

MY CHERIE AMOUR

Rhythm/Phase: Rumba, Phase III Phase 3 Teaching Rumba
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Release Date: February 25, 2016
Music: "My Cherie Amour" by Rod Stewart
Album: Soulbook, Track 2
Download: Amazon.com and other sources
Time/Speed: Downloaded file: 3:10 - Play at original speed.
Footwork: Opposite throughout (*Lady as noted in parentheses*).
Timing: QQS unless otherwise noted, reflects actual weight changes.
Degree of Difficulty: Easy - Instructional Rumba For Phase 3. Includes 23 Phase III Roundalab Rumba Figures.
Sequence: INTRO, A, B, C, A, D, B, C, E, ENDING

INTRODUCTION

1-4 WAIT 2X;; CUCARACHA 2X;;

1-2 {Wait} M fc prtnr and Wall-lead ft. free-no hands joined - Wait 2 measures ;;
3-4 {Cucarachas} Sd L partial wt, rec R, cl L - ; Sd R partial wt, rec L, cl R - ;

5-8 CHASE;;;;

5-8 {Chase} Fwd L comm 1/2 RF turn, rec fwd R, fwd L, - ; Fwd R comm 1/2 LF turn, rec fwd L, fwd R, - ;
Check Fwd L, rec R, bk L, - ; Check Bk R, rec L, fwd R, - ;
(Check Bk R, rec L, fwd R, - ; fwd L comm 1/2 RF turn, rec fwd R, fwd L, - ;
fwd R comm 1/2 LF turn, rec fwd L, fwd R, - ; Check Fwd L, rec R, bk L, - ;)

PART A.

1-4 BASIC;; FENCELINE; SPOT TURN;

1-2 {Basic} Check fwd L, Rec R, sd L, - ; Check bk R, Rec L, sd R, - ;
3 {Fenceline} In BFLY-Wall Cross lunge thru L twd RLOD with bent knee, rec R, sd L, - ;
4 {Spot Turn} Swiveling on left ft fwd R twd LOD trng 1/2 LF, rec L compl turn to fc prtnr, sd R, - ;

5-8 HAND TO HAND; CRABWALKS;; FENCELINE;

5 {Hand to Hand} Swiveling LF on rt foot step Bk L to Open pos-LOD, rec R to fc prtnr, sd L, - ;
6-7 {Crabwalks} Toward LOD XRIF, sd L, XRIF, - ; Sd L, XRIF, sd L, - ;
8 {Fenceline} In BFLY-Wall Cross lunge thru R twd LOD with bent knee, rec L, sd R, - ;

PART B.

1-4 REV UNDERARM TURN; UNDERARM TURN; TIME STEPS 2X;;

1 {Rev UA Turn} XLIF leading W to turn LF, rec R, sd L ;
(Swiveling 1/4 LF on left foot step fwd R turning 1/2 LF, rec L turnng 1/4 LF to fc prtnr, sd R, - ;)
2 {UA Turn} Bk R leading W to turn RF, rec L, sd R, - ;
(Swiveling 1/4 RF on rt foot step fwd L turning 1/2 RF, rec R turning 1/4 RF to fc prtnr, sd L, - ;)
3-4 {Time Steps} Staying parallel to prtnr XLIB, rec R, sd L, - ; XRIB, rec L, sd R, - ;

5-8 OPEN BREAK; WHIP; NEW YORKER; WHIP;

5 {Op Break} With lead hands joined rock apart L ext rt arm out w/ palm down, rec R lowering rt arm, sd L, - ;
6 {Whip} Bk R comm 1/4 LF turn, rec fwd L turning 1/4 to fc COH, sd R, - ;
(Fwd L outside M on his left sd, fwd R turning 1/2 LF, sd L, - ;)
7 {New Yorker} Thru L with straight leg to LOP pos fc LOD, rec R to fc prtnr, sd L, - ;
8 {Whip} Bk R comm 1/4 LF turn, rec fwd L turning 1/4 to fc Wall, sd R, - ;
(Fwd L outside M on his left sd, fwd R turning 1/2 LF, sd L, - ;)

PART C.

1-4 SHOULDER TO SHOULDER 2X;; BREAK BACK TO OPEN; PROG WALK 3;

- 1-2 {Shoulder To Shoulder} Fwd L to BFLY SCAR pos DRW, rec R, sd L to BFLY-wall, - ;
Fwd R to BFLY BJO pos DLW, rec L, sd R to BFLY-Wall, - ;
3 {Brk to Open} Swiveling LF on rt foot step Bk L to Open pos-LOD, rec R, fwd L, - ;
4 {Prog Walk} Toward LOD Fwd R, fwd L, fwd R, - ;

5-8 SLIDING DOOR 2X;; CIRCLE AWAY & TOG;;

- 5-6 {Sliding Doors} Rk apart L, rec R rel hands, XLIF changing sides to LOP-LOD as W XIF of man, - ;
Rk apart R, rec L rel hands, XRIF changing sides to OP-LOD as W XIF of man, - ;
7-8 {Circle Away & Tog} Separating from prtr and moving away in a circular pattern
Fwd L, fwd R, fwd L to fc RLOD, - ; cont circling fwd R curving toward prtr, fwd L, fwd R to BFLY-Wall, - ;

1-8 PART A. BASIC;; FENCELINE; SPOT TURN; HAND TO HAND; CRABWALKS;; FENCELINE;

PART D.

