

SANCTA MARIA DEL MAR

Music:

Mireille Mathieu

www.amazon.com/herzlichts

CD: 1 Track # 17 Time 3:40 Slow down w/ -8%

Available from choreographer

Rhythm:

Rumba Phase: V

Footwork:

Opposite except where (Noted)

Release Date: Feb 21

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail:

jos.dierickx@telenet.be

Sequence:

INTRO AB BRIDGE #1 AB BRIDGE #2 B END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 1 MEASURE ; NEW YORKER ; THRU FRONT VINE 4 ; NEW YORKER ;
{Wait} Bfly Pos Wall ld ft free wt 1 meas ; {New Yorker} XLif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; {Thru Front Vine 4} Thru R (W thru L), sd L, XRib (W XLib) sd L ; {New Yorker} XRif (W XLif) to OP LOD, rec L to BFLY WALL, sd R, -;

PART A

01-04 OP HIP TWIST INTO A FAN ; ; HOCKEY STICK ; ;

{OP Hip Twist to a Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R w/ tention to lft arm to swiv ¼ RF) end L-Shape M fc Wall W fc LOD, -; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L) to fan pos, -; {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L) to LOP-FCG DRW, -;

05-08 BACK BREAK to ½ OP ; OP IN & OUT RUNS ; ; FENCE LINE & r hndshk ;

{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; {OP In & Out Runs} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (W Fwd L, R, L), -; Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xg ifo M contrn, fwd & sd R) to ½ OP DLC w/ ld arms extended to sd, -; {Fence Line} XRif (W XLif) w/ bent knee, rec L, sd R to r hndshk WALL, -;

09-12 FLIRT to VARSOUVIENNE ; ; SWEETHEART /W SWIVEL to FACE ; CUCARACHA RIGHT to Left Hand STAR ;

{Flirt to VARS} [r Hndshk] Fwd L, rec R, sd L leadg W to trn LF (W bk R, fwd L, fwd R trng ½ LF) to VARS WALL, -; Bk R, rec L, sd R leadg W to slide in front (W bk L, rec R, sd L) end in lftVARS WALL, -; {Sweetheart /W Swivel to Fc} XLif shapg twd ptr, rec R, sd L (W XRib shapg twd ptr, rec L, sd & fwd R swivg ½ R to fc ptr), -; {Cucaracha Right to lft hnd STAR} Sd R w/ partial wgt, rec L, cl R swiv ¼ LF to lft hnd STAR RLOD, -;

13-16 UMBRELLA TURN ; ; ; ;

{Umbrella Turn} [lft hnd star] Rk fwd L to rldod, rec R, bk L (W [lft hnd star] rk bk R, rec L, fwd R trn ½ LF to rldod), -; Rk bk R, rec L, fwd R fc rldod (W rk bk L, rec R, fwd L trn ½ RF to LOD), -; Repeat meas 13 Part A ; Rk bk R, rec L w/ LF trn to fc, sd R (W rk bk L, rec R fwd L w/ RF trn to fc, sd L) to WALL, -;

PART B

01-05 BASIC HALF/W WRAP to LOD ; AIDA ; HIP ROCK 2 w/ CLOSE & SWIVEL to LOD ; SPOT TURN in 2 & ROLL 2 ; NEW YORKER in 4 ;

{Basic ½ /W Wrap to LOD} Fwd L, rec R, cl L w/ ¼ LF trn lead W to trn under ld hnds (Bk R, rec L, fwd R w/ 5/8 LF trn under ld hnds to Tandem fcg LOD) ; {Aida} Fwd R, sd L trng ½ RF, bk R cont RF trn (W fwd L, fwd R trng ½ LF, bk L) to V-bk-to-bk pos RLOD, -; {Hip Rk 2 Cl & Swiv Half} [QQQQ] Hip rk fwd L, hip rk bk R, cl L, fwd swiv ½ LF (W swiv ½ RF) to sd-by-sd to LOD No handhold ; {Spot Turn in 2 & Roll 2 to Bfly} [QQQQ] Fwd L trng ½ RF, rec R w/ ¼ RF trn, cl L roll ½ RF to fcg ptr, sd R (W fwd R trng ½ LF, rec L trng ¼ LF, cl R roll ½ LF to fcg ptr, sd L) to BFLY WALL ; {New Yorker in 4} XLif (W XRif) to LOP RLOD, rec R to BFLY WALL, sd L, cl R ;

05-08 FENCE LINE ; THRU SERPIENTE ; ; FENCE LINE;

{Fence Line} XLif (W XRif) w/ bent knee, rec R, sd L, -; {Thru Serpiente} [QQQQ] Thru R, sd L, XRib, flare L CCW (W thru L, sd R, XLib, flare R CW) ; [QQQQ] XLib, sd R, thru L, flare R CCW (W XRib, sd L, thru R, flare L CW) ; {Fence Line} XRif (W XLif) w/ bent knee, rec L, sd R to BFLY WALL, -;

09-12 OP BREAK to NATURAL TOP ; ; SCALLOP ; ;

{OP Break to Nat Top} Rk apt L, rec R, sd L trng ¼ RF (*W rk apt R, rec L, fwd R trng ¼ RF*) to RLOD, -; XRib, sd L, cl R (*W sd L, XRif, sd L*) to CP WALL, -; {Scallop} [QQQQ] Trng sharply to SCP LOD XLib (*W XRib*), rec R trng sharply to CP, sd L trng sharply to SCP LOD ; Thru R, sd L trng sharply to CP, cl R, -;

13-16 CUDDLE/W SPIRAL to a FAN ; ; ALEMANA ; ;

{Cuddle /W Spiral to a Fan} Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld hnds (*W trn RF ½ bk R, trn LF ¼ to LOD, fwd R, spiral 7/8 LF under jnd ld hnds*), -; XRib, recL, sd R (*W fwd L, fwd R w/ ½ trng LF fc RLOD, bk L*), -; {Alemana} Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swivg to lft sd of M*), -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (*W trng RF undr jnd hnds fwd L, fwd R cont RF trn, fwd & sd L to fc ptr*) fcg WALL, -;

BRIDGE #1

01-03 NEW YORKER ; FRONT VINE 4 ; NEW YORKER ;

{New Yorker} Repeat meas 2 Intro ; {Front Vine 4} Repeat meas 3 Intro ; {New Yorker} Repeat meas 4 Intro ;

BRIDGE #2

01 SLOW HIP ROCK 2 ;

{Slow Hip Rk 2} [SS] Sd L rollg lft hip, -, rec R rollg rt hip, -;

ENDING

01-04 OP BREAK INTO NATURAL TOP ; ; SCALLOP ; ;

{OP Break Into Nat Top} Repeat meas 9,10 Part B ; ; {Scallop} Repeat meas 11,12 Part B ;

05-06 CUDDLE/W SPIRAL to AIDA & EXTEND ARMS ; ;

{Cuddle /W Spiral to Aida & Extend Arms} Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld hnds (*W trn RF ½ bkR, trn LF ¼ to LOD, fwd R, spiral 7/8 LF under jnd ld hnds*), -; Swiv on R thru R, sd L trng RF, bk R cont (*W fwd L, fwd R trng ½ LF, bk L*) to V-bk-to-bk pos RLOD, extendg trl arms Up ;