

La Distancia

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Music: Norte CD 88697064472, Eydie Gorme, Tesoros de Coleccion, Disc 2 Track 3,
"Contigo En La Distancia" omit 1st 36 seconds - start on 2nd of 3 chimes

Footwork: Opposite, directions for man (lady as noted)

Phase & Rhythm: Phase VI Bolero

Difficulty: Average

Sequence: Intro A B C B(1-15) End

2009 ver 1.2



INTRO

1-2 WAIT PICKUP NOTES; SIDE FORWARD to CONTRA CHECK;

- 1 [WAIT PICKUP NOTES]Cuddle pos fc WALL lead feet free; MUSIC NOT DEFINITE - ROCK TO MUSIC
7 [CONTRA CK SQQ] on word "bella" Sd & fwd R to cp fc DRW,-, lwr & ck fwd L contra ck, rec bk R cp WALL;

Part A

1-8 TURNING BASIC; FALLAWAY BREAK; SPOT TURN; REVERSE UNDERARM; FORWARD MANEUVER PIVOT; SHAPE FOR A RUMBA CROSS; FALLAWAY BREAK; MAN'S UNDERARM TURN;

- 1 [TRN BASIC SQQ] Sd & bk L slight body trn RF (lady look right) rise,-, trn LF slip pvt action bk R sft knee, fwd L trn LF to fc COH sft knee;
2 [FALLAWAY RONDE BRK SQQ] Sd R trn LF ronde L ccw,-, complete ronde to fallwy bk L sft knee cking, rec fwd R semi RLOD; (sd L trn RF ronde R cw,-, complete ronde to fallwy bk R cking, rec L semi RLOD);
3 [SPOT TURN SQQ] Fwd & sd L "v" pos LOD rise,-, thru R trn LF (RF) soft knee, rec L cont trn LF (RF) to fc WALL opn fcng pos sft knee;
4 [REV UNDERARM SQQ] Sd & fwd R RLOD rise,-, ck thru L soft knee raise lead hnds, rec R trn to fc WALL soft knee (sd & fwd L LOD rise,-, thru R trn LF undr lead hnds soft knee, rec L cont trn LF to fc sft knee);
5 [FWD MAN PIVOT SQQ] Fwd L strt RF trn,-, thru R trn RF, sd & bk L cp pvt RF to fc DRW;
6 [RUMBA CROSS SQ&Q] Fwd R DRW rise & swing left hip fwd with slight lft shpe,-, fwd L slightly arnd lady sml trn RF/chng to rght shpe XRIBL spin RF on R, sd & bk L cp spin RF fc DRW (bk L rise slight rght shpe,-, bk & sd R/chng to lft shpe XLIFR spin RF, sd & fwd R spin RF);
7 [FALLAWAY RONDE BRK SQQ] Sd & fwd R trn LF ronde L ccw,-, complete ronde to fallwy bk L sft knee cking, rec fwd R semi LOD; (sd & bk L trn RF ronde R cw,-, complete ronde to fallwy bk R cking, rec L semi LOD);
8 [MAN'S UNDERARM SQQ] Trn LF sd & fwd L LOD raise lead hnds,-, thru R trn LF und lead hnds soft knee, rec R cont trn LF to fc sft knee fc WALL (sd & fwd R,-, slight trn LF bk L XIBR lead man undr lead hnds, rec sd & fwd R);

PART B

1-8 REVERSE UNDERARM; to a NATURAL TOP 3; ROPE SPIN 1/ 2 man TURN FACE LINE; BOLERO WALK; SWITCH& WALK; SWITCH & WALK; CONTRA CHECK; TURNING BASIC;

- 1 [REV UNDERARM SQQ] Sd & fwd R RLOD rise,-, ck thru L soft knee raise lead hnds, rec R trn to fc WALL soft knee (sd & fwd L LOD rise,-, thru R trn LF undr lead hnds soft knee, rec L cont trn LF to fc sft knee);
2 [NATURAL TOP 3 SQQ] Sd & bk L trn RF to cp fc RLOD,-, XRIBL sft knee trn RF, sd L trn RF (fwd R to cp,-, fwd L trn RF, fwd R trn RF);
3 [ROPE SPIN man Fc LOD SQQ] Cl R fc WALL spiral lady RF undr lead hnds,-; sd L lead hnds ovr head lead lady arnd CW w/rght arm, rec R trn LF to left opn LOD; (sd & fwd L spiral RF fc COH,-; fwd circle wlk arnd man CW R,L to lft opn LOD,-);
4 [BOLERO WALKS SQQ SQQ] Fwd L rise,-, fwd R slight lwrng, fwd L lft opn LOD;
5 [SWITCH & WALK SQQ] Fwd & sd R sharp trn LF (RF) to "v" pos RLOD trail arms slide to prtnr's back lead arms out,-, lwr fwd L, fwd R RLOD;
6 [SWITCH & WALK SQQ] Fwd & sd L sharp trn RF (LF) to "v" pos LOD lead arms slide to prtnr's back,-, lwr fwd R, fwd L LOD;
7 [CONTRA CK SQQ] Sd & fwd R to cp fc DLC rise,-, lwr & ck fwd L contra ck action, rec bk R cp DLC ;
8 [TRN BASIC SQQ] Sd & bk L slight body trn RF (lady look right) rise,-, trn LF slip pvt action bk R sft knee, fwd & sd L trn LF to fc WALL sft knee;

