

I'M SO AFRAID (Of Loosing You Again)

Music: Heidi Hauge

www.Itunes.apple.com/country/Time

Track # 3 Time 4:00 Available from choreographer

Rhythm: Rumba Phase: V+1 (Turkish Towel)

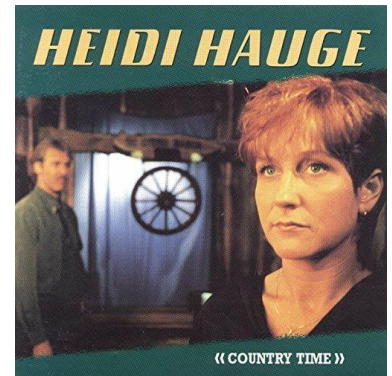
Footwork: Opposite except where (Noted)

Release Date: Nov 19

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Sequence: INTRO AB INTRO AB* B END



INTRO

BFLY POS WALL LEAD FOOT FREE START IMMEDIATELY AFTER THE 2^{de} GITAR TUNE

01-04 DBL HAND ALEMANA to STACKED HANDS ; ; BACK BREAK w/ HEADLOOP to LOD ; THRU FACE CLOSE :

{DBL Hnd Alemana to Stacked Hnds} Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swiveling to M's lft-sd*), -; 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*) to Stacked Hnds, -; {Bk Break w/ Headloop to LOD} XLib trng to ½ OP LOD w/ both Headloop, rec R, fwd L twd ½ OP LOD, -; {Thru Fc Cl} Thru R, fwd & sd L to fc ptr, cl R, -;

05-08 DIP BACK / LADY LEAN ; RECOVER ; SCALOP ; ;

{Dip Bk / Lady Lean} [S] w/ lft-shldr lead Bk L w/ flexed knee (*W No step Lift R and place against inside of lft-knee*) hold full meas, -, -, -; {Recover} [S] Rec L & stay in the same pos (*W as man rec hold you're pos over your lft-foot, r-foot stil lifting*) hold full meas, -, -, -; {Scalop} [QQQQ] Trng sharply to SCP LOD XLib (*W XRib*), rec R trng sharply to CP, sd L, sharply to SCP LOD; [QOS] Thru R, sd L trng sharply to CP, cl R, -;

PART A

01-04 CHASE /W UNDERARM PASS ; ; NEW YORKER TWICE ; ;

{Chase / W Underarm Pass} [relsng trail hnds] Fwd L trng RF ½ keepg ld-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 ld-hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld-hnds to fc ptr, sd L*) to BFLY COH, -; {New Yorker x 2} XLif (*WXRif*) to OP LOD, rec R to BFLY COH, sd L, -; XRif (*W XLif*) to LOP RLOD, rec L to BFLY COH, sd R, -;

05-08 OP BREAK INTO ALTERNATING UNDERARM TURNS W – M & W ; ; ; ;

{OP Break} Apt L raisg tl-arm straight up, rec R, sd L to BFLY COH, -; {Alternating Underarm Turns W – M & W} Raisg jnd ld-hnds XRib, rec L, sd R (*W trng RF undr jnd ld-hnds fwd L, fwd R cont RF trn to fc ptr, sd L*), -; [join tl-hnds] trng RF undr jnd tl-hnds fwd L, fwd R cont RF trn to fc ptr sd L (*W XRib, rec L, sd R*), -; [join ld-hnds] Repeat meas 6 Part A to BFLY COH;

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

{Chase / W Underarm Pass} Repeat meas 1,2 Part A to BFLY WALL ; ; {Shoulder to Shoulder x 2} 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 ; ; FENCE LINE & r-hndshk ;

{Shadow Break to OP LOD} [w/ r-hndshk] XLib (*W XRib*) trng both to OP LOD w/ W's L-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 ¼ LF in front of M, fwd R trng ½ LF, sd L*) to r-hndshk M fcg LOD/W fcg WALL, -; Fwd L trng ¼ LF ifo W, fwd R trng ½ LF, sd L (*W trng ¼ LF rk bk R allowing M to pass across in front, rec L, fwd R*) to BFLY WALL, -; {Fence Line} XRif (*W XLif*) w/ bent knee, rec L, sd R to r-hndshk WALL, -;

