

SABOR A MI BOLERO IV

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MUSIC: Amazon download, Luis Miguel Mis Boleros Favoritos album Track 12

SPEED: Slow 5 percent for comfort

TIME: 3:12

FOOTWORK: Opposite, directions to man except as noted (W's in parentheses)

RHYTHM: Bolero Phase IV +1 [Horseshoe Trn] **DIFFICULTY:** Ave

RELEASED: May 2012

SEQUENCE: INTRO, A, B, A (9-16), B (mod), END

INTRO

1-4 WAIT pick up notes [BFLY & WALL], FNC LN (w arms) 2X;; SLO HIP RKs; X
BDY;

1-2 [BFLY & WALL, lead ft free wait pick up notes], {*fnc ln w arms*} Sd L,-, lun thru R with ld hnds jnd sweep trail hnds out, up & dwn betwn ptrs, rec L; Sd R,-, lun thru L, with op hnds jnd sweep ld hnds out, up & dwn betwn ptrs, rec R;

3-4 {*slo hip rks*} Hnds jnd low & betwn ptrs rk L,-, rec R,- [rolling hip to weighted ft]; {*x bdy*} sd & bk L trn LF ¼, bk R cont trn LF ¼, fwd & sd L end fcg coh (W fwd R XIF of M, -, fwd L comm LF trn, sd & bk R to fc ptr);

5-8 FWD BRK; TRNG BASIC;; SLO HIP RKs;

5-7 {*fwd brk*} Sd & fwd R extend M's R & W's L arms out to sd,-, fwd L, rec R; {*trng basic*} Sd L slight RF trn,-, trn LF slip pvt action bk R, sd & fwd L trn LF to fc WALL; Sd R, -, slight LF body trn fwd L w contra ck action, rec R;

8 {*slo hip rks*} Hnds jnd low & betwn ptrs rk L,-, rec R,- [rolling hip to weighted ft];

PART A

1-4 BASIC;; HND/HND; BRK BK to OP;

1-2 {*Basic*} Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;

3-4 {*Hnd/Hnd*} Sd L to fc ptr, -, Rk bk R to fc RLOD, rec L to fc ptr; {*Br bk to op*} sd R to fc ptrn, -, rk bk L to fc LOD, rec R to fc LOD;

5-8 BL WLK 6;; UNDRM TRN; SPT TRN;

5-6 {*Bl wlks*} Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R [end BFLY & WALL];

7-8 {*Undrm trn*} Sd L, -, XRIB L, fwd L (W sd R comm. RF trn undr jnd ld hnds,-, XLIF R cont trn RF ½, fwd R fin RF trn to fc ptr); {*spt trn*} Sd R, XLIF R comm RF trn, (W XRIF L comm LF trn) -, release hnds fwd R cont RF trn to fc ptr;

9-12 HIP LIFT; LUN BRK; R SD PASS; FWD BRK;

9-10 {*Hip lift*} Sd L to cp,-, tch R to L w slight pressure on R ft lift R hip, lower R hip no wgt chg; {*lun brk*} Sd & fwd R,-, lower on R extend L to sd & bk, rise on R bringing W fwd (W sd & bk L,-, bk R contra ck sit line action, rec fwd L);

11-12 {*R sd pass*} Sd & fwd L comm RF bdy trn raise jnd ld hnds,-, small bk R fin RF trn to fc coh, rec L (W fwd R lk at ptr thru “jnd ld hnd window”,-, fwd L comm LF trn undr jnd ld hnds, fwd R fin LF trn undr jnd ld hnds to fc ptr & LOD): {*fwd brk*} repeat meas 5 of intro;

13-16 TRNG BASIC;; HIP RKs 2X;;

13-14 {*trng basic*} repeat meas 6 & 7 of intro;;

15-16 {*hip rks*} Hnds jnd low & btwn ptrs rk sd L,-, rec R, rk L [rolling hip to weighted ft]; rk sd R,-, rec L, rk R [rolling hip to weighted ft];

PART B

1-4 L SD PASS; HORSESHOE TRN;; PREP AIDA;

