

POR AMOR

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Record : "Por Amor" CD: "The Ultimate Latin Album 10" CD2 track 9
Rhythm : Bolero (ph V+2) Speed: As on CD Date : June 2011 Ver.1.2
Footwork : Opposite, directions for man(lady as noted)
Sequence : Intro - A - B - C - Inter - B - C - Ending



Meas

INTRO

**1~12^{1/2} Scar/Wall left foot free for both Wait 1 meas; LF Wheel 3;
W Spiral & Wheel; Split Ronde Fc Wall; OP Contra CK & Rec;
Sync Trning Basic Overtrn; Fan; Hockey Stick w/Spiral;;
Prep Aida; Aida Line & Switch Lunge; Spot Trn; Stp Sd.,**

- 1 Scar/Wall left foot free for both Wait;
- 2 (LF Wheel 3) Fwd L commence LF wheel,-, cont LF wheel fwd R,L fc COH;
- 3 (W Spiral & Wheel) Cont LF wheel fwd R lead W LF spiral,-,L,R fc partner & DW;
- SQQ 4 (Split Ronde) Flex R knee L foot ronde CCW,-, XLIB of R, sd R(W flex R knee L (SQQ&) foot ronde CCW,-, XLIB of R, sd R/XLIF of R);
- S--& 5 (OP Contra Ck & Rec) Commence upper body LF trn flexing knees with strong R side lead ck fwd L both left hand extend sd and bk(W right hand on man' s left shoulder), -,-,-/rec R blend CP;
- SQ&Q 6 (Sync Trning Basic Overtrn) Sd L body rise strong body RF trn,-, bk R slip action LF trn/ cont LF trn fwd L, fwd & sd R cont LF trn fc Wall(W sd R body rise strong body RF trn,-, fwd L slip action LF trn/ bk R cont LF trn, cont LF trn cl L fc LOD);
- 7 (Fan) Sd L,-, bk R, rec fwd L(W fwd R,-, fwd L, fwd R 1/2 LF trn);
- 8- 9 (Hockey Stick w/Spiral) Sd R,-, fwd L, rec bk R(W bk L fan position,-, cl R, fwd L); Cl L to R lead W LF spiral,-, bk R slightly RF trn, rec fwd L(W fwd R LF spiral on R,-, fwd L twd RDW, fwd R LF trn under lead hand fc partner)end fc RDW;
- 10 (Prep Aida) Sd & fwd R LOP fc RLOD,-, thru L commence LF trn, cont LF trn sd R fc partner;
- SS 11 (Aida Line & Switch Lunge) Cont LF trn bk L OP/LOD,-, swivel RF on L sd R flex right knee blend Bfly,-;
- 12 (Spot Trn) Rec sd L,-, XRIF of L commence LF trn, rec fwd L cont RF trn fc Wall;
1/2 Stp Sd R blend CP,-,

Meas

PART A

**1~ 8 Trning Basic;; Underarm Trn; (handshake)1/2 Moon;;
Start 1/2 Moon; X Hands Underarm Trn;
Shadow Bk Break w/Head Loop;**

- 1- 2 (Trning Basic) Sd L body rise strong body RF trn,-, bk R slip action LF trn, cont LF trn rec fwd L fc COH; Sd R body rise,-, fwd L slip action, rec bk R;
- 3 (Underarm Trn) Sd L,-, small stp XRIB of L, rec fwd L(W sd R,-, XLIF of R commence RF trn under lead hand, rec R cont RF trn fc Wall) right hand joined;
- 4- 5 (1/2 Moon) Sd R body rise,-, fc LOD ck thru L, rec bk R fc partner and COH; Sd & bk L LF trn body rise,-, bk R slip action, fwd L LF trn fc Wall(W sd & fwd R body rise,-, fwd L crossing in front of man trning LF, small stp sd R);
- 6 (Start 1/2 Moon) Sd R body rise,-, fc RLOD ck thru L, rec bk R fc partner and Wall;
- 7 (X Hands Underarm Trn) Sd L left hands joined under right hands,-, small stp bk R, rec fwd L(W sd R,-, XLIF of R commence RF trn under X hands, rec fwd R cont RF trn fc COH);
- 8 (Shadow Bk Break w/Head Loop) Sd R 1/4 LF trn fc LOD righ hand over W' s head left hands over M' s head,-, small bk L, rec fwd R 1/2OP fc LOD;

