

O SOLO MIO

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CD LABEL:Umgl/Giffen IL VOLO – Track # 3 (edited)
Or Contact Choreographer Footwork: Opposite Unless Noted
Phase: V+ 2 Rumba (Rudolph Released: APRIL 2012 (ver. 1.2)
Ronde & Circular 3 Alemanas (Slow for comfort 42/43)
Sequence: A – INT- B –A – INT – B MOD # 1- B MOD # 2 - END

INTRO

1-3 SHAD POS DLW BOTH LF FT FREE WAIT 1 MEAS; SD LUNGE **SHAPE; M REC W TRN CL CP/DLW;**

1 SHAD POS DLW W 1 MEAS L FT FREE FOR BOTH;
ss 2-3 **[sd lng]** Sm ft wk Lunge sd L, sweep both arms across body
and extend , - ; **[rec m w trn trans]** M rec, - , - (W rec/trn RF, -
, cl L to R) to CP/DLW, - ;

PART A

1-4 CP/DLW 1/2 BASIC; NAT TOP 6 TO FC DLC;; RUDOLPH RONDE BK **TO BJO;**

qqqs 1-2 **[1/2 basic]** CP/DLW Fwd L, rec R, trn RF sd & slightly fwd L (W
bk R, rec L, trn RF fwd R), - ; **[start nat top]** Trn RF XRIB of L
toe to heel, cont RF trn sd L, cont RF trn XRIB of L toe to heel (W
trn RF sd L, cont RF trn XRIF of L, cont RF trn sd L) to loose CP
DLC, - ;

qqqs 3-4 **[cont nat topl]** Cont RF trn sd L, XRIB of L toe to heel, cont RF
trn sd L (W cont RF trn XRIF of L, cont trn sd L, cont trn XRIF of
L)to CP/DLC , - ; **[Rudolph ronde bjo]** fwd R between W's feet
keeping L ft bk flex R knee while turning upper body RF,-, bl L, bk
R (W bk L ronde R ft in a CW circular ronde movement while trng
RF on L, - bk R in SCP, trn LF sd & fwd L) to CBJO/DLW;

5-8 M BK INTO AIDA; SWITCH X; SD WK; SPOT TRN;

qqqs 5-6 **[m bk into aida]** Bk L, bk R, bk L (W fwd R, fwd L trn RF, bk R)
end bk to bk V-shape pos fc LOD, - ; **[switch x]** Take jnd trailing
hds thru twd RLOD trn RF (W LF) sd R to BFLY/WALL, rec L,
XRIF (W XLIF of R) of L, - ;

qqqs 7-8 **[sd wk]** Sd L, cl R, sd L (W sd R, cl L, sd R), - ; **[spot trn]** Thru R
release hds trn LF (W RF) to fc RLOD, fwd L cont trn to fc ptr, sd
R, - ;

9-12 CIRCULAR THREE ALEMANAS;;;;

qqqs 9-10 **[3 circular alemanas]** Fwd L, rec R, comm. RF trn sd & slightly
fwd L raising lead hds palm to palm (W bk R, fwd L, fwd R
comm trn RF) to end LOP fc M fc DRW, - ; Cont RF trn XRIB of
L, cont RF trn sd L, cont RF trn XRIF of L (W fwd L LOD trn RF
under joined lead hds, fwd R RLOD, fwd L LOD) to end LOP FC
M FC COH;

