MANUELA MULHER

Music: **Julia Graciela**

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

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INTRO

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

{Wait} Bfly 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   CHASE w/ UNDERARM PASS OVERTURNED to TANDEM WALL & PEEKS TWICE/ W SWIVEL to FACE ; ; ; ;

{Chase w/ Underarm Pass Overturned to Tandem Wall & Peeks x 2/W Swiv to Fc} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L *(W bk R, 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, -; 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 swiv ½ RF, cl L)* to CP 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, -; {Start Sd Walk} [In Low Bfly] Sd R to LOD, cl L, sd R to BFLY COH, -;

05-08   FENCE LINE w/ ARMSWEEP ; CRAB WALKS ; ; WHIP to WALL & r-hndshk ;

{Fence Line w/ Armsweep} XLif *(W XRif)* w/ bent knee lft-arm circle CW ifo body, rec R, sd L, -; {Crab Walks} Twds LOD 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   SHADOW NEW YORKER ; r-hnd UNDERARM TURN ; SHADOW BREAK TWICE ; ;

{Shadow New Yorker} [w/ r-hndshk] Swvl on R cross L thru to LOP RLOD M bhd W *(W cross R thru)*, rec R to fc, sd L, -; {Underarm Turn} [w/ r-hndshk] Raisg rt-hnds palm to palm XRib, rec L, sd R *(W XLif comm RF trn under rt-hnds, cont RF trn rec R fc WALL, sd L)* to r-hndshk WALL, -; {Shadow Break x 2} [w/ r-hndshk] XLib *(W XRib)* trng both to OP LOD w/ W's L-arm xtnd bhd M's bk, rec R, sd L, -; [w/ r-hndshk] XRib *(W XLib)* trng both to LOP RLOD w/ M's lft-arm xtnd bhd W's bk, rec L, sd R to BFLY WALL, -;

13-16   AIDA to RLOD ; THRU SERPIENTE ; ; FENCE LINE w/ ARMSWEEP OVERTURNED to LEFT HAND STAR to RLOD ;

{Aida} to RLOD} Xg ld hnds ovr trl hnds to RLOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos, -; {Thru Serpiente} Thru R, sd L, XRib *(W XLib)*, flare CCW w/ L-ft ; XLib *(W XRib)*, sd R, XLif *(W XRif)*, flare CCW w/ R-ft ; {Fence Line w/ Armsweep Overturned to lft-hnd Star} XRif *(W XLif)* w/ bent knee rt-arm circle CCW ifo body, rec L, sd R trng ¼ RF *(W ¼ LF)* to lft-hnd Star to RLOD, -;

PART B

01-04 UMBRELLA TURN ; ; ; ;
[Umbrella Turn] [w/ lft hnd Star] Rk fwd L rlod, rec R, bk L *(W rk bk R, rec L, fwd R trn ½ LF rlod)*, -; Rk bk R, rec L, fwd R fc rlod *(W rk bk L, rec R, fwd L trn ½ RF to LOD)*, -; Repeat meas 1 Part B ; Rk bk R, rec L w/ ¼ LF trn to fc ptr, sd R *(W rk bk L, rec R fwd L w/ RF trn to fc ptr, sd L)* to BFLY WALL, -;
[RAL's current version of UMBRELLA TURNS may be used instead if preferred]

05-08 BASIC HALF INTO FAN ; ; EXIT to TANDEM WALL ; HOCKEY STICK ENDING ;
{Basic ½ Into Fan} Fwd L, rec R, sd L *(W bk R, rec L, sd R)*, -; Bk R, rec L, sd R releasg trl-hnds *(W fwd L, sd & bk R trng ½ LF, bk L leavg R xtnd fwd w/ no weight)* 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 DRW 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 OP BREAK ; THREE ALTERNATING UNDERARM TURNS W chng hnds ; M chng hnds & W ; ;
{OP Break} Apt L raisg trl-arm straight up, rec R**,** sd L to BFLY, -; **{3 Alternating Underam Turns W, M, & W}** Raisg jnd ld-hnds XRib, rec L, sd R *(W trng RF undr jnd ld-hnds fwd L, fwd R cont RF trn to fc ptr, sd L)*, -; [join trl-hnds] Trng RF undr jnd trl-hnds fwd L, fwd R cont RF trn to fc ptr sd L *(W XRib, rec L, sd R)*, -; [join ld-hnds] Repeat meas 2 Part B 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)*, -;

05-08 CONTINUE ; ; ; W SWIVEL to FACE ;
{Continue} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L *(W bk R, rec L trng ½ LF twds M's lft-sd, fwd R)*, -; Repeat meas 2,3 Part C ; ; **{W Swiv to Fc}** Repeat meas 8 Intro ;

ENDING

01-02 AIDA to RLOD ; ROCK FORWARD & BACK & EXTEND ARMS ;
{Aida to RLOD} Repeat meas 13 Part A ; **{Rk Fwd & Bk & Extndg Arms}** [SS] Rk fwd R, -, rk Bk L extending ld-arms up & out ;