- 1-3 {*L sd pass*} Fwd L to SCAR shape bdy to ptr trn W RF,-, rec bk R comm LF trn, sd & fwd L fin LF trn (W fwd R trn RF w bk to M but shaping to ptr,-,; sd & fwd L comm LF trn, bk R fin LF trn to fc ptr); {*horseshoe trn*} Sd & fwd R to slight “v” pos,-, ck thru L, rec R in “v” raising ld hnds; fwd L comm LF (W RF) circle wlk,-, fwd R cont LF circle wlk leading W undr jnd ld hnds, fwd L to RLOD;
- 4 {*prep aida*} Sd R op out slightly, -, thru L comm LF trn (W trn RF) jn trail hnds, sd R cont LF trn to OP/LOD;

5-8 AIDA LN & HIP RKs; SWCH & X; CRB WKs 2X;;

- 5-6 {*aida ln w hip rks*} Bk L to “v” bk to bk pos,-, rk fwd R, rec L [rolling hips to wtd ft]; {*swch & X*} Sd & bk R trn RF to fc ptr bring jnd trail hnds thru, -, rec L, XRIF L;
- 7-8 {*crb wks*} Fwd & sd L, -, XRIF L, fwd & sd L; XRIF L, -, fwd & sd L, XRIF L [fc ptr in BFLY];

9-12 SHLDR/SHLDR; HIP LFT; [DBL HND HOLD]OP OUTs 2X;;

- 9-10 {*shldr/shldr*} Sd L,-, fwd R & across in frnt of L to SCAR (W bk L & across behind R), rec L; {*hip lift*} Sd R to cp, -, tch L to R w slight pressure on L ft lift L hip, lower L hip no wgt chg;
- 11-12 {*Op outs*} Sd L [to dbl hnd hold], -, lower on L extend R to sd with trail hnds dwn & slight LF trn to LOD, rise on L no wgt chg (W sd & fwd R trn LF ½, -, rk bk L lower slightly w soft knee, rec R); cl R to L,-, lower on R extend L to sd with trail hnds dwn & slight RF trn to RLOD, rise on R no wgt chg (W sd & fwd L trn RF 3/8, -, rk bk R lower slightly w soft knee, rec L);

13-16 TIME STP; REV UNDRM TRN; UNDRM TRN; HND/HND;

- 13-14 {*time stp*} Sd L bring finger tips tog in frnt of chest, -, XRIB L (W XLIB R) extend arms out, rec L; {*rev undrm trn*} Sd R raise jnd ld hnds, -, XLIF R, rec R (W sd L comm LF trn,-, XRIF L trng LF undr jnd ld hnds, fwd L fin LF trn to fc ptr);
- 15-16 {*undrm trn*} Sd L raise jnd ld hnds, -, bk R, fwd L to fc ptr (W sd R comm RF trn,-, XLIF R trng RF undr jnd ld hnds, fwd R fin RF trn to fc ptr); {*hnd/hnd*} Sd R, -, rk bk L to fc LOD, rec R to fc ptr;

REPEAT A (9-16)

PART B (mod)

1-12 Repeat Part B

13-15.5 TIME STP; SYNC HIP RKS; LUN BRK & HOLD;:

13-14 {*time stp*} Repeat meas 13 Part B; {*sync hip rks*} Rk R, -, recL/recR, rk L [rolling hips to wtd ft];

15-15.5 {*lun brk & hold*} Repeat meas 10 Part A, but hold extra beat;

END

1-5 SLO HIP RKS; PREP AIDA; AIDA LN & SWCH RK; FWD (to a) PROM SWAY; SLOWLY CHG (to an) OVERSWAY;

1-2 {*Slo hip rks*} Repeat meas 3 Intro; {*Prep Aida*} Sd L op out slightly, -, thru R comm RF trn (W trn LF) jn trail hnds, sd L cont RF trn to lop/rLOD;

3-4 {*aida ln & swch rk*} Bk R to “v” bk to bk pos,-, Sd & fwd L trn LF to fc ptr bring jnd trail hnds thru, rec R: {*fwd to prom sway*} Fwd & sd L,-,rise on L to look over jnd ld hnds w R sd stretch, -;

5 {*chg to oversway*} Lower on L extending R with slight LF trn and L sd stretch (W lower on R extending L and trning LF to look rev & coh);