- qqqs 11-12 **[cont 3 circular alemanas]** Cont RF trn sd & fwd L leading W to trn under, cont RF trn XRIB of L, cont RF trn sd & slightly bk L (W fwd & across R trn LF under joined lead hds, fwd L RLOD trn LF under joined ld hds, fwd R COH) end lead hds high M fc Wall; Bk R, rec L small fwd R (W fwd L DLC trn RF under joined lead hds, fwd R cont RF trn to fc M, fwd L) to CP/WALL;
- 13-16** **CLOSED HIP TWIST; FAN; HOCKEY STICK TO TANDEM/DRW;;**
- qqqs 13-14 **[cl hip twist]** Sd L w/slight RF body trn, -, rec R, cl L to R lower lead hds to lead W to hip twist (W swvl ½ RF on L/bk & sd R, rec L trn ½ LF bk to fc M, cl R to L swvl ½ RF);**{option may dance op hip twist}** **[fan]** Bk R lead W fwd, rec L, sd R,- (W fwd L, fwd R swvl LF to fc RLOD, bk L) end fan pos M fc Wall, - ;
- qqqs 15-16 **[hky stk ot to tandem]** Fwd L, rec R, cl L raising jnd lead hands (W cl R to L, fwd L, fwd R); Bk R, rec L trn RF ¼ to fc DRW, fwd R (W fwd L passing under jnd lead hands, fwd R spiral LF, fwd L) end tandem pos both fc DRW;

INTERLUDE

- 1-2** **HOLD W SWIVL TO FC & W COMB HAIR;;**
- s s s s 1-2 M hold,-, -, extend R hand up & out ; take full meas to slowly bring R arm up , -, down, and out ; (W on L foot swivel R fc to fc partner extend L arm up & out , - ; comb L hand down & behind head and extend up & out ;;)

PART B

- 1-4** **NEW YORK TWICE ;; BFLY SL CRAB WK 2 SL; BK BRK w/SPIRAL;**
- qqqs 1-2 **[nyr twice]** Trn RF fwd L RLOD, rec R trn LF, cont LF trn sd L to fc ptr in BFLY,-; Trn LF fwd R LOD, rec L trn RF, cont RF trn sd R to fc ptr in BFLY, - ;
- ss 3-4 **[sl crab wk]** Fwd & across L trn hips to RLOD, - , sd R hips to BFLY/WALL , - ; **[Bk brk w/spiral]** Swvl LF on R break bk L, rec R, fwd L LOD spiral RF(W LF) , - ;**{option – may dance hand to hand}**
- 5-9** **CRAB WKS;; FAN; ALEMANA;;**
- qqqs 5-6 **[crab wks]** BFLY Thru R XIF of L, sd L, thru R,-; Sd L, thru R XIF of L, sd L, - ;
- qqqs 7-9 **[fan]** Bk R lead W fwd, rec L, sd R,- (W fwd L, fwd R swvl LF to fc RLOD, bk L) end fan pos M fc Wall, - ; **[alemana]** Fwd L, rec R, cl L raise lead hands high palm to palm (W cl R, fwd L, fwd R slight RF trn to fc M), - ; Bk R, rec L, cl R (W fwd L trn RF under joined lead hands, fwd R cont RF trn to fc M, fwd L) CP/Wall, - ;
- 10-12** **OP OUT TO SL SPIRAL;; HKY STK END;**
- ss 10-12 **[sl op out]** Sd L lead W to op out RF,-, hold & lead W to rec(W swvl RF ¼ bk R RLOD,-, rec L, cl R),- ; Lead W to slow LF spiral 1 full meas (W slow spiral LF 1 full meas);
- s -
- qqqs **[hky stk end]** Bk R, rec L, fwd R (W fwd L, fwd R spiral LF, sd & bk L) to fc ptr and WALL , - ;
- 13-17** **CROSS BODY;; CROSS BODY;; SL HIP RKS;**
- qqqs 13-14 **[cross body]** Fwd L, rec R trn LF sd L,-, bk R (W bk R, rec L,

qqqs fwd R), - ; Bk R, rec L trn LF, sd R (W fwd L, fwd R trn ½ LF, sd & bk L)fc COH, - ; ;
 15-17 **[cross body]** Repeat meas 13 & 14 of Part B;; **[sl hip rks]**
 ss Rk sd L, - , rk sd R, - ;

