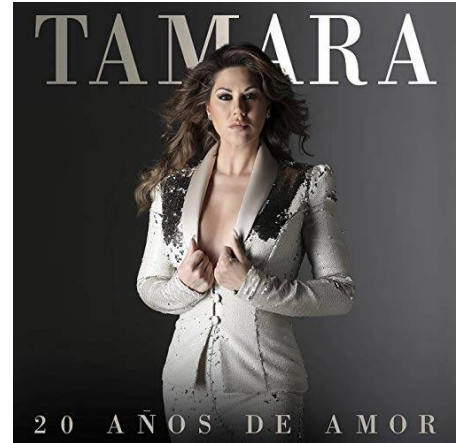


LA DISTANCIA

Music: Tamara
[www.amazon.com/ 20 Años De Amor](http://www.amazon.com/20AñosDeAmor)
Track # 16 Time 4:23
Shortened and Slowed down w/ -12% to Time 3:18
Available from choreographer

Rhythm: Slow Two Step Phase: V+U
Footwork: Opposite except where (Noted)
Release Date: May 20
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
E-mail: jos.dierickx@telenet.be
Sequence: INTRO AB AB AB END



INTRO

CP WALL LEAD FOOT FREE WAIT FOR INTRO MUSIC & START ON THE WORD "NUNCA"

PART A

- 01-04 TRAVELING RIGHT TURN INTO ZIG ZAG & Maneuver ; ; TRAVELING RIGHT TURN INTO ZIG ZAG to STACKED HANDS ; ;**
{Traveling Right Turn Into Zig Zag & Manvr} Comm RF turn X-ifo W sd & bk L to fcg RLOD, -, XRib, twist turn RF 5/8 on both feet shifting weight to L to CP DLW (W fwd R btwn M's feet, -, fwd L curving RF around M, fwd R curving RF to CP) ; Fwd R DLW trng 1/8 RF, sd L trng 1/8 RF, bk R fcg DRW & Maneuver ; {Traveling Right Turn Into Zig Zag to Stackd Hnds} Repeat meas 1,2 Intro & Stacked Hnds ; ;
- 05-08 X-HANDS UNDERARM TURN ; BACK BREAK w/ M's HEADLOOP to ½ OP LOD ; SPIRAL & RUN 2 TWICE to PU ; ;**
{X-Hnds Underarm trn} Sd L raisg r-hnds, -, raisg lft-hnds & lowering r-hnds XRib leading W to trn RF, lowering lft-hnds rec L to Stacked hnds lft on top (W slight RF trn sd & fwd R, -, fwd L trng ½ RF, fwd R cont RF trn to fc ptr) ; {Bk Break w/ M's Headloop to ½ OP LOD} Sd R raisg lft-hnds & looping over M's head lowering hnds & releasg lft-hnds, -, bk L trng LF to ½ OP LOD, fwd R ; {Spiral & Run 2 to RLOD} Fwd L spiral RF (W LF), -, fwd R, L ; Fwd R Spiral LF (W Rf) fwd L, fwd R (W trng ifo ptr) to LOP LOD in Low Bfly ;
- 09-12 TRAVELING X-CHASSE FOUR TIMES ; ; to BFLY WALL ;**
{Trav Cross Chasse x 4 to BFLY WALL & Manvrg} Trng sltly LF fwd L to DLC, -, w/ r-shldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft-shldr ld sd & fwd L twd DLC, cl R ; Repeat meas 9 Part A ; Trng RF fwd R wd DLW, -, contg to trn RF sd & fwd L twd fc ptr, cl R to BFLY WALL & Manvrg ;
- 13-16 RIGHT TURN /W OUTSIDE ROLL ; OP BREAK ; CHANGE SIDES/W UNDERARM ; BASIC ENDING to Picking Up ;**
{Right Turn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld-hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld-hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY COH ; {Open Break} Sd R, -, apt L, rec R to fcg r-sd of W ; {Change Sides/W Underarm} Fwd L COH chg sds trng RF lead W trn under ld-hds, -, sd R, XLIF (W fwd R WALL chg sds LF trn under ld-hds, -, sd L, XRIF fc COH) to BFLY WALL ; {Basic Ending & Pickg Up} Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L trng LF to fold ifo M) to BFLY WALL & Pickg Up ;