PART B

01-04 TRADE PLACES TWICE/ to SHADOW REVERSE ; ; BACK SHADOW WHEEL 3 to LOD ; W to a FAN ;

{Trade Places x2/to Shadow Reverse} Rk apt L, fwd R trng ¼ RF fc COH bhd W then releasg jnd hnds, cont RF trn sd & bk L fc LOD join lft-hnds (*W Rk apt R, rec L trn ¼ LF fc COH, cont LF trn sd & bk R fc ptr*), -; Rk apt R, rec L trng ¼ LF maintain lft-hnd hold, sd & bk R cont LF trn to L-Shadow RLOD (*W bk L, rec R, fwd L trng ¼ RF*), -; **{Bk Shad Wheel 3 to LOD}** In L-Shadow wheel CW bk L, bk R, bk L fc LOD (*W fwd R, fwd L, fwd R*), -; **{W to a Fan}** Rk bk R, rec L trng ¼ RF to fc WALL, sd R (*W fwd L comm LF trn, sd & bk R cont trn to fc RLOD, bk L*) to Fan Pos/M fcg WALL, -;

05-08 STOP & GO HOCKEY STICK ; ; HOCKEY STICK & r-hndshk ; ;

{Stop & Go Hockey Stick} Ck fwd L, rec R, trng slightly LF cl L (*W cl R, fwd L, fwd R trng ½ LF under jnd ld-hnds*), -; Ck fwd R, rec L trng RF, sd R (*W ck bk L raisg lft-arm straight up palm out, rec R lowerg arm, fwd L trng ½ RF under jnd ld-hnds*), -; **{Hockey Stick & r-hndshk}** Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Sm bk R, rec L, long fwd R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd ld-hnds, bk L*) to r-hndshk DRW, -;

09-12 BASIC HALF to TURKISH TOWEL ; ; ONE BREAK ; W OUT to FACE ;

{Basic ½ to Turkish Towel} r-hndshk Fwd L, rec R, sd L (*W bk R, rec L, sd & fwd R*), -; Bk R, rec L, sd R to VARS M ifo W's r-sd (*W XLif trn RF under r-hnds, fwd R cont trn, fwd L arnd M join lft-hnds*), -; **{One Break}** Ck bk L, rec R, sd L to W's lft-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 ½ LF, sd L*) to BFLY WALL, -;

13-16 FENCE LINE ; THRU SERPIENTE ; ; FENCE LINE [*2^{de} TIME: r-hndshk] ;

{Fence Line} XLif (*W XRif*) w/ bent knee, rec R, sd L, -; **{Thru Serpiente}** Thru R, sd L, XRib, flare L CCW (*W thru L, sd R, XLib, flare R CW*); XLib, sd R, thru L, flare R CCW (*W XRib, sd L, thru R, flare L CW*); **{Fence Line}** XRif (*W XLif*) w/ bent knee, rec L, sd R to BFLY WALL [* 2^{de} Time: to r-hndshk], -;

ENDING

01-04 FENCE LINE ; THRU SERPIENTE ; ; FRONT VINE 4 ;

{Fence Line} Repeat meas 13 Part B ; **{Thru Serpiente}** Repeat meas 14-15 Part B ; ; **{Front Vine 4}** [QQQQ] Thru R (*W thru L*), sd L, XRib (*W XLib*) sd L to BFLY WALL ;

05-06 THRU to AIDA ; SWITCH LUNGE & EXTEND ARMS ;

{Thru to Aida} Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; **{Switch Lunge & Extend Arms}** [S] Bk & sd L bringing jnd hnds thru slight body trn LF look at ptr, relax L knee to lunge line & extend both arms to sd, -, -;