1-4 CHASE WITH PEEKABOO;;;

- 1-4 {Chase Peekaboo} Fwd L turning 1/2 RF to Tandem-COH [man in front], rec R, fwd L, - ;
Sd R looking over left shoulder, rec L, cl R, - ; Sd L looking over rt shoulder, rec R, cl L, - ;
Fwd R turning 1/2 LF to fc prtr and Wall, rec L, fwd R, - ;
(Check Bk R, rec L, fwd R to Tandem-COH [man in front], - ; Sd L, rec R, cl L, - ;
Sd R, rec L, cl R, - ; Check Fwd L, rec R, bk L, - ;)

5-8 1/2 BASIC; UNDERARM TURN; LARIAT;;

- 5 {1/2 Basic} Check fwd L, Rec R, sd L, - ;
6 {UA Turn} Bk R leading W to turn RF, rec L, sm sd R making room for W to begin lariat, - ;
(Swiveling 1/4 RF on rt ft step fwd L trng 1/2 RF, rec R trng 1/4 RF, sd L & sl fwd L to fc M's rt sd, - ;)
7-8 {Lariat} Step in place L, R, L, - ; Step in place R, L, R - ;
(Circling M clockwise under joined lead hands Fwd R, fwd L, fwd R, - ;
Cont. circling M Fwd L, fwd R, fwd L to end fc prtr, - ;)

1-8 PART B. REV UNDERARM TURN; UNDERARM TURN; TIME STEPS 2X;; OPEN BREAK; WHIP; NEW YORKER; WHIP;

1-8 PART C. SHOULDER TO SHOULDER 2X;; BREAK BACK TO OPEN; PROG WALK 3; SLIDING DOOR 2X;; CIRCLE AWAY & TOG;;

PART E.

1-8 CHASE WITH DOUBLE PEEKABOO;;;

- 1-4 {Double Peekaboo Chase} Fwd L turning 1/2 RF to Tandem-COH [man in front], rec R, fwd L, - ;
Sd R looking over left shoulder, rec L, cl R, - ; Sd L looking over rt shoulder, rec R, cl L, - ;
Fwd R turning 1/2 LF to Tandem-Wall [lady in front], rec L, fwd R, - ;
(Check Bk R, rec L, fwd R to Tandem-COH [man in front], - ; Sd L, rec R, cl L, - ; Sd R, rec L, cl R, - ;
Fwd L turning 1/2 RF to Tandem-Wall [lady in front], rec R, fwd L, - ;)
5-8 Sd L, rec R, cl L, - ; Sd R, rec L, cl R, - ; Check Fwd L, rec R, bk L, - ; Check Bk R, rec L, fwd R, - ;
(Sd R looking over left shoulder, rec L, cl R, - ; Sd L looking over rt shoulder, rec R, cl L, - ;
Fwd R turning 1/2 LF to face prtr, rec L, fwd R, - ; Check Fwd L, rec R, bk L, - ;)

ENDING

1-3 SIDEWALKS;; SIDE-CORTE;

- 1-2 {Side Walks} Toward LOD Sd L, cl R, sd L, - ; Cl R, sd L, cl R, - ;
Q, - - - 3 {Sd-Corte} Blending to CP-Wall Sd & sl bk L, relaxing L knee point R ft RLOD, - , - ;

MY CHERIE AMOUR

Quick Cues

Rumba - Phase 3+1 (Alemana) **Choreo.**: Jack and Sharie Kenny **Speed**: Original Speed
Music: "My Cherie Amour" by Rod Stewart **Album**: Soulbook, Track 2

Instructional Rumba for Phase 3+1. Includes 23 Phase III Figures.

Starts With Men Facing Partner & Wall, Lead Ft. Free, No Hands Joined.

INTRO: WAIT 2X;; CUCARACHA 2X;; FULL CHASE;;;;

PART A: FULL BASIC;; FENCELINE; SPOT TURN; HAND-TO-HAND;
CRABWALKS (LOD);; TO A FENCELINE;

PART B: REV UNDERARM TURN; UNDERARM TURN; TIME STEPS 2X;;
OPEN BREAK; WHIP (COH); NEW YORKER; WHIP (WALL);

PART C: SHOULDER TO SHOULDER 2X;; BREAK BACK TO OPEN; PROG WALK 3;
SLIDING DOOR 2X;; CIRCLE AWAY & TOG;;

PART A: FULL BASIC;; FENCELINE; SPOT TURN; HAND-TO-HAND;
CRABWALKS (LOD);; TO A FENCELINE;

PART D: CHASE-PEEKABOO;;; 1/2 BASIC; UNDERARM TURN; TO A LARIAT;;

PART B: REV UNDERARM TURN; UNDERARM TURN; TIME STEPS 2X;;
OPEN BREAK; WHIP (COH); NEW YORKER; WHIP (WALL);

PART C: SHOULDER TO SHOULDER 2X;; BREAK BACK TO OPEN; PROG WALK 3;
SLIDING DOOR 2X;; CIRCLE AWAY & TOG;;

PART E: CHASE-DOUBLE PEEKABOO;;;;;;;

ENDING: SIDEWALKS (LOD);; SIDE-CORTE;