

LA PALOMA ADIEU

Music: Mireille Mathieu
www.iTunes/La Paloma Adieu or www.amazon.com/un vie d'amour
Track # 12 Time 3:49
Available from choreographer

Rhythm: Rumba Phase : V+2U (Alternating UArm Turns - Start Stop & Go Into X-Body)
OPTION in Part C (OP Break w/ (W Insd Underarm Turn) Into Nat Top)

Footwork: Opposite except where (Noted)

Release Date: Dec 16

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Sequence: **INTRO AA B C BRIDGE A B(1-8) C(9-14) END**



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} BFLY POS WALL ld ft free wt 4 meas ; ; ; ;

PART A

01-05 BASIC ; ; START CROSS BODY INTERRUPT w/ 2 SWIVELS ; ; FINISH CROSS BODY ;

{Basic} Fwd L, rec R, sd L, - ; Bk R, rec L, sd R BFLY WALL, - ; {Start Cross Body Interrupt w/ 2 swivels} Fwd L, rec R trng LF 1/4, sd L (W bk R, rec L, fwd R) to "L" shaped loose CP pos M fcg LOD & W fcg COH, - ; [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (W fwd L swvl LF ½, -, fwd R swvl RF ½) still in "L" shaped pos M fc LOD & W fc COH, - ; {Finish Cross Body} Fwd R, rec L trn LF 1/4, sd R (W fwd L, fwd R trng LF ½, sd L to fcg Wall) to r-hndshk COH, - ;

06-10 FLIRT to a FAN ; ; START STOP & GO INTO CROSS BODY ; ; TO RLOD FRONT VINE 4 ;

{Flirt to Fan} Fwd L, rec R, sd L (W bk R, rec L, fwd R swvl ½ LF) to VARS COH, - ; [relg tl hnds] Bk R, rec L, sd R (W slidg if of M sd L, cl R, sd & bk L trng ¼ RF to LOD) to "L" pos ld hands joined, - ; {Start Stop & Go Into Cross Body} Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" position (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD), - ; Bk R comm LF trn to CP, rec L comp LF trn to CP WALL, sd R (W trng LF fwd L, fwd & sd R trng LF to fc ptr, sd L) to BFLY WALL, - ; {To RLOD Front Vine 4} [QQQQ] To RLOD XLif (W XRif), sd R, XLib (W XRib), sd R ;

PART B

01-04 REVERSE UNDERARM TURN ; AIDA ; SWITCH ROCK ; SPOT TURN ;

{Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (W XRif undr jnd ld hnds trng LF ½, rec L contg LF trn to fc ptr, sd R) to BFLY WALL, - ; {Aida} Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, - ; {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 WALL, - ;

05-08 BASIC 1/2 INTO 3 ALTERNATING UNDERARM TURNS W-M-W ; ; ; ;

{Basic ½ Into 3 Alternating Underarm Turns W-M-W} Fwd L, rec R, cl L (W bk R, fwd L, fwd R point L to sd), - ; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L), - ; [join trailing hnds] Fwd L trng RF undr jnd tl hnds, fwd R cont RF trn to fc ptr, fwd & sd L (W raisg trail hnds bk R, rec L, fwd & sd R), - ; [join lead hnds] Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L) BFLY WALL, - ;

09-12 OP HIP TWIST INTO a FAN ; ; HOCKEY STICK ; ;

{OP Hip Twist Into a Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to L arm to swivel 1/4 RF) end L-Shape M fc Wall W fc LOD, - ; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L to fan pos), - ; {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), - ; Sm bk R, rec L, long fwd & sd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, - ;

13-16 FENCE LINE ; THRU SERPIENTE ; ; FENCE LINE ;

{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, -;

PART C

01-04 OP BREAK INTO NATURAL TOP to LOD ; ; OP BREAK INTO NATURAL TOP to COH ; ;

{OP Break Into Nat Top to LOD} [Relg trail Hnds] Rk apt L, rec R trng 1/4 RF, sd L (*W rk apt R, rec L, trng 1/4 RF fwd R*) to RLOD, -; XRIBL, sd L, cl R (*W sd L, XRIFL, cl L*) to CP LOD, -; **{OP Break Into Nat Top to COH}** Repeat meas 1,2 Part C to CP COH ; ;