**9~16 (1/2 OP) Bolero Walks;; Fwd & Chair Rec; Sync Roll to RLOD;
Lunge Break; Checked R Pass; M Swivel & Fwd Break; Hip Rk 2S;**

- 9-10 (Bolero Walks) Fwd L body rise,-, fwd R,L; Fwd R body rise,-, fwd L,R;
- 11 (Fwd & Chair Rec) Fwd L,-, small stp fwd R flex knee, rec bk L fc partner;

- SQ&Q 12 (Sync Roll) Sd & fwd R twd RLOD commence RF roll,-, cont RF roll sd L/cont roll Sd & fwd R, sd & bk L cont roll fc partner & Wall;
 13 (Lunge Break) Sd & fwd R body rise,-, lower on right slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec(W sd & bk L body rise,-, bk R contra ck like action, rec fwd L);
 14 (Checked R Pass) Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB of L cont RF trn around woman right hand ck W' s tammy, sd & fwd L W's left sd(W fwd R, -, small fwd L, bk R);
 15 (M Swivel & Fwd Break) Sd & fwd R swivel on R fc partner & Wall(W bk L),-, fwd L with contra ck action, rec bk R;
 16 (Hip Rk 2S) Blend CP rk sd L hip roll LF,-, rec R hip roll RF,-;

Meas

PART B

1~ 8 L Pass W Sync Spin (Fc LOD); (handshake) Contra Break; X Hands Underarm Trn; W Around The Man; Sweet Heart; W Swivel Fc & Cross Body(Fc Wall); Fwd Break;

- SQQ 1 (L Pass W Sync Spin) Fwd L to contra Scar commence to trn partner RF,-, bk R with (SQ&Q&) slip action, fwd L trning LF(W fwd R trning 1/4 RF with bk to partner,-, sd and fwd L strong LF trn/bk R cont LF trn, sd and fwd L cont trn/bk R fc partner) fc LOD;
 SQQ 2 (Contra Break) Right hands joined sd & fwd R body rise,-, lower on right slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec(W sd & bk L body rise,-, bk R contra ck like action, rec fwd L);
 SQQ 3 (X hands Underarm Trn) Left hands joined under right hands sd L,-, small stp XRIB of L, rec fwd L(W sd R,-, XLIF of R commence RF trn under lead hand, rec R cont RF trn fc RLOD);
 SQQ 4 (W Around The Man) Sd and fwd R 1/4 LF trn fc COH,-, small stp sd L lead W , rec R lead W RF trn under joined right hands(W sd and fwd L M' s left sd slightly bk fc COH,-, fwd R around man commence RF trn, sd L cont RF trn fc COH) Vars fc COH;
 SQQ 5- 6 (Sweet Heart) Sd L,-, XRIF of L, rec L(W sd R,-, XLIB of R right hand front of body, rec R); Sd R left Vars,-, XLIF of R, rec R(W sd L under right hand left Vas,-, XRIB of L left hand front of body, rec L);
 SQQ 7 (W Swivel Fc & Cross Body) Sd L lead W swivel RF,-, bk R slip action, fwd L LF trn fc Wall(W sd R swivel RF on R,-, fwd L crossing in front of man trning LF, samll stp sd R);
 SQQ 8 (Fwd Break) Sd & fwd R body rise,-, fwd L with contra ck action, rec bk R;

9~16 Sync Trning Basic Overtrn; Fan; Hocky Stik w/Spiral;; Prep Aida; Aida Line & Switch Lunge; Spot Trn; Hip Rks(2S);

- 9-15 Repeat meas 6-12 of INTRO;;;;;;
 16 (Hip Rks) Rk sd R hip roll RF,-, rec L hip roll LF,-;

Meas

PART C

1~ 8 Three Threes;;; W Ronde Lariat; Swivel Fence Line W Trans(Bfly); Circle Vine w/Ronde; Sync Circle Vine W Spin Ending(Fc RLOD);