REPEAT PART A

REPEAT INTERLUDE

B MODIFIED # 1

1-9 REPEAT MEAS 1 – 9 PART B;:::;:::;
10-12 OP OUT W/SPIRAL; HKY STK END;
 1-9 Repeat meas 1 – 9 Part B;:::;:::;
 qqqs 10-11 **[op out W spiral]** Sd L lead W to op out RF,,rec L, cl R (W swvl
 qqqs RF ½ bk R RLOD, rec L, cl R spiral LF), - ;**[hky stk end]** Bk R,
 rec L, fwd R (W fwd L, fwd R spiral LF, sd & bk L) to fc ptr and
 WALL , - ;
**12- 18 CROSS BODY;; CROSS BODY;;OPEN BREAK FREEZE ; W VERY
 SL COMB HAIR RECOVER 2 meas ;;**
 qqqs 12-13 **[cross body]** Repeat meas 13 & 14 part B;;
 14-15 **[cross body]** Repeat meas 15 & 16 part B;;
 s - 16-17 **[op brk freeze & rec]** Bk L , - hold, extend R arm out to side, -
 (W bk R, - , hold, extend L arm up & out); M hold slowly extend
 R arm up & out, down & out, - , rec R (W raise L arm slowly
 comb hair, - , & behind head and extend up & out, rec L);

B MODIFIED # 2

1-9 REPEAT MEAS 1 – 9 PART B;:::;:::;
10-11 OP OUT W/SPIRAL; HKY STK END;
 1-9 Repeat meas 1 – 9 Part B;:::;~::~;
 qqqs 10-11 **[op out W spiral]** Sd L lead W to op out RF,,rec L, cl R (W swvl
 qqqs RF ½ bk R RLOD, rec L, cl R spiral LF), - ;**[hky stk end]** Bk R,
 rec L, fwd R (W fwd L, fwd R spiral LF, sd & bk L) to fc ptr and
 WALL , - ;
12- 16 CROSS BODY;; CROSS BODY;; SL HIP RKS;
 qqqs 12-13 **[cross body]** Repeat meas 13 & 14 part B;;
 qqqs 14 -15 **[cross body]** Repeat meas 15 & 16 part B;;
 ss 16 **[sl hip rks]** Rk sd L, - , rk sd R, - ;

AIBC AIBD BE

	WAIT REC LADY CLOSES TO FC	SIDE LUNGE
A	1/2 BASIC END DLC MAN BACK TO AIDA SIDE WALKS CIRCULAR 3 ALEMANAS ---- CLOSED HIP TWIST HOCKEY STICK	NATURAL TOP 6 RUDOLPH TO BJO SWITCH CROSS SPOT TURN ---- END FC WALL FAN END TANDEM
I	LADY SWIVEL TO FACE & COMB HAIR ----	
B	NEW YORKER TWICE SLOW CRAB WALK CRAB WALKS TO LOD FAN ----	---- BREAK TO SPIRAL ---- ALEMANA
C	OPEN OUT TO SLOW SPIRAL HOCKEY STICK END ---- ----	---- CROSS BODY FC COH CROSS BODY FC WALL SLOW HIP ROCKS
D	OPEN OUT TO SPIRAL CROSS BODY FC COH CROSS BODY FC WALL OPEN BREAK & FREEZE ----	HOCKEY STICK END ---- ---- LADY COMB HAIR & REC
E	OPEN OUT TO SPIRAL CROSS BODY FC COH CROSS BODY FC WALL SLOW HIP ROCKS	HOCKEY STICK END ---- ----
END	CROSS BODY FC COH CROSS BODY FC WALL SLOW HIP ROCKS LADY COMB HAIR & RE NEW YORKER TWICE CHECK THRU & EXTEND	---- ---- OPEN BREAK & FREEZE ---- ----

O SOLO MIO (BLACKFORD) 6825
(SHADOW DLW BOTH L FREE)
(SLOW 5.5% ALREADY DONE)