

# LA SERENATA

By : F. P. Tosti



**Choreo** : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN  
**Music** : PEPE PD-0005 CD "Basic Dance Music Vol. 2" Track 17  
or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp  
**Rhythm** : Rumba Phase V + 2 [Advanced Hip Twist, Continuous Hip Twist]  
+ 1 [Advanced Hockey Stick]  
**Sequence** : Intro - Dance - Dance - Ending **Tempo** : 25 MPM  
**Timing** : QQS unless noted on side of measure **Difficulty** : Average  
**Footwork** : Opposite except where noted **Released** : Nov, 2012 Ver. 1.0

## INTRO

### 1 - 4 WAIT;; BK TO HINGE; RISE TO FC M CL;

1-2 {Wait} CP RLOD trail ft free wait 2 meas;;  
3 {Back To Hinge} Bk R trn 1/4 LF, sd & slightly fwd L swivel upper body 1/8 LF with left sd stretch, relax L knee and veer R knee to sway right to look at W,- (W fwd L trn 1/4 LF, sd R and swivel LF on R with right sd stretch/lk LIB, relax L knee head to left with no wgt on R,-);  
SS 4 {Rise To Face M Close} Rise on L lead W to CP,-, cl R,- (W rise and swivel RF on L to fc ptr,-, tch R to L,-) end CP Wall;

## DANCE

### 1 - 4 NAT OPNG OUT W SPIRAL; FAN TO FC; OPN HIP TWIST; FAN TO FC;

1 {Natural Opening Out W Spiral} Sd L on ball of ft pressuring to floor with left sd stretch lead W to open her out with her left sd lead, rec R with slight right sd lead to lead W to CP, cl L,- (W with slight left sd stretch trn 1/2 RF bk R with right sd stretch, rec L with left sd stretch trn 1/2 LF, sm sd R spiral LF under jnd lead hnds,-) end L-Shape M fc Wall W fc LOD;  
2 {Fan To Face} Bk R, rec L trn 1/4 LF to fc LOD, sd & fwd R,- (W fwd L, fwd R trn 1/2 LF to fc RLOD, sd & bk L,-) end LOP Fcg LOD;  
3 {Open Hip Twist} Fwd L, rec R, cl L,- (W bk R, rec L, fwd R twd M with tention to R arm to swivel 1/4 RF,-) end L-Shape M fc LOD W fc COH;  
4 {Fan To Face} Repeat meas 2 Part A end LOP Fcg COH;

### 5 - 8 ADV HKY STK;; LUNGE & SIT LINE REC SD; THRU TO FAN;

5-6 {Advanced Hockey Stick} Fwd L, rec R, sd & fwd L comm trn RF to fc DLC,- (W bk R, rec L, fwd R,-); cont trn XRIB, cont trn sd & fwd L, fwd R,- (W fwd L, fwd R trn 1/2 LF, bk R,-) end LOP Fcg Wall;  
7 {Lunge & Sit Line Recover Side} Flex R knee slide L sd & bk raise R hnd up & bk, straighten R knee draw L to R, sd L blend to SCP,- (W sm bk R flex R knee L extended fwd raise L hnd straight up, rising on R rec L, sd R,-) end SCP LOD;  
8 {Through To Fan} Thru R, trn RF to fc Wall cl L, sd R,- (W thru L, fwd R trn LF to fc RLOD, sd & bk L,-) end Fan Pos M fc Wall;

**9 - 12 CHKD HKY STK w/X LUNGE;; HKY STK W SPIRAL ON 3 & OVRTRND TO FC;;**

- 9-10 {Checked Hockey Stick With Cross Lunge} Fwd L, rec R, cl L catch W's tummy with R-hnd,- (W cl R, fwd L, fwd R trn LF to fc Wall,-) end Tandem Wall;  
chk fwd R with lunge action hnds extended sd looking at ptr, rec L, sd R,- (W chk fwd L with lunge action hnds extended sd looking at ptr, rec R trn RF to fc RLOD, sd & bk L,-)  
end Fan Pos M fc Wall;
- 11-12 {Hockey Stick W Spiral On 3 & Overturned To Face} Fwd L, rec R, cl L raise jnd lead hnds across IF of his forehead to lead W to spiral,- (W cl R, fwd L, fwd R spiral LF I full trn under jnd lead hnds,-); bk R, rec L, reach sd R blend to CP,- (W fwd L, fwd R trn LF to fc COH, sd L,-) end CP Wall;