- 1- 4 (Three Threes) Sd R,-, small stp fwd L, rec bk R(W sd L,-, small stp bk R, rec fwd L); Cl L to R both hands W' s shoulder tandem,-, sd R, rec L(W fwd R 1/2 RF trn,-, In place L,R)tandem fc Wall; Cl R to L,-, Sd & fwd L, rec R (W in place L spin LF on L full trn,-, sd & bk R, rec L); Bk L,-, bk R, rec L(W fwd R 1/2 RF trn fc COH,-, fwd L 1/2 RF trn, fwd R cont 1/2 RF trn);
 S-- 5 (Ronde Lariat) Blend CP stp fwd R between W' s feet flex right knee lead W ronde CW, (SQQ) -, rise on R,-(W fwd L right foot ronde CW,-, XRIB of L, sd L fc LOD);
 SQQ 6 (Swivel Fence Line W Trans) Small stp sd L swvel LF on L,-, blend Bfly XRIF of L, (SQ&Q) rec L(W fwd R 1/4 RF trn fc partner,-, XLIF of R/rec R, sd L);
 QQQQ 7 (Circle Vine w/Ronde) Same foot work XRIF of L, sd L, XRIB of L, left foot ronde CCW;
 Q&QS 8 (Sync Circle Vine W Spin Ending) Still same foot work XLIB of R/sd R, XLIF of R, (Q&QQQ) sd R fc RLOD,-(W XLIB of R/sd R, XLIF of R, sd R LF spin, stp in place L cont spin fc LOD);

Meas

INTERLUDE

1~ 7 Cross Body(Fc COH); Horseshoe Trn;; Spairal & Sync Roll; Lunge Break; Checked R Pass; M Swivel & Fwd Break;

- 1 (Cross Body) Sd & bk L LF trn body rise,-, bk R slip action, fwd L LF trn fc COH (W sd & fwd R body rise,-, fwd L crossing in front of man trning LF, small stp sd R);
- 2- 3 (Horseshoe Trn) Sd and fwd R with right side stretch to a "V" position,-, slip thru L cking action, rec R raising lead hands;
Fwd L commence LF trn,-, fwd R commence circle walk, fwd L fc partner and Wall(W fwd R commence RF trn,-, fwd L cont RF circle walk under joined lead hands, fwd R fc partner and COH);
- SQ&Q 4 (Spiral & Sync Roll) Sd R LF spiral,-, fwd L commence LF roll/sd R cont LF roll, fwd L cont roll fc partner and Wall;
- 5 (Lunge Break) Repeat meas 13 of Part A;
- 6 (Checked R Pass) Repeat meas 14 of Part A;
- 7 (M Swivel & Fwd Break) Repeat meas 15 of Part A;

Meas

ENDING

1~ 7 Cont Cross Body;; Coss Body w/L Pivot ; Sd to Hinge; RF Pivot to Dbl Ronde Twist Trn;; OP Contra Ck;

- 1- 2 (Cont Cross Body) Right hands joined sd & bk L LF trn body rise,-, bk R slip action, fwd L fc LOD(W fwd R body rise slightly body trn RF,-, fwd L crossing in front of man trning LF, small stp sd R fc Wall); fwd R body rise slightly body trn RF,-, fwd L crossing in front of woman trning LF, small stp sd R fc Wall(W sd & bk L LF trn body rise,-, bk R slip action, fwd L fc LOD);
- SQQ& 3 (Cross Body w/L Pivot) Still right hands joined sd & bk L LF trn body rise,-, bk R slip action, fwd L commence LF pivoy/cont pivot fc RLOD(W fwd R body rise slightly body trn RF,-, fwd L crossing in front of man trning LF, small stp sd R commence LF pivot/cl L to R fc LOD);
- S-- 4 (Sd to Hinge) Bk L swivel LF on L,-,left sd stretch swivel LF 1/8 leading W XLIB (SS) of R,-(W fwd R swivel LF on R,-, cont LF trn right sd stretch swivel LF on R XLIB of R,-);
- QQS 5- 6 (RF Pivot to Double Ronde & Twist Trn) Lead W rec commence RF trn/fwd R between (&QQS) W' s feet commence RF pivot, cont pivot bk L, cont pivot fwd R with RF body trn ronde L leg CW(W rec R commence RF trn/bk L commence RF pivot, cont pivot fwd R between M' s feet, cont pivot bk L with RF body trn ronde R leg CW),-;
- QQ-- Fwd & sd L trning RF around W to CP cont RF trn, hook XRIB of L, unwind RF trn (QQQ&Q&) (W XRIB of L cont RF trn, sd & fwd L, around man fwd R/L,R/L) to end CP/COH;
- S-- 7 (OP Contra Ck & Rec) Commence upper body LF trn flexing knees with strong R side lead ck fwd L both left hand extend sd and bk(W right hand on man' s left shoulder), -,-,-;