

MARIA LA O

Music : The Columbia Ballroom Orch. Let's Dance Vol.11
<http://www.muzyiekweb.nl/Link/HKX0388>
Track # 5 Time 3:42
Available from choreographer

Rhythm: Rumba **Phase: V**

Footwork: Opposite except where (Noted)

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Sequence: **INTRO AB AB END**



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; AIDA to RLOD ; SWITCH ROCK ;

{Wait} BFLY POS WALL 1d ft free wt 2 meas ; ; {Aida to RLOD} Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, -; {Switch Rock} Sd & bk R trng RF to fc ptr, hip rk L, hip rk R, -;

DEEL A

01-04 ALEMANA INTO a LARIAT/ M TURN to FC ; ; ; DOOR ;

{Alemana Into a Lariat/M Turn to Fc} Fwd L, rec R, cl L to R (W bk R, rec L, fwd & sd R to l-sd of M), -; Bk R, rec L, sd R (W fwd XLif turn RF, fwd R cont turn, sd L to bjo M), -; Rk bk L, rec R, sd L trng 1/2 LF on last stp to fc W and COH (W circ CW arnd M passing R shldr stepping fwd R,L, w/ jnd ld hnds passing ovr M's hd to fc LOD then swvl 1/4 RF on R to fc M and WALL) to COH, -; {Door} Sd R w/ partial wgt, rec L, XRif (W XLif), -;

05-08 ENDING CRAB WALK ; THRU SERPIENTE ; ; FENCE LINE ;

{Ending Crab Walk } To RLOD Sd L, XRif (W XLif), sd L, -; {Thru Serpiente} Thru R, sd L, XRib (W XLib), flare L CCW ; XLib (W XRib), sd R, thru L, flare R CCW ; {Fence Line} To RLOD XRif (W XLif) w/ bent knee, rec L, sd R to BFLY COH, -;

09-12 CROSS BODY / W SPIRAL ; ; BASIC 1/2 to NATURAL TOP ; ;

{Cross Body/W Spiral } Fwd L, rec R, sd & bk L trng 1/4 LF (W bk R, rec L, fwd R spiraling 7/8 LF under joined ld hands) to "L" CP M fcg RLOD W fcg WALL, -; Bk R contg LF trn, rec L comp LF trn, sd R (W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L) to BFLY WALL ; {Basic 1/2 to Natural Top} Fwd L, rec R to CP, sd & fwd L trng RF (W bk R, rec L to CP, fwd R bet M's ft tng RF) to CP RLOD, -; XRib, sd L, cl R (W sd L, fwd R bet M's ft, cl L) to CP WALL, -;

13-16 NATURAL OPENING OUT/W SPIRAL INTO a FAN ; ; ALEMANA & r-hndshk ; ;

{Natural Opening Out/ W Spiral Into a 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/ 1/2 RF trn, rec L, fwd R Spiral 7/8 LF), -; Bk R, rec L, sd R (W fwd L, fwd R trng 1/2 LF, bk L to fc RLOD) to "L" pos ld hands joined, -; {Alemana} Fwd L, rec R, cl L (W cl R, fwd L, fwd R trng RF to fc ptr),-; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (W trng RF undr jnd hnds fwd L, fwd R cont RF turn, fwd & sd L to fc ptr) to r-hndshk, -;

PART B

01-04 SHADOW NEW YORKER ; UNDERARM TURN ; SHADOW BREAK to OP ; START PARALLEL BREAKS ;

{Shadow New Yorker} w/ r-hndshk Thru L (W thru R) to LOP RLOD w/ M's L-arm xtnd bhd W's bk, rec R to fc ptr, sd L, -; {Underarm Turn} Raisg trail hnds palm to palm XRib, rec L, sd R (W XLif comm RF trn under trail hnd, cont RF trn rec R fc COH, sd L) keep r-hndshk WALL, -; {Shadow Break to OP} XLib (W XRib) trng both to LOD w/ W's L-arm xtnd bhd M's bk, fwd R, L to OP LOD, -; {Start Parallel Breaks} w/ r-hndshk Rk bk R leading W across in front, rec L, fwd R to fc Line (W fwd L trng 1/4 Lf in front of M, fwd R trng 1/2 Lf to fc Wall, sd & fwd L) [similar to W whip action] to LOP LOD, -;

05-08 FINISH PARALLEL BREAKS ; SEND W to FAN ; START STOP & GO HOCKEY STICK ;

INTERRUPT w/ 2 SWIVELS ;

{Finish Parallel Breaks to OP} w/ r-hndshk Fwd L trng 1/4 Lf in front of W, fwd R trng 1/2 Lf to fc Wall, sd & fwd L (W rk bk R allowing M to pass across in front, rec L, fwd R to fcg LOD) [similar to M whip action] to OP LOD, -; {Send W to a Fan} Fwd R, cl L to fcg ptr chng to ld hnds, sd R (W fwd L, fwd R trng 1/2 LF, bk L) to Fan Pos, -; {Start Stop & Go Hockey Stick} Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" pos (W cl R, fwd L, fwd R, trng sharply 1/2 LF under jnd hands to fc LOD), -; {Interrupt w/ 2 Swivels} [SS] Rk sd R trng bdy slightly LF, -, rk sd L trng bdy slightly RF (W fwd L swvl LF 1/2, -, fwd R swvl RF 1/2) still in "L" pos, -; [these rocks are in opposite direction]

09-12 FINISH STOP & GO ; HOCKEY STICK ; ; NEW YORKER ;

{**Finish Stop & Go**} XRib, rec L, cl R (*W fwd L, fwd R trng 1/2 LF to fc RLOD, bk L*) to Fan Pos, -; {**Hockey Stick**} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Sm bk R, rec L, long fwd R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L*) to LOP-FCG DRW, - ; {**New Yorker**} XLif (*W XRif*) to LOP, rec R to fc ptr, sd L , -;

13-16 AIDA ; SWITCH & RECOVER ; SHOULDER to SHOULDER TWICE ; ;

{**Aida**} Thru R, sd L comm trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; {**Switch & Rec**} [SS] Trn LF to fc ptr sd & bk L, -, rec R, -; {**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, - ;

ENDING

01-02 AIDA to RLOD ; SWITCH & RECOVER to LEFT LUNGE EXTEND ARMS to SIDE ;

{**Aida to RLOD**} Repeat meas 3 Intro ; {**Switch & Rec to a L Lunge**} [SS] Trn RF to fc ptr sd & bk R, -, lunge sd L with soft L knee keeping R leg extended & trng bdy sltly LF& extend arms to sd , -;