

PUNTA PRIMA

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MUSIC: "Sweet Beat" Ross Mitchell CD Track #21 (Contact Choreographer for availability of music)

RHYTHM & PHASE: Paso Doble Phase IV **SPEED:** Slow

SEQUENCE: INTRO – AB – A (1-8) – C – A (1-7) - END

INTRODUCTION

MEAS

1-4 [CP/WALL] WAIT; ECART; THE CAPE;;

- 1 [Wait] CP/WALL trail ft free for both wait 1 meas; {When dancing Paso Doble stand Erect and Proud. A loose closed position is used.}
- 2 [Ecart] ** Appel R, fwd L, sd R, X LIBR (X RIBL) with no rise; SCP/LOD
- 3 [The Cape] Thru R in SCP, cl L trng ¼ RF to fc ptr, in pl R, L (W thru L in SCP, fwd R trng LF ½ fc RLOD, rec L in RSCP, thru R);
- 4 [Finish Cape] In pl R, L, R, L (W fwd L trng RF ½ fc LOD, rec R in SCP, fwd L trng ¼ LF fc ptr, cl R); CP/WALL

PART A

1-4 [CP/WALL] APPEL, LADY CIRCLE 7/MAN SURPLACE;; FWD BASIC WITH FOOT CLOSE; BK BASIC WITH FOOT CLOSE;

- 1 [Appel, L Circle 7/M Surplace] Appel R, in pl L, R, L (W Appel L, sd R trng RF, fwd L, fwd R);
- 2 [Cont Circle/Surplace] In pl R, L, R, L (W cont RF circle fwd L, fwd R, fwd L trng RF, Cl R to L); CP/WALL
- 3 [Forward Basic] Appel R, fwd L, fwd R, cl L;
- 4 [Back Basic] Bk R, bk L, bk R, cl L;

5-8 [CP/WALL] ELEVATIONS UP; ELEVATIONS DOWN; ECART; PROMENADE CLOSE;

- 5 [Elevations Up] High on toes looking RLOD M's L & W's R arm raised high above head sd R, cl L, sd R, cl L;
- 6 [Elevations Down] Feet flat & knees slightly flexed looking LOD M's L & W's R arm down & pointed LOD sd R, cl L, sd R, cl L;
- 7 [Ecart] Appel R, fwd L, sd R, X LIBR (X RIBL) with no rise; SCP/LOD
- 8 [Promenade Close] Thru R in SCP trng RF (LF), cl L fc ptr, sd R, cl L; CP/WALL

9-12 [CP/WALL] SEPERATION TO BJO;; LARIAT 8 CP/WALL;;

- 9 [Seperation] Appel R bring lead hds to waist, fwd L, cl R, in pl L (W appel L bring lead hands to waist, bk R, bk L, cl R);
- 10 [Finish Seperation to BJO] In pl R, L, R, L (W Fwd L, fwd R, fwd L, fwd R); BJO/WALL
- 11 [Lariat] Lead hnds joined in pl R, L, R, L leading W to circle around M (W circle RF around M L, R, L, R);
- 12 [Finish Lariat] In place R, L, R, L (W cont Cir RF around M L, R, L, R); CP/WALL

13-16 [CP/WALL] CHASSE R; ECART; THE CAPE;;

- 13 [Chasse R] Sd R, cl L, sd R, cl L;
- 14 [Ecart] See measure 2 of Introduction
- 15-16 [The Cape] See measure 3 & 4 of Introduction

PART B

1-4 [CP/WALL] ATTACK; SLIP APPEL TO AN OPEN TELEMAR WITH A PROMONADE CLOSE ENDING;; CHASSE R;

