

LISBOA ANTIGUA

Music: Dulse Esmaralda
www.amazone.com/
Balli di Gruppo, 2004 Track # 8 Time 3:12
Shortened from 2:54,5 to 3:10,25 & Slowed down w/ -5%
Available from choreographer

Rhythm: Rumba Phase: V+1 (ReverseTop)
+2 U (Checkd Rev Top + Cont Undrarm Pass & Peeks)

Footwork: Opposite except where (Noted)

Release Date: Oct 20

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Sequence: INTRO AB AB AA END



INTRO

01-05 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; AIDA to RLOD ; SWICH ROCK & WAIT ; ~ ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Aida to RLOD} Xg ld-hnds ovr trl- to RLOD thru L, sd R trng LF, bk L cont LF trn to "V" bk to bk pos, -; {Switch Rock} Sd & bk R trng RF to fc ptr, hip rk L, hip rk R, -; {Wait & start on the word 'VERA'} ~ ;

PART A

01-04 BASIC HALF TO NATURAL TOP ; ; SURPRISE CHECK TO REVERSE TOP to WALL ; ;

{Basic ½ to Natural Top} Fwd L, rec R to CP trng ¼ RF, cont RF trn sd & slightly fwd L (W bk R, rec L to CP trng ¼ RF, XRif cont RF trn) to loose CP DRC, -; Cont 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 DLW, -; {Surprise Check to Reverse Top} Cont RF trn sd L to fc almost DRW checkg, trng LF rec R, trng LF XLif (W cont RF trn XRif checkg, trng LF rec L, trng LF sd & bk R) to CP DLW, -; Cont LF trn sd R, XLif cont LF trn, cont LF sd R (W cont trng LF XLib, cont LF trn sd & bk R, cont LF trn XLib) to CP WALL, -;

05-07 START CROSS BODY INTERRUPT w/ TWO SWIVELS ; ; FINISH CROSS BODY ;

{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 RF, -, fwd R swvl ½ LF) 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 to BFLY COH, -;

08-11 NATURAL OPENING OUT/W SPIRAL to FAN ; ; EXIT FAN to TANDEM COH ; OPPOSITE CUCARACHA /W PEEKS ;

{Nat Opening Out/ W Spiral to Fan} Lunge sd 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), -; Bk R, rec L, cl R (W fwd L, fwd R trng ½ LF, bk L to fc RLOD) to "L" pos ld-hnds jnd, -; {Exit Fan to Tandem COH} Fwd L, rec R raisg ld-hnds, cl L (W cl R, fwd L ifo M trng ¼ LF under ld-hnds to TANDEM COH, sd R), -; {Opposite Cucaracha /W Peeks} [ld-hnds still above W's head] Sd R w/ partial wgt, rec L, cl R (W sd L w/ partial wgt [trn upper body RF & look over rt-shoulder], rec R, cl L) to TANDEM COH, -;

12-15 OPPOSITE CUCARACHA /W PEEKS ; HOCKEY STICK ENDING to COH & r-hndshk ; HALF MOON ; ;

{Opposite Cucaracha /W Peeks} [ld-hnds still above W's head] Sd L w/ partial wgt, rec R, cl L (W sd R w/ partial wgt [trn upper body LF & look over lft-shoulder], rec L, cl R trng ½ RF to fc ptr) to BFLY COH, -; {Hockey Stick Ending to r-hndshk COH} Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld-hnds, bk L) to r-hndshk COH, -; {Half Moon} [r-hndshk] Swvl on R cross L thru to LOD (W cross R thru), rec R to fc, sd L, -; Bk R leading W across body, rec L trng LF to fc WALL, sd R (W fwd R comm LF trn, fwd L cont LF trn to fc ptr, sd R) to BFLY WALL, -;

PART B

01-04 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; THRU to AIDA ;

{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xifo W cont trn, sd & fwd R to ½ LOP LOD w/ trl-arms extended to sd (*W Fwd L, R, L*), -; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xifo M cont trn, fwd & sd R*) to ½ OP LOD w/ ld-arms extended to sd, -; **{Thru to Aida}** Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -;

05-08 To RLOD THRU SERPIENTE ; ; SPOT TURN TWICE to r-hndshk ; ;

{To RLOD Thru Serpiente} Thru L trng to fcg ptr, sd R, XLib (*XRib*), flare CW w/ R-ft ; XRib (*W XLib*), sd L, XRif (*XLif*), flare CW w/ L-ft ; **{Spot Turn x 2}** Relg hnds XLif (*W XRif*) trng ½ RF, rec R compg full RF trn to fc ptr, sd L to BFLY WALL, -; XRif (*W XLif*) trng ½ LF, rec L compg full LF trn to fc ptr, sd R to r-hndshk WALL, -;

09-12 SHADOW BREAK/W SPIRAL Into FAN/M SPOT TURN ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{Shadow Bk Break /W Spiral Into Fan/ M Spot Turn} [r-hndshk] Swivel LF on R bk L fc LOD, rec R, fwd L lead W LF spiral, - (*W swivel RF on L bk R fc LOD, rec L, fwd R, spiral LF*) ; [Chg Hands Behind Bk] Fwd R comm LF trn chg rt-hnd to lft-hnd behind his bk, rec L cont LF trn fc Wall, sd R (*W fwd L twd LOD, fwd R ½ LF trn, bk L*), -; **{Fence Line w/ Armsweep x 2}** XLif (*W XRif*) w/ bent knee lft-arm circle CW ifo body, rec R, sd L, -; XRif (*W XLif*) w/ bent knee r-arm circle CCW ifo body, rec L, sd R to BFLY WALL, -;

ENDING

01-04 CONTINUOUS CHASE w/ UNDERARM PASS & LADY PEEKS ; ; ; ;

{Continuous Chase w/ Underarm Pass & Lady Peeks} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (*W bk R, rec L, fwd R twds M's lft-sd*), -; Bk R raisg jnd ld-hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF under jnd ld-hnds, fwd & sd L contg to trn ½ LF*) to TAND COH w/ ld-hnds still jnd above the head W, -; Sd L, rec R, cl L (*W sd R lookg ovr lft-shldr, rec L, cl R*), -; Sd R, rec L, cl R (*W sd L lookg ovr r-shldr, rec R, cl L*) to TANDEM COH, -;

05-08 CONTINUE ; ; ; W SWIVEL to AIDA & EXTEND ARMS ;

{Continue} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (*W fwd R trng ½ LF, fwd L, fwd R twds M's lft-sd*), -; Repeat meas 2,3 Ending ; ; **{W Swiv to Aida & Extend Arms}** Thru R, sd L trng RF, bk R cont RF trn (*W sd L comm LF trn, sd R cont LF trn to RLOD, bk L cont LF trn*) to V-bk-to-bk pos RLOD, raisg trl-arms Up & Out ;