- 9-16** NEW YORKER; RIFF TURNS; HAND CHECK LUNGE & lady REVERSE TWIRL; REVERSE UNDERARM; SYNCOPATED TURNING BASIC; to a HINGE; SWIVEL to a SAMEFOOT LUNGE; RECOVER & lady SYNCOPATED SPIN TO REVERSE;
- 9 [NEW YORKER SQQ] Trn RF (LF) sd R RLOD rise,-, trn RF (LF) ck thru L soft knee, rec R trn to fc WALL soft knee;
- 10 [RIFF TRNS QQQQ] Sd L fc WALL raise lead hnds strt lady in RF spin, cl R, sd L raise lead hnds strt lady in RF spin, cl R fc WALL (trn RF fwd R spin RF undr lead hnds, cl L; trn RF fwd R spin RF undr lead hnds, cl L,)
- 11 [LUNGE & REV TWIRL SQQ] Lead hnds high sd L lunge line ck lady's trn with right hnd to her right hip,-, rec sd R trn RF strt lady under lead hnds, cl L (sd lunge R lead hnd high,-, trn LF rec L spin LF, cont LF spin sml step R);
- 12 [REV UNDERARM SQQ] Sd & fwd R LOD rise,-, ck thru L soft knee raise lead hnds, rec R trn to fc COH soft knee (sd & fwd L LOD rise,-, thru R trn LF undr lead hnds soft knee, rec L cont trn LF to fc sft knee);
- 13 [SYNC TRN BASIC SQQ&] Sd L to cp slght body trn RF rise (lady look right),-, trn LF slip pvt action (lady cl head) bk R sft knee, sd & fwd L trn LF/ sd R trn LF fc DRW;
- 14 [HINGE SS (S&S)] Bk & sd L cp trn body LF fc WALL,-, lwr to hinge line, - (sd & fwd R trn LF/ cl L,-, lwr extnd R ft fwd in hinge line look left,-);
- 15 [SWVL to SAMEFOOT SS] Rec R body trn RF to swivel lady,-, body trn LF lwr on R soften R knee extnd L leg sd & bk head left,- (rec R swl RF to smft pos,-, lwr on R soften R knee body trn RF opn head extnd lft leg thru & fwd,-);
- 16 [REC lady SYNC SPIN SQQ (SQ&Q)] Rec L trn RF rise lwr lead hnds to waist level fc RLOD,-, cl R RLOD soft knee, sd & fwd L to fc open fcng RLOD sft knee jn lead hnds (rec L trn RF,-, trn RF fwd RLOD strt spin RF R/L, sd & bk R fc LOD);

PART C

- 1-8** FORWARD BREAK; CHECKED RIGHT PASS man TRANSITION; SAME FOOT BACK BREAK; SAME FOOT WALKS; FORWARD & UNDERARM ROLL; LUNGE RECOVER to SWIVEL POINT; SHADOW SWIVEL POINTS; lady UNDERARM SWIVEL to LUNGE man TRANSITION;
- 1 [FORWARD BREAK SQQ] Sd & fwd R to opn fcng fc RLOD rise,-, ck fwd L sml stp slght contra ck action, rec bk R fc RLOD (sd & bk L opn fcng,-, bk R contra ck action slght sit line action, rec fwd L);
- 2 [SYNC CKD RIGHT PASS S&QQ (SQQ)] Sd & fwd L trn RF raise jnd lead hnds,-/ take lead hnds over lady's head right hnd to her hip XRIBL trn RF, sd L brng hnds dwn now on lady' lft side, bk R fc LOD (fwd R shpe RF rise,-, XLIFR sml stp fwd undr ld hnds, bk R fc LOD); NOW ON SAME FOOT
- 3 [SF BACK BRK SQQ] Bk L rise jn lft hnds skaters lod,-, bk R soft knee ckng, rec fwd L skaters LOD;
- 4 [SAMEFOOT WALKS SQQ SQQ] Fwd R rise,-, fwd L slght lwrng, fwd R skaters LOD;
- 5 [UNDERARM ROLL SQQ] Fwd L,-, fwd R DLW strt roll RF (lady under lft hnds), fwd & sd L cont roll RF to man's shdw fc COH;
- 6 [LUNGE REC SWIVL PNT SQQ] Lunge sd & fwd R LOD soften knee body erect extend trail arms fwd,-, rec L swvl LF (lady undr lft hnds) pnt R ROLD in shdw fc WALL,-;
- 7 [SHDW SWIVEL POINTS SS] Fwd R XIFL swvl RF pnt L LOD,-, fwd L XIFR swvl LF shdw WALL pnt R RLOD,-;
- 8 [UNDRARM SWIVEL LUNGE XIT SS (QQS)] Fwd R swvl lady RF undr lft hnds,- /chng to lead hnds, lng sd L lead hnds slghtly up face WALL (fwd R XIFL swvl RF to fc man,cl L jn lead hnds, lng sd R,-);

END

- 1-4** RECOVER SHADOW HIP ROCKS; lady ROLL OUT to FENCE LINE lady ROLL to WRAP;; SIDE LUNGE;
- 1 [REC SHDW HIP RK SQQ] Rec L shdw wall rise,-, rk R, reck L shdw WALL;
- 2-3 [ROLL to FENCE LINE ROLL to WRAP QQSQQQQ] Sd & fwd R DRW, cl L (roll RF R,L DRW) op DRW, sd & fwd R DRW jn trail hnds,-, ck fwd L XIFR soften knee DRW lady extnd lead arm out, rec R, rk sd & bk L, rec R (wrap into man LF L,R) fc WALL ;
- 4 [SIDE LUNGE SS] Finish wrap fc DLW lunge sd L lunge sd R wrapped pos fc DLW,-, shpe like over sway,-;

SEQUENCE: Intro, A, B, C, B(1-15), End