

LA PASTORA

Music: Barimar
Cd: Balliamo con Barimar 3
www.amazon.com/Balliamo-Barimar/dp/B003AGACP4
Track # 8 Time 3:13 Slow down w/ -10% to Time 3:35
Available from choreographer

Rhythm: Waltz Phase: IV+2 (Tipple Chasse+Curved Feather)
Footwork: Opposite except where (Noted)
Release date: Dec 21
Choreo: Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium
Email: jos.dierickx@telenet.be
Sequence: INTRO AB BC ABC(1-14) END



INTRO

01-04 CP DLW LEAD FOOT FREE WAIT 2 MEASURES ; ; WHISK ; WHIPLASH to CP ;

{Wait} CP DLW ld ft free wt 2 meas ; ; {Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (W XRib) cont to full rise ; {Whiplash to CP} [1,--] Thru R, trng bdy RF to ptr pnt L LOD (W thru L, pnt R fwd, swiv slowly on L LF to fc ptr) to CP DLW, -;

PART A

01-05 HOVER TELE ; OP NATURAL ; BACK TIPPLE CHASSE PIVOT ; PIVOT 3 to SCP ; CHAIR & SLIP ;

{Hover Tele} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; {OP Natural} Thru R stg RF trn, contg RF trn sd L ifo W, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; {Bk Tipple Chasse Pivot} [1,2&3] Bk L comm RF trn, w/ rt sway cont trn sd R ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft) to CP DLW ; {Pivot 3 to SCP} Bk L pivot ½ RF, fwd R heel lead btwn W's ft cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ; {Chair & Slip} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swiv 5/8 LF, fwd L) to CP DLC ;

06-10 VIENNESE TURNS ; ; WHISK ; THRU CHASSE to BJO ; FORWARD FACE CLOSE Bfly ;

{Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ; {Whisk} Repeat meas 3 Intro ; {Thru Chasse to BJO} [1,2&3] Thru R to fc prt, sd L/cl R, sd & fwd L (W thru L trng LF to fc ptr, sd R/cl L, sd & bk R) to BJO DLW ; {Fwd Fc Cl} Fwd R, sd & fwd L trng RF to fc ptr, cl R to BFLY DLW ;

PART B

01-05 TWIRL/VINE to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ; THRU FACE BEHIND ; ROLL 3 to SCP LOD ;

{Twirl/Vine to ½ OP LOD} Raisg jnd ld hnds Sd L, XRib, sd L (W sd R start trng RF on ball of R under ld hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; {M Roll Across} Fwd & sd R comm RF trn, sd L cont RF trn Xg ifo W, fwd R (W fwd L, R, L) to LOP LOD ld hnds tog ; {W Roll Across} Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xg lfo M cont trn, fwd & sd R) to ½ OP DLC w/ free arms out to sd ; {Thru Fc Behind} Thru R, sd L to fc ptr, XRib (W XLib) ; {Roll 3 to SCP} Start LF trn (W RF) sd & fwd L, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ;

06-10 CURVED FEATHER/W INSIDE TURN ; BACK & CHASSE/W TWIRL to SCAR ; FWD CHECKG/W DEVELOPE ;

BACK HOVER CORTE to BJO ; IMPETUS to SCP ;

{Curved Feather/W Insd Trn} Thru out fwd R stg to trn RF, contg RF trn sd & fwd L to Bjo, contg upper bdy trn fwd R (W sm fwd L, small sd R comm LF trn under ld hnds, small sd L compg LF trn) to BJO DRW ; {Bk & Chasse/W Twirl to SCAR} [1,2&3] Bk L, comm RF trn sd R/cl L, sd & fwd R (W fwd R toeing to ptr, twirlg RF sd L to fc RLOD/bk R to fc LOD, sd & bk L) to loose BFLY SCAR DLC ; {Fwd Checkg/W Develope} [1] Ck fwd L shapg to ptr, -, (W XRib, lift L leg up insd of R leg, extend L leg fwd w/ toe pntd down) to DLC ; {Bk Hover Corte to BJO} Bk R, comm LF trn sd & slightly fwd L DRC risg, rec sd & bk R (W fwd L, sd R risg & trng LF, rec L) to blendg to BJO DRC ; {Impetus to SCP} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R) to SCP DLC ;

10-15 WEAVE 6 to BJO ; ; MANEUVER ; OVER SPIN TURN ; BOX FINISH BFLY DLW [2^{de} & 3^{the} TIME: to CP DLW] ;

{Weave 6 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ; **{Maneuver}** Fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD ; **{Overspin Trn}** Bk L pivotg ½ RF to fc LOD, fwd R btwn W's ft heel lead cont trn to fc DRW, compl trn sd & bk L (*W fwd R btwn M's ft heel lead pivotg ½ RF, bk L cont trn to fc DLC, compl trn sd & fwd R*) to CP DRW ; **{Box Finish}** Bk R comm LF trn, sd L to fc DLW, cl R to BFLY DLW [2^{de} & 3^{the} TIME: to CP DLW] ;

PART C

01-05 HOVER TELE ; UNDERTURNED MANEUVER ; THREE BACK CROSS HOVERS to SCAR BJO & SCAR ; ; ;

{Hover Tele} Repeat meas 1 Part A ; **{Undertrnd Maneuver}** Trng RF fwd R ifo W, sd L cont trn to DRW, cl R (*W fwd L, R, L*) to CP DRW ; **{Bk Cross Hover to SCAR BJO & SCAR}** XLib (*WXRif*), sd & bk R rise, bk L to SCAR DLW ; XRib (*WXLif*), sd & bk L rise, bk R BJO DLC ; Repeat meas 3 Part C ;

06-10 OP FINISH to DLW ; WHISK ; IN & OUT RUNS ; ; SLOW SIDE LOCK ;

{OP Finish} Bk R, bk & sd L comm trng LF, fwd R cont LF trn to BJO DLW ; **{Whisk}** Repeat meas 3 Intro ; **{In & Out Runs}** Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP LOD ; **{Slow Sd Lock}** Thru R, fwd & sd L risg trng LF, cl R (*W thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

11-15 TELEMARK to SCP ; THRU SYNCOPATED VINE ; OP NATURAL ; IMPETUS to SCP ; THRU FACE CLOSE ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; **{Thru Sync Vine}** [1,2&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; **{OP Natural}** Repeat meas 2 Part A ; **{Impetus to SCP}** Repeat meas 10 Part B ; **{Thru Fc Cl}** Thru R, sd L trn to fc, cl R to CP DLW ;

ENDING

01 THRU to CHAIR & HOLD ;

{Chair} Strong fwd R in lunge action bending knee, -, -;