

MANUELA MULHER

Music: Julia Graciela

<https://music.apple.com/ec/album/eu-sou-aquela-adivinha-de-onde-sou/1443585804?l=en>

Track # 10 Time 3:09 Slow Down w/ -5 %

Available from choreographer

Rhythm: Rumba Phase: V + 1U (Cont. Chase w/ Underarm Pass & Peeks)

Footwork: Opposite except where (Noted)

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Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO ABC AB B(9-14) END



INTRO

01-04 TANDEM POS COH LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC ; ;

{Wait} Tandem Pos COH ld ft free wt 2 meas ; ; {Full Basic} Fwd L, rec R, sd L, -; Bk R, rec L, sd R to BFLY COH, -;

05-08 FINISH CONTINUOUS CHASE w/ UNDERARM PASS ; ; PEEK-A-BOO TWICE/ W SWIVEL to FACE ; ;

{Finish Continue Chase w/ Underarm Pass & Peeks} 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), -; 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 WALL w/ ld-hnds still jnd above the head W, -; {Peek-a-Boo} Sd L, rec R, cl L (W sd R lookg ovr lft-shldr, rec L, cl R), -; {Peek-a-Boo/W Swivel to Fc} Sd R, rec L, cl R (W sd L lookg ovr r-shldr, rec R trng ½ RF, cl L) to BFLY WALL, -;

PART A

01-04 ALEMANA INTO LARIAT/M SWIVEL to FACE in LOW BFLY ; ; START SIDE WALK ; ;

{Alemana Into Lariat/ M Swivel to Fc in Low Bfly} Fwd L, rec R, cl L (W bk R, rec L, fwd & sd R to lft-sd of M), -; Bk R, rec L, sd R (W fwd XLif trn RF, fwd R cont trn, sd L to r-sd M), -; Rk sd L, rec R, sd L trng ½ LF on last stp to fcg W and COH (W circ CW arnd M passing r-shldrs stepping fwd R, L, w/ jnd ld-hnds passing ovr M's hd to fc LOD then swvl ¼ RF on R to fc M) to LOW BFLY COH, -; {In Low Bfly Start Sd Walk} [In Low Bfly] Sd R to LOD, cl L, sd R to BFLY COH, -;

05-08 REVERSE UNDERARM TURN ; CRAB WALKS ; ; WHIP to WALL & r-hndshk ; ;

{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, -; {Crab Walks} Twds RLOD XRif (W XLif), sd L, XRif (W XLif), -; Sd L, XRif (W XLif), sd L, -; {Whip to WALL} 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, -;

09-12 FLIRT to VARSOUVIENNE ; ; TWO SWEETHEARTS ; ;

{Flirt to VARS} R-Hndshk WALL Fwd L, rec R, sd L leading W to trn LF (W bk R, fwd L, fwd R trng ½ LF) to VARS WALL, -; Bk R, rec L, sd R leading W to slide in front (W bk L, rec R, sd L) end in L-VARS WALL, -; {Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr [xtndg Ms lft-ams out to sd & rt-arm fwd], rec R, sd L (W Bk R w/ LF bdy trn & look at ptr [xtndg Ws lft-arms fwd & rt-arm out to sd], rec L, sd R), -; Chk Fwd R w/ RF bdy trn & look at ptr [xtndg Ms rt-arm out to sd & lft-arm fwd], rec L, sd R (W Bk L w/ RF bdy trn & look at ptr [xtndg Ws lft-arm out to sd & rt-arm fwd], rec R, sd L), -;

13-16 SWEETHEART /W SWIVEL to FACE ; AIDA ; HIP ROCK 3 & SWIVEL to FACE ; SPOT TURN ; ;

