd R, -, rec L, cl R (*W sd L lookg ovr r-shldr, -, rec R trng ½ RF, cl L*) to CP WALL;

**ENDING**

**01-03 TURN INTO ROMANTIC SWAY's ; ; SWIVEL to BJO /W DEVELOP & HOLD ;**

**{Turn Into Romantic Sways}** Repeat meas 3,4 Intro ; ; **{Swivel to BJO/W Develop & Hold}** Sd L swiv LF on L foot to BJO DLW leavg R foot pointed bk, -, -, - (*W sd R swiv LF on R foot to fc DRC, -, bring L foot [w/ toe pointed down] up R leg to insd of R knee, extend L foot fwd*);