**13 - 16 CONTINUOUS HIP TWIST 1 1/2;; BK TO AIDA;**

- 13-15 {Continuous Hip Twist One And A Half} Fwd L on ball of ft with pressure into floor and slight RF upper body trn to look at ptr, rec R trn upper body bk, bk L almost IB of R,- (W swivel 1/2 RF on L bk R, rec L swivel 5/8 LF on L, fwd R outsd ptr swivel 3/8 RF,-) end L-Shaped CP M fc Wall W fc LOD;  
bk R slight LF upper body trn, rec L, fwd R almost IF of L slight RF upper body trn,- (W fwd L swivel 1/2 LF, fwd R swivel 1/4 RF, fwd L twd M's right sd slight RF upper body trn,-) end Bjo Wall with W slightly M's right sd;  
repeat meas 13;
- 16 {Back To Aida} XRIB trn slightly RF, cont trn bk L, cont trn sd & bk R,- (W fwd L comm trn LF, sd R cont trn, sd & bk L,-) end Aida Line Pos fc RLOD;

**17 - 20 SWITCH RK TO 1/2 OP; CHK THRU REC SD; CRAB WK 4; SPOT TRN 4;**

- 17 {Switch Rock To Half Open} Trn LF to fc ptr bring jnd hnds thru blend to Bfly rk sd L, rec R, rec L to Half OP LOD,-;
- 18 {Check Through Recover Side} Chk thru R, rec L trn RF to fc ptr, blend to Bfly sd R,-;
- QQQQ 19 {Crab Walk 4} In Bfly XLIF, sd R, XLIF, sd R;
- QQQQ 20 {Spot Turn 4} XLIF trn 3/4 RF, rec R cont trn to fc ptr, sd L, rec R blend to CP;

**21 - 24 X BODY TO STACKED R OVR L;; ADV HIP TWIST; W ROLL L TO HNDSHK;**

- 21-22 {Cross Body To Stacked Hands Right Over Left} Fwd L, rec R, trn LF [ft trn 1/4 body trn 1/8] sd L,-; bk R cont trn, rec L cont trn to fc COH, sd R,- (W bk R, rec L, fwd R twd M's right sd to end in L-Shaped Pos,-; fwd L comm trn LF, fwd R trn 1/2 LF to fc ptr, sd L,-) end Fcg ptr & COH stacked hnds R ovr L;
- 23 {Advanced Hip Twist} Raise jnd R hnds to lead W to trn RF to Valsouvienne Pos fwd L trn slightly RF, rec R trn bk to fc COH lower R hnds to XIF of body, bk L in bk of R,- (W swivel 1/2 RF bk R, rec L swivel 1/2 LF, fwd R outsd ptr swivel 1/4 RF,-) end L-Shape M fc COH W fc RLOD jnd hnds IF of W;
- 24 {W Roll Left To Face Reverse} Release hnds bk R, sd & fwd L comm trn LF, fwd R cont trn to fc RLOD jn R-R hnds,- (W fwd L, fwd R spiral LF 1 full trn, fwd L trn 1/2 LF to fc LOD,-) end Hndshk RLOD;

**25 - 28 OPN CONTRA CHK REC BK; WHIP TO FAN; ALEMANA LEAD; SPOT TRN;**

- 25 {Open Contra Check Recover Back} Upper body trn LF relax knee with strong right sd lead check fwd L in CBMP, rec R, bk L,-;
- 26 {Whip To Fan} Trn 1/4 LF bk R bring W twd LOD, rec L release R hnd & join lead hnds, sd R,- (W fwd L, fwd R trn 1/2 LF, sd & bk L,-) end Fan Pos M fc Wall,-;
- 27 {Alemana Lead} Fwd L, rec R, cl L,- (W cl R, fwd L, fwd R trn LF to fc ptr pt L sd,-);
- 28 {Spot Turn} XRIF trn 3/4 LF, rec L cont trn to fc ptr, sd R,- end CP Wall;

**“La Serenata”**

**(Continued)**

**29 - 32 FWD BASIC TO TORNILLO WHEEL;;; CUCARACHA;**

- 29-31 {Forward Basic To Tornillo Wheel} Fwd L, rec R fwd & sd L,- (W bk R, rec L, fwd R,-)  
end CP W with M's right sd; wheel RF fwd R, L, R,-; L, R, L to fc Wall,-  
(W bring L up to R knee look well left and stay on R toe keep R knee relax while M walk  
around) end CP Wall;
- 32 {Cucaracha} Rk sd R with partial wgt and foot rotation on ball of ft, rec L, cl R,-;

**REPEAT DANCE**

**END**

**1 LEFT LUNGE;**

- 1 {Left Lunge} In CP flex R knee move L sd & fwd, shift wgt to L, flex L knee slight body trn RF  
look at ptr (W look well right),-;