{Sweetheart W Swiv to Fc Into AIDA} M Repeat meas 11 Part A (W XRib shaping twd ptr, rec L, fwd R swivg RF to fc ptr), -; Thru R, sd L trng RF, cont RF trn bk R (W thru L, sd R trng LF, bk L cont LF trn) to V-bk-to-bk pos RLOD, -; {Hip Rock 3 & Swivel to Fc} [QQQQ] Rk fwd L, rec R, fwd L, swivel RF to fcg ptr & WALL; {Spot Trn} [Releasg hnds] XRif (W XLif) trng ¾ LF, rec L compg full LF trn to fc ptr, sd R to BFLY WALL, -;

PART B

01-04 NEW YORKER ; UNDERARM TURN INTO NATURAL TOP to WALL ; ; ;

{New Yorker} XLif (*WXRif*) to LOP RLOD, rec R to BFLY WALL, sd L, -; **{Underarm Turn Into Natural Top to WALL}** Raisg ld-hnds palm to palm XRib, rec L, sd R trng ¼ RF (*W XLif comm RF trn under ld-hnd, cont RF trn rec R fc COH, sd L trng ¼ RF*) to CP RLOD, -; Cont RF trn sd L, XRib, cont RF trn sd L (*W XRif, cont RF trn sd L, XRif*) to CP LOD, -; XLib, cont RF trn sd R, cls L (*W cont RF trn sd L, XRif, cls L*) end to CP WALL, -;

05-08 CLOSED HIP TWIST INTO FAN ; ; EXIT to TANDEM WALL ; HOCKEY STICK ENDING ;

{Closed Hip Twist to Fan} Rk sd & slightly fwd L, rec R, cl L (*W [QQQQ] trng RF ½ bk R, rec L trng LF ½, sd R small step, swivelg ¼ RF tch L*), -; Bk R, rec L, cl R (*W fwd L, sd & fwd R trng ½ LF, bk L leavg R xtnd fwd*) to Fan Pos, -; **{Exit Fan to TANDEM WALL}** Fwd L, rec R raisg ld-hnds, cl L (*W cl R, fwd L ifo M trng ¼ LF under ld-hnds to TANDEM WALL, sd R*), -; **{Hockey Stick Ending}** Sm bk R, rec L, long fwd R (*W fwd L, fwd R trng sharply ½ LF undr jnd ld-hnds, bk L*) to BFLY WALL, -;

09-12 SHOULDER to SHOULDER TWICE ; ; CROSS CHECK to SCAR/W DEVELOPE ; BACK to FACE & HIP ROCK TWO ;

{Shoulder to Shoulder x 2} Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R, -; **{Cross Check to SCAR/ W Develope}** [S] XLif Swiv to SCAR checkg (*W XRib Swiv to SCAR, bring L foot [w/ toe pointed down] up R leg to insd of R knee, extend L foot fwd*) using full meas, -; **{Bk to Fc & Hip Rk 2}** Bk R trng to fc & Low Bfly, hip action apt tog ovr L ft, apt ovr R ft, -;

13-16 CUDDLE/W SPIRAL INTO AIDA ; ; THRU SERPIENTE ; ;

{Cuddle /W Spiral Into Aida} Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld hnds (*W trn RF ½ bk R, trn LF ¼ to LOD, fwd R, spiral 7/8 LF under joined ld hands*), -; Repeat meas 14 Part A ; **{Thru Serpiente}** [QQQQ;QQQQ] Thru L to fc ptr, sd R, XLib, flare R CW (*W thru R to fc ptr, sd L, XRib, flare L CCW*) ; XRib, sd L, thru R, flare L CW (*W XLib, sd R, thru L, flare R CCW*) to BFLY WALL ;

PART C

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

{Continuous Chase w/ Underarm Pass & 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, -; **{Peek-a-Boo x 2}** 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 FACE ;

{Continue} Repeat meas 5,6 & 7 Intro ; ; ; **{W Swiv to Fc}** Repeat meas 8 Intro ;

ENDING

01 ROCK FORWARD & BACK & EXTEND ARMS ; ;

{Rk Fwd & Bk & Extndg Arms} [SS] Rk fwd L, -, rk Bk R extending trl-arms up & out ;