PART B

- 01-04 TRIPLE TRAVELER ; ; START HORSESHOE TURN ;**
{Triple Traveler} Sd & fwd L trng LF & raisg jnd ld-hnds to ld W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld-hnds, sd & fwd R contg trn to LOP LOD) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R com RF trn, -, sd L cont RF trn undr ld-hnds, fwd R to fc ptr) to BFLY COH ; {Start Horseshoe Trn} [Release tl-hnds & extend to sd] Sd & fwd R trng RF to fc LOD, -, fwd L, XRib (W [Release tl-hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R, XLib) end LOP LOD ;

05-08 FINISH HORSESHOE TURN ; BASIC ENDING ; SPOT TURN ; M UNDERARM TURN ;

{Finish Horseshoe Trn} Fwd L comm circular walk CCW, -, raisg jnd ld-hnds fwd R cont circular walk, fwd L complg circular walk (*W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd ld-hnds, fwd R complete circular walk*) to BFLY WALL ; **{Basic Ending}** Repeat meas 16 Part A to BFLY WALL ; **{Spot Turn}** Sd L, -, XRif trng LF ½ on both feet, rec L cont LF trn to fc ptr ; **{M Underarm trn}** Sd R comm RF trn undr jnd trl-hnds, -, XLif cont RF trn ½, rec R compg full trn (*W sd L raisg jnd trl-hnds palm-to-palm, -, XRib, rec L*) to Left Hand Star RLOD ;

09-12 PATTY CAKE TWICE ; ; OP BASIC TWICE ; ;

{Patty Cake x 2} [jng lft-hnds] Sd L, -, trng ¼ RF rk bk R extend trl-arm to sd, rec L trng ¼ LF to fcg ptr (*W [jng lft-hnds] sd R, -, trng RF rk fwd L extend ld-arm to sd, rec R trng ¼ LF*) to BFLY COH ; [jng rt-hnds] Sd R, -, trng ¼ LF rk bk L extend ld-arm to sd, rec R trng ¼ RF to fcg ptr (*W [jng rt-hnds] Sd L, -, trng LF rk fwd R extend trl-hnds to sd, rec L trng ¼ fcg ptr*) to BFLY WALL ; **{OP Basic x 2}** Sd L trng to ½ RF rlsng trl-hnds LOP RLOD, -, XRib (*W XLib*), rec L trng to fc ptr ; Sd R trng to ½ LF rlsng ld-hnds OP LOD, -. XLib (*XRib*) rec R to ½ OP LOD ;

13-16 TWO SWITCHES ; ; LUNGE BASIC TWICE to Maneuver ; ;

{2 Switches} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (*W fwd R, -, fwd L, fwd R*) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (*W sd L Xg ifo M, fwd R to ½ OP, fwd L*) to ½ OP LOD ; **{Lunge Basic 2}** Blend to Bfly Sd L, -, rec R, XLif (*W XRif*) ; Sd R, -, rec L, XRif (*W XLif*) to BFLY WALL & Maneuver ;

ENDING

01-04 TRAVELING RIGHT TURN INTO ZIG ZAG ; ; SIDE INTO HINGE & EXTEND ; ;

{Traveling Right Turn Into Zig Zag} Repeat meas 1,2 Part A ; ; **{Sd to Hinge}** [Blending to CP fc Wall] Sd L, -, cont slight LF trng to lower on L, - (*W sd R trng LF, -, cl L, cont LF body trn comm to lower on R extend R to RLOD look well to left*) ; **{Extend}** cont slight lowering release ld-hnds W place rt-hnd on M's lft-shoulder both extend lft-arms out to sd, -, -, - ;