

ME CONDENAS (Bachata Version)

Music: Patricia Manterola
www.amazon.com Cd. Déjame Volar
Track # 7 Time 4:02
Available from choreographer

Rhythm: Rumba **Phase:** V+1 (Turkish Towel)

Footwork: Opposite except where (Noted)

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Sequence: INTRO ABC D A B(1-8) C D B*(1-7) D A(1-8) END



INTRO

BFLY WALL LEAD FOOT FREE WAIT FOR 6 GITAR NOTES

PART A

01-04 FULL BASIC ; ; SPOT TURN TWICE ; ;

{Full Basic} Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -; {Spot Turn Twice} Relg hnds XLif (*W XRif*) trng RF, rec R compg full trn, sd L to fc [no hndhold], -; XRif (*W XLif*) trng LF, rec L compg full trn, sd R to fc & BFLY, -;

05-08 THRU SERPIENTE ; ; FENCE LINE TWICE ; ;

{Thru Serpiente} Thru L, sd R, XLib (*W XRib*), flare R CW ; XRib (*W XLib*), sd L, thru R, flare L CW ; {Fence Line Twice} XLif (*W XRif*) w/ bent knee, rec R, sd L, -; XRif (*W XLif*) w/ bent knee, rec L, sd R, -;

09-10 TIME STEP TWICE ; ;

{Time Step Twice} [Bring finger tips tog in front of chest] XLib (*W Xib*) ext both arms out to side, rec R, sd L [Bring finger tips tog in front of chest, -; XRib (*WXib*), ext both arms out to side rec L, sd R to BFLY WALL, -;

PART B

01-04 ALEMANA Into a LARIAT 3/M TURN to FACE ; ; DOOR ; ;

{Alemana Into a Lariat 3/ M Trn to Fc} Fwd L, rec R, cl L, raise jnd ld hnds to palm-to-palm (*W bk R, rec L, fwd R twd M's R sd*), -; XRib, rec L, sd R (*W fwd L & swvl RF to fc COH, fwd R & swvl RF to fc DLW, fwd to LOD*), -; Sd L w/ partial wgt, rec R, small fwd L trng ½ LF to fcg W & COH (*W w/ ld hnds still jnd circ CW arnd M fwd R, L, R to fcg M*), -; {Door} Rk sd R, rec L, XRif (*W rk sd L, rec R, XLif*) to BFLY COH, -;

05-08 CROSS BODY/W SPIRAL ; ; SHOULDER to SHOULDER TWICE ; ;

{Cross Body/W Spiral} Fwd L, rec R, sd & bk L trng ¼ 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, -; {Shoulder to Shoulder Twice} Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R & r-hndshk, -;

09-12 FLIRT to VARS ; ; SWEETHEART TWICE ; ;

{Flirt to VARS} Fwd L, rec R, sd L (*W bk R, rec L, fwd R, swvl 1/2 LF*) to VARS WALL, -; Bk R, rec L, sd R (*W bk L, rec R, sd L slidg if of M*) L-VARS WALL, -; {Sweetheart Twice} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L (*W Bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R*), -; Chk Fwd R w/ RF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R (*W Bk L w/ RF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L*), -;

13-16 SWEETHEART/W SWIVEL to FACE & to a FAN ; ; HOCKEY STICK w/ SPIRAL (Optional) ; ;

{Sweetheart/W Swivel to Fc & to a Fan} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, cl L (*W bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, fwd R trng ¾ RF to fcg LOD*), -; Bk R, rec L, sd R (*W Fwd L, fwd R trng ½ LF to Fan pos, bk L*), -; {Hockey Stick w/ Spiral} Fwd L, rec R, cl L (*W [1,2,3&] cl R, fwd L, fwd R, spiralling 7/8 LF*), -; 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, -;

PART C

01-06 NEW YORKER TWICE ; ; CROSS CHECK /W DEVELOPE ; BACK SIDE THRU ; CUCARACHA TWICE & r-hndshk ; ;

