

SOLAMENTE UNA VEZ

Music: John Spanish
Guitarra - Homenaje a Paco De Lucía
[www.amazon.com/Solamente -Una-Vez/dp/B00IQZL3Y8](http://www.amazon.com/Solamente-Una-Vez/dp/B00IQZL3Y8)
Track # 18 Time 2:33 Available from choreographer

Rhythm: Rumba **Phase:** V

Footwork: Opposite except where (Noted)

Release Date: Aug 20
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
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Sequence: INTRO AB AB(1-15) END



INTRO

01 BFLY POS WALL LEAD FOOT FREE WAIT ONE MEASURE :
{Wait} Bfly Pos Wall ld ft free wt 1 meas ;

PART A

01-04 ALEMANA ; ; BACK BREAK BOTH SPIRAL/W INTO FAN ; ;

{Alemana} Fwd L, rec R, cl L (W bk R, fwd L, fwd R swiveling 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, fwd & sd L to fc ptr), -; {BK Break Both Spiral/W Into Fan} [QQQQ] XLib trng to OP, rec R, twd LOD fwd L, & spiral 7/8 RF (W fwd R & spiral LF), -; Fwd R ¼ RF trn to Wall, cl L, sd R (W fwd L, fwd R trng ½ LF, bk L) to Fan Pos, -;

05-08 EXIT FAN to TANDEM WALL ; OPPOSITE CUCURACHA's w/ PEEKS ; ; HOCKEY STICK ENDING :

{Exit Fan to Tandem Wall} Fwd L, rec R raisg ld-hnds, cl L (W cl R, fwd L ifo M trng ¼ LF under ld-hnds to TANDEM WALL, sd R), -; {Opposite Cucaracha's w/ Peeks} Rk sd R w/ partial wgt, rec R, cl L [ld-hnds still above W's head] (W Sd L w/ partial wgt [trn upperbody RF & look over rt-shoulder], rec R, cl L), -; Rk sd L w/ partial wgt, rec R, cl L [ld-hnds still above W's head] (W sd R w/ partial wgt [trn upperbody LF & look over lft-shoulder], rec L, cl R trng ½ RF to fc ptr) to TANDEM WALL, -; {Hockey Stick Ending} 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 BFLY WALL, -;

09-12 BASIC HALF to FULL NATURAL TOP ; ; ; ;

{Basic ½ to a Full Natural Top} Fwd L, rec R to CP, sd L trng ¼ RF (W bk R, rec L to CP, fwd R btw M's ft) to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trnsd L, XRib (W sd L, XRif btw M's ft, sd L) to CP WALL, -; Cont RF trn sd L, XRib, cont RF trn sd L (W XRif, cont RF trn sd L, XRif), -; XLib, cont RF trn sd R, cls L (W cont RF trn sd L, XRif, cls L) end to CP WALL, -;

13-16 CLOSED HIP TWIST Into AIDA ; ; ROCK THREE & SWIVEL to FACE ; FENCE LINE w/ ARMSWEEP :

{Closed Hip Twist Into Aida} Rk sd & slightly fwd L, rec R, cl L, - (W [QQQQ] trng RF ½ bk R, rec L trng LF ½, sd R small step, swivel ¼ RF, tch L); Thru R, sd L trng RF, bk R cont RF trn (W fwd L, fwd R trng ½ LF, bk L) to V-bk-to-bk pos RLOD, -; {Rock 3 & Swiv to Fc} [QQQQ] Rk fwd L, rec R, fwd L, swivel LF on L to fcg ptr & WALL; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee r-arm circle CCW ifo body, rec L, sd R to BFLY WALL, -;

PART B

01-04 BASIC HALF to LOW BFLY ; DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ;

CHANGE SIDES/W UNDERARM & r-hndshk :

{Basic ½ to Low BFLY} Fwd L, rec R, cl L (W bk R, rec L, sd R) to Low BFLY, -; {DBL Handhold Underarm Turn to Stacked Hnds} [Raisg ld-arm high & bringing trl-arm up to r-shoulder level] XRib & taking lft-arm first over W's head, rec L taking r-arm over W's head, sd R (W XLif trng RF under ld-arm, rec R contg to trn under trl-arm to fc M, sd L) to stacked hnds lft- over r-hnds, -; {Open Break to Fc} With stacked hnds Apt L, rec R, fwd L to fcg W's r-sd, -; {Change Sides /W Underarm & r-hndshk} Fwd R to WALL twd W's r-sd trng RF lead W trn under stacked hnds, small fwd L cont RF turn to fc, sd R (W fwd L to COH twd M's r-sd trng LF under stacked hnds chg sds, cl R cont LF turn to fc, sd R) to r-hndshk COH, -;

05-08 SHADOW BACK BREAK/W SPIRAL Into FAN/M SPOT TURN ; ; START STOP & GO Into CROSS BODY ; ;

{Shadow Bk Break /W Spiral Into Fan/M Spot Turn} [r-hndshk] Swivel LF on R bk L fc RLOD, rec R, fwd L lead W LF spiral, - (W [QQQQ] swiv RF on L bk R fc LOD, rec L, fwd R, spiral LF); [Chg Hands Behind Bk] Fwd R comm LF trn chg r-hnd to lft-hnd behind his bk, rec L cont LF trn fc Wall, sd R (W fwd L twd LOD, fwd R ½ LF trn, bk L) to L-Pos M fcg COH/W LOD, -; **{Start Stop & Go Into Cross Body}** Chk fwd L, rec R raisg lft-arm to lead W to a LF underarm turn, sd L fcg wall bringing ld-arm down sharply and placing r-hnd on W's bk to an "L" pos (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd ld-hds to fc RLOD, trl-arm Up & out), -; Bk R comm LF trn to CP, rec L comp LF trn to CP WALL, sd R (W small fwd L comm LF trn to CP put the trl-hnd on M's lft-shoulder, bk & sd R to CP cont LF trn to fc ptr, sd L) to CP WALL, -;

09-12 CUDDLE to BJO DLW Into TORNILLO WHEEL SIX ; ; CUCARACHA RIGHT ;

{Cuddle to BJO DLW Into Tornillo Wheel 6} Sd L, rec R, cl L swiv 1/8 RF (W Swivel RF on L rk bk R in M's r-arm to fc DLW, rec L to fc ptr, cl R & swiv 1/8 LF) to BJO DLW, -; Circling CW around W fwd R, L, R (W raise L ft to R knee look well to L stay on R toe,-,-), -; Cont CW circle fwd L, R, L (W cont staying on R toe,-,-) end fc ptr & Wall, -; **{Cucaracha Right}** Sd R w/ prtl wgt, rec L, cl R to BFLY WALL, -;

13-16 REVERSE UNDERARM TURN to ½ OP LOD ; OP IN & OUT RUNS ; ; FENCE LINE w/ ARMSWEEP ;

{Reverse Underarm Turn} Raisg jnd ld-hnds XLif, rec R, sd & fwd L (W XRif undr jnd ld-hnds trng ½ LF, rec L contg LF trn to fc ptr, sd & fwd R) to ½ OP LOD, -; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xifo 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 Xifo M cont trn, fwd & sd R) to ½ OP DLC w/ ld-arms extended to sd, -; **{Fence Line w/ Armsweep}** Blend to fc ptr & repeat meas 16 Part A ;

ENDING

01 AIDA & EXTEND FREE ARMS ;

{Aida & extend free Arms} Thru R, sd L trng ½ RF, bk R cont RF trn (W thru L, fwd R trng ½ LF, bk L) to V-bk-to-bkpos RLOD, extend trl-arms Up & Out ;