OPTION (01-04) PART C

01-04 OP BREAK WITH INSIDE UNDERARM TURN INTO NATURAL TOP to LOD ; ;

OP BREAK WITH INSIDE UNDERARM TURN INTO NATURAL TOP to COH ; ;

{Open Break w/ Insd Underarm Turn to Natural Top to LOD} Apt L, rec R, raising jnd lead hnds to lead W spiral LF small fwd L trng RF 1/4 to fc RLOD (*W apt R, rec L, fwd R spiraling LF 3/4 under jnd lead hnds to fc LOD*) end CP M fcg RLOD, -; XRib comm trng ¼ RF, cont trng ¼ RF sd L, cl R (*W sd & fwd L comm trng RF, XRif cont trng RF, cl L*) end CP M fcg LOD, -; **{Open Break w/ Insd Underarm Turn to Natural Top to COH}** Repeat meas 1,2 Part C to CP COH ; ;

05-08 CUDDLE/W SPIRAL to a FAN ; ; ALEMANA FROM A FAN ; ;

{Cuddle /W Spiral to a Fan} Sd & slightly fwd L shapg twd ptr, rec R jng ld hnds high, cl L, - (*W trng RF ½ bk R, rec L trng LF ¼ to LOD & jng ld hnds high, fwd R, spiral 7/8 LF under joined ld hands*); Repeat meas 10 Part B ; **{Alemana from a Fan}** Fwd L, rec R, cl L (*W cl R, fwd L, fwd R trng RF to fc ptr*), -; 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*), -;

09-12 OP BREAK INTO NATURAL TOP to RLOD ; ; OP BREAK INTO NATURAL TOP to WALL ; ;

{Open Break Into Natural Top to RLOD} Repeat meas 1,2 Part C to LOD ; ; **{Open Break Into Natural Top to WALL}** Repeat meas 3,4 Part C to WALL ; ; ; ;

OR REPEAT OPTION (01-04) PART C to RLOD & WALL ; ; ; ;

13-16 NATURAL OPENING OUT/W SPIRAL INTO AIDA ; ; ROCK 3 & SWIVEL to FACE ; CUCARACHA RIGHT ;

{Nat Opening Out/W Spiral Into a Aida} Fwd L on ball of Ft w/ pressure into floor and slight body turn RF, rec R, cl L (*W bk R w/ ¼ RF trn, rec L, fwd R Spiral 7/8 LF*), -; Swivel 1/8 LF on R thru R, sd L trng RF, bk R cont RF trn (*W fwd L comm LF trn, fwd R cont LF trn, bk L*) to V-bk-to-bk pos RLOD, -; **{Rk 3 & Swivel to Fc}** [QQQQ] Rk fwd L, rk bk R, rk fwd L, swivel LF to fc pt R sd to RLOD ; **{Cucaracha Right}** Sd R w/ partial wgt, rec L, cl R, -;

BRIDGE

01-02 CUDDLE TWICE ; ;

{Cuddle x 2} Sd L, rec R, cl L placing R hnd on W's L shldr blade (*W trng ½ RF bk R with R arm out to sd, rec L trng ½ LF, sd R plcg R hnd on M's L shldr*), -; Sd R, rec L, cl R placing L hnd on W's R shldr blade (*W trng ½ LF bk L with L arm out to sd, rec R trng ½ RF, sd L plcg L hnd on M's R shldr*), -;

ENDING

01-04 WAIT~ROCK 3 & SWIVEL to FACE ; WHIP to WALL ; TO RLOD AIDA ; ;

{Wait~Rk 3 & Swivel to Fc} Wait~Rk fwd L, rk bk R, rk fwd L, swivel LF to fc pnt R sd to RLOD ; **{Whip to WALL}** Bk R trng 1/4 LF, rec L, sd R (*W fwd L outside M on his left side, fwd R turning 1/2 LF, sd L*) to BFLY,-; **{To RLOD AIDA}** Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, -;

05 SWITCH LUNGE & EXTEND ARMS ; ;

{Switch Lunge & Extend Arms} Sd & bk R trng RF to fc ptr with soft R knee keeping Leg extended & trng bdy sltly RF, extend both arms to side ;