- 1 [Attack] Appel R, fwd L trng ¼ LF, sd R, cl L; CP/LOD
- 2 [Slip Appel to an Open Telemark] Slip Appel R {bk trng 1/8 LF} fcg DLC, fwd L cont LF turn, sd R cont LF turn, sd & fwd L to SCP (W Slip L fwd trng 1/8 LF fcg DRW, bk R cont LF trn, bring L to R change weight to L (heel turn), sd & fwd R to SCP); SCP/LOD
- 3 [Promonade Close Ending] Thru R in SCP trng RF (LF), cl L sd R, cl L; CP/WALL
- 4 [Chasse Right] Sd R, cl L, sd R, cl L;

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- 5-8 [CP/WALL] ATTACK; SLIP APPEL TO AN OPEN TELEMAR WITH A PROMONADE CLOSE ENDING;; CHASSE R;**
[5-8] See meas B 1-4

PART C

- 1-4 [CP/WALL] PROMENADE LINK CP/LOD; CHASSE R; ATTACK CP/COH; ELEVATIONS DOWN;**

- 1 [Promenade Link] Trng 1/8 LF (RF) Appel R, sd & fwd L SCP/LOD, thru R trng LF, cl L; CP/LOD
- 2 [Chasse R] Sd R, cl L, sd R, cl L;
- 3 [Attack] Appel R, fwd L trng ¼ LF, sd R, cl L; CP/COH
- 4 [Elevations Down] Feet flat & knees slightly flexed looking RLOD M's L & W's R arm pointed RLOD sd R, cl L, sd R, cl L;

- 5-8 [CP/COH] PROMENADE LINK CP/RLOD; CHASSE R; ATTACK CP/WALL; ECART;**

- 5 [Promenade Link] Trng 1/8 LF Appel R, sd & fwd L SCP/RLOD, thru R trng LF, cl L CP/RLOD;
- 6 [Chasse R] Sd R, cl L, sd R, cl L;
- 7 [Attack] Appel R, fwd L trng ¼ LF, sd R, cl L; CP/WALL
- 8 [Ecart] Appel R, fwd L, sd R, X LIBR with no rise; SCP/LOD

- 9-12 [SCP/LOD] THRU AIDA TO PRESS LINE; FLAMENCO TAPS; THRU AIDA REV TO PRESS LINE; FLAMENCO TAPS;**

- 9 [Thru Aida to Press Line] Thru R, sd L commence RF trn, bk R to fc RLOD, press L on ball of ft partial wgt L arm (W R arm) folded in front of body and R arm (W L arm) behind back palms out;
- 10 [Flamenco Taps] Place full wgt on L, tap R/tap R behind L, rec bk on R, press L on ball of ft partial weight;
- 11 [Thru Aida Rev to Press Line] Thru L, sd R commence LF trn, bk L fc LOD, press R on ball of ft partial wgt R arm (W L arm) folded in front of body and L arm (W R arm) behind back palms out;
- 12 [Flamenco Taps] Place full wgt on R, tap L/tap L behind R, rec bk on L, press R on ball of ft partial wt;

- 13-16 [OP/LOD] PROMONADE CLOSE; DRAG RIGHT; SEPERATION;;**

- 13 [Promonade Close] Thru R in SCP trng RF (LF), cl L to CP/WALL, sd R, cl L;
- 14 [Drag Right] Sd R look lt, slo drag L to R, -, cl L to R;
- 15 [Seperation] Appel R bring lead hds to waist, fwd L, cl R, in pl L (W Appel L bring lead hands to waist, bk R, bk L, cl R);
- 16 [Finish Seperation] In pl R, L R, L (W Fwd L, fwd R, fwd L, fwd R); CP/WALL

END

- 1-2 THRU AIDA TO PRESS LINE; CLAP 1-2 & 3**

- 1 [Thru Aida to Press Line] Thru R, sd L commence RF trn, bk R to fc RLOD, press L on ball of ft partial wgt L arm (W R arm) folded in front of body and R arm (W L arm) behind back palms out;
- 2 [Clap 1-2 & 3] Looking RLOD in Press Line raise hands & clap 1-2 & 3;

**** Appel is a step in place with a strong lowering action and the foot flat. It is a firm step and is used to commence a number of figures.**