

LA PALOMA

Music

Strato Vani 1

[iTunes.apple.com/](https://www.apple.com/itunes/)

Track # 8 Time 2:47

Slow down w/ -5% to Time 3:08 Available from choreographer

Rhythm:

Rumba

Phase: V+1 (Reverse Top)

Footwork:

Opposite except where (Noted)

Release Date:

Nov 20

Choreo:

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Sequence:

INTRO AB AB END



INTRO

01-04 LOP WALL LEAD FOOT FREE NO HAND HOLD WAIT 2 MEASURES ; ; DOOR ; UNWIND to FACE ;

{Wait} LOP WALL no hand hold ld ft free w/ 2 meas ; ; {Door } Press sd L, rec R, XLif, -; {Unwind to fc} Spin RF (WLF) to fc ptr, -, wght on R to BFLY WALL, -;

PART A

01-05 START CROSS BODY INTERRUPT w/ 2 SWIVELS ; ; FINISH CROSS BODY ; OP HIP TWIST INTO A FAN ; ;

{Start Cross Body} Fwd L, rec R trng ¼ LF, sd L (W bk R, rec L, fwd R) to "L" shaped loose CP pos M fcg LOD & W fcg COH, -; {Interrupt w/ 2 Swivels} [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (W fwd L swvl ½ LF, -, fwd R swvl ½ RF) still in "L" pos, -; {Finish Cross Body} Bk R, rec L trn ¼ LF, sd R (W fwd L, fwd R trng ½ LF, sd L) to BFLY COH, -; {OP Hip Twist to a Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to lft arm to swivel ¼ RF) end L-Shape M fc COH W fc RLOD, -; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L) to Fan Pos M fcg COH, -;

06-10 START STOP & GO INTERRUPT w/ 2 SWIVELS ; ; FINISH STOP & GO ; EXIT to FACE ; WHIP to WALL & r hndshk ; ;

{Start Stop & Go Interrupt w/ 2 Swvls} Chk fwd L, rec R raisg lft arm to lead W to a LF underarm trn, sd L fcg wall bringing ld arm down sharply and placg rt hand on W's bk to an "L" Pos (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hnds to fc LOD), -; [SS] Rk sd R trng bdy slightly LF, -, rk sd L trng bdy slightly RF (W fwd L swvl ½ LF, -, fwd R swvl ½ RF) still in "L" Pos, -; [these rocks are in opposite direction] {Finish Stop & Go} XRib, rec L, cl R (W fwd L, fwd R trng ½ LF to fc RLOD, bk L to fan pos) to "L" pos, -; {Exit to Fc} Bk L, rec R, cl L (W cl R, fwd L, trng ¼ RF fwd R to fc M), -; {Whip to WALL & r hndshk} Bk R trng ¼ LF, rec L trng ¼ LF, sd R (W fwd L long step ifo M, trng LF fwd & sd R, sd L to fc M) to r hndshk WALL, -;

11-14 FLIRT to TANDEM ; ; SWEETHEART/ W SWIVEL to FACE INTO A AIDA ; ;

{Flirt to Tandem} Fwd L, rec R, sd L, - (W [QQQQ] bk R, rec L, fwd R, swvl ½ LF) to TANDEM WALL ; Bk R, rec L, sd R (W bk L, rec R, sd L slidg ifo M) relg hnds to Left TANDEM WALL, -; {Sweetheart /W Swivel to Fc Into a Aida} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, cl L (W bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, fwd trng ¼ RF to fcg LOD), -; {Aida} Thru R (W thru L), sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -;

15-18 SWITCH ROCK ; SPOT TURN ; BACK BREAK w/ SPIRAL to OP LOD ; FORWARD FACE CLOSE & r-hndshk ;

{Switch Rock} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, -; {Spot Turn } [Relg hnds] XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY, -; {Bk Break w/ Spiral} XLib trng to OP, rec R, twd LOD fwd L & spiral 7/8 RF (W fwd R & spiral LF), -; {Fwd Fc Cl & r hndshk} Fwd R trn RF (WLF) to fc ptr, sd L, cl R & r hndshk, -;

PART B

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

{Trade Places x Twice} [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 ifo M then rel jnd r hnds, cont LF trn to fc ptr & WALL stepping sd & bk R) jng lft hnds, -; With lft hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft 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 ifo M then rel jnd lft hnds, cont RF trn to fc ptr & COH stepping sd & bk L) jng 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 1 stepping sd L twd COH (W apt R, rec L, fwd R, spiralling 7/8 LF undr r hnds), -; {W Out to Fc} [releasg 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 BASIC 1/2 to Low Bfly ; DBL HANDHOLD UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ;

CHANGE SIDES/W UNDERARM ;

{Basic ½ to Low BFLY} Fwd L, rec R, cl L (*W bk R, rec L, sd R*) to Low Bfly, -; **{DBL Handhold Underarm Turn to Stacked Hnds}** [Raisg ld arm high & bringing trl arm up to r shldr level] XRib & taking ld arm first over W's head], rec L taking r arm over W's head, sd R (*W XLif trng RF under ld arm, rec R contg to trn under trl arm to fc M, sd L*) to stacked hnds lft over r hnds, -; **{Open Break to Fc}** With stacked hnds Apt L, rec R, fwd L to fcg W's r sd, -; **{Change Sides /W Underarm}** Fwd R to COH passing W's r sd trng RF lead W trn under stacked hnds, small fwd L cont RF trn to fc, sd R (*W fwd L to WALL twd M's r sd trng LF under stacked hnds chg sds, cl R cont LF trn to fc, sd L*) to BFLY WALL, -;

09-12 BASIC HALF INTO NATURAL TOP to COH ; ; SURPRISE CHECK INTO REVERSE TOP to WALL ; ;

{Basic 1/2 Into Natural Top} Fwd L, rec R to CP trng ¼ RF, sd & slightly fwd L to loose CP RLOD, -; Trng RF XRib toe to heel, cont RF trn sd L, cont RF trn XRib toe to heel (*W trng RF sd L, cont RF trn XRif, cont RF trn sd L*) to loose CP COH, -; **{Surprise Check Into Reverse top}** Cont RF trn sd L to fc almost LOD checkg, rec R, trng LF XLif (*W cont RF trn XRif checkg, rec L, trng LF sd & bk R*) to CP COH, -; Cont LF trn XRif, keepg L toe in place swing L heel cont LF trn to sd, cont LF XRif (*W trng LF XLib, cont LF trn sd & bk R, cont LF trn XLib*) to Cuddle Pos WALL, -;

13-16 SCALOP ; ; BLEND to SCAR CHECK FORWARD/W DEVELOPE ; BEHIND & HIP ROCK TWO ;

{Scallop } [QQQQ] Trng sharply to SCP LOD XLib (*W XRib*), rec R trng sharply to CP, sd L, trng sharply to SCP LOD ; Thru R, sd L trng sharply to CP, cl R, -; **{Blend to SCAR Fwd Ck/W Develope}** Blend to Bfly Scar DRW fwd L checkg, -, -, (*W bk R, L knee lift over R leg, kick L foot extend*), -; **{Behind & Hip Rock 2}** Bk R, hip rk sd L, hip rk sd R, -;

ENDING

01-03 NEW YORKER ; AIDA ; SWITCH/LUNGE & EXTEND ARMS ;

{New Yorker} XLif (*WXRif*) to LOP RLOD, rec R to BFLY WALL, sd L, -; **{Aida}** Repeat meas 14 Part A ; **{Switch Lunge & Extend Arms to Sd}** [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 side, -, -;