{New Yorker Twice} XLif (*W XRif*) to LOP, rec R to fc ptr, sd L, -; XRif (*W XLif*) to OP, rec L to fc ptr, sd R, -; {Cross Ck /W Developpe} [S] Ck Fwd L outsd ptr to DLW, -, shape to ptr extending R sd of body (*W bk R to DLW, -, raise L knee & extend L fwd*), -; {Bk Sd Thru} Bk R to WALL, sd L, XRif, -; {Cucaracha x 2} Sd L [extend free arm out & in], rec R, cl L, -: Sd R [extend free arm out & in], rec L, cl R & r-hndshk, -;

07-09 CROSS BODY INTERRUPT WITH 2 SWIVELS ; ; FINISH CROSS BODY ;

{Cross Body Interrupt w/ 2 Swivels} Fwd L, rec R trng LF 1/4, sd L (*W bk R, rec L, fwd R*) to "L" shaped loose CP pos M fcg LOD & W fcg COH, -; [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (*W fwd L swvl LF 1/2, -, fwd R swvl RF 1/2*) still in "L" pos, -; {Finish Cross Body} Bk R, rec L trn LF 1/4, sd R (*W fwd L, fwd R trng LF 1/2, sd L*) to COH [Keep r-hndshk], -;

10-13 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to FACE & r-hndshk ;

{Trade Places Twice} With r-hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (*W rk apt R, rec L trng ¼ LF to fc LOD front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL*) joining l-hnds, -; With l-hnds jnd rk apt R, rec L trng ¼ LF to fc LOD beh W then rel jnd L-hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (*W rk apt L, rec R trng ¼ RF to fc LOD in front of M then rel jnd l-hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH*), -; {Trade Places/W Spiral} With r-hnds jnd Rk apt L, rec R comm to pass R shldr while trng ¼ RF and keeping R hnds jnd, cont to trn RF but slightly less than in meas 10 stepping sd L twd COH (*W rk apt R, rec L, fwd R fwd WALL spiralling 7/8 LF undr jnd r-hnds to end almost fcg WALL*), -; {W Out to Fc} Trng bdy RF to fc WALL stp fwd twd WALL R,L,R (*W fwd WALL L, fwd R trng ½ LF to fc COH, sd & bk L*) to r-hndshk WALL, -;

PART D

01-06 BASIC ½ to a TURKISH TOWEL ; ; 3 BREAKS ; ; W OUT to FACE ;

{Basic ½ to a Turkish Towel} Fwd L, rec R, sd L (*W bk R, rec L, sd & fwd R*), -; Bk R, rec L, sd R to VARS M in front W to her right sd (*W XLif trn RF under R hnds, fwd R cont trn, fwd L arnd M join L hnds*), -; {3 Breaks} Ck bk L, rec R, sd L to W left sd (*W ck fwd R, rec L, sd R*), -; Bk R trng 1/4 LF, rec fwd L trng 1/4 LF to COH, sd R (*W fwd L, fwd R trng ½ LF, sd L*), -; Repeat meas 3 Part D, -; {W Out to Fc} Ck bk R, rec L, sd R (*W fwd L, fwd R trng LF to fc, sd L*), to BFLY WALL, -;

PART B* (1-7)

01-04 ALEMANA Into a LARIAT 3/M TURN to FACE ; ; ; DOOR ;

{Alemana Into a Lariat 3/ M Trn to Fc} Repeat meas 1,2,3 Part B ; ; ; {Door} Repeat meas 4 Part B ;

05-07 CROSS BODY/W SPIRAL ; ; SHOULDER to SHOULDER in 4 & r-hndshk ;

{Cross Body/W Spiral} Repeat meas 5,6 Part B ; ; {Shoulder to Shoulder in 4} Fwd L to SCAR, rec R to fc, sd L, cl R & r-Hndshk, -;

ENDING

01 SLOW AIDA to RLOD & EXTEND ;

{Slow Aida to RLOD & Extend} Slow thru L to RLOD, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, extend ld arms ;