

SONAR CONTIGO

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Music : "Sonar Contigo" CD: The Ultimate Latin Album 17 CD2 track 4
Rhythm : Rumba ph VI Speed : As on CD time 4:24
Footwork : Opposite, directions for man(lady as noted) Date: May 2017 Ver.1.0
Sequence : Intro - A - A - B - A - B - Bmod - Ending



Meas

INTRO

**1~ 8 LOP-FC/Wall lead foot free for both Wait pickup notes & 2 meas;;
Alemana;; Ropespin;; 1 Cuddle W Spiral; W Out to Fc;**

- 1- 2 LOP-FC fc Wall lead foot free for both wait pickup notes & 2 meas;;
- 3- 4 (Alemana) Fwd L, rec R, cl L to R(W bk R, rec L, sd & fwd R), -; Bk R, rec L, cl R, -(W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M's right sd, -/spiral RF on L);
- 5- 6 (Rope Spin) Sd L, rec R, cl L, -; Sd R, rec L, cl R, -; (W circle man CW with joined lead hands fwd R, L, R, -; cont circle man CW fwd L, R, L, -;) CP/Wall
- 7 (1 Cuddle W Spiral) Release lead hand 1/2 OP sd L, rec R, cl L to R rejoined lead Hand lead W LF spiral, -(W swivel RF on L sd & bk R 1/2 OP, rec L commence LF trn, sd & fwd R, LF spiral on R);
- 8 (W Out to Fc) Bk R, rec L, fwd R(W fwd L twd Wall, fwd R 1/2 LF trn fc COH, bk L), -;

Meas

PART A

1~ 6 Lunge Sit Line W Spiral; Fan; Hockey Stick;; Adv Alemana fc COH;;

- S (QQS)
- 1 (Lunge Sit Line W Spiral) Flex right knee lower, rise on R, cl L lead W LF spiral, -(W small stp bk R flex knee left hand straight up, rec L, fwd R, spiral LF on R);
 - 2 (Fan) Bk R, rec L, sd R(W fwd L twd LOD, fwd R 1/2 LF trn fc RLOD, bk L), -;
 - 3- 4 (Hockey Stick) Fwd L, rec R, cl L(W cl R, fwd L, fwd R), -; Bk R slightly RF trn, rec L, fwd R(W fwd L twd RDW, fwd R LF trn under lead hand fc partner, bk L), -;
 - 5- 6 (Adv Alemana) Fwd L, rec R, sd L commence RF trn(W bk R, rec L, sd & fwd R commence RF trn), -; Cont RF trn XRIB of L lead W RF trn under lead hands, cont trn sd L fc COH, cl R(W Cont RF trn under lead hands fwd L, cont trn fwd R, cont trn fwd L Fc partner & Wall), -;

**7~13 Break to OP both Spiral; Aida; Switch Rk; Spot Trn w/Fallaway
Ronde; Sync Rev Twirl; New Yorker in 4; Slow Hip Rks;**

- 7 (Break to OP both Spiral) Swivel LF on R bk L OP/RLOD, rec R, fwd L spiral RF on L(W spiral LF on R), -;
 - 8 (Aida) Fwd R commence RF trn, sd L cont RF trn fc LOD, bk R(W fwd L, sd R commence LF trn, bk L), -;
 - 9 (Switch Rk) Swivel LF on R sd L, rec R, sd L, -;
 - 10 (Spot Trn w/Fallaway Ronde) XRIF of L commence LF trn, cont LF trn rec L fc partner and Wall, sd R blend SCP left foot ronde CCW(W right foot ronde CW), -;
 - QQ&S 11 (Sync Rev Twirl) XLIB of R, sd R lead W LF twirl/cl L, sd R(W XRIB of L, sd & fwd L twd LOD commence LF trn under lead hands/cont LF trn sd & bk R, cont trn fc Wall sd L), -;
 - QQQQ 12 (New Yorker in 4) Swivel RF on R fwd L, rec R fc partner blend Bfly, sd L, cl R;
 - SS 13 (Slow Hip Rk) Sd L, -, rec R, -;
- *2nd & 3rd time start fc COH end fc Wall

Meas

PART B

**1~ 8 Three Alemana;;(W Over Trn Shadow); Adv Sliding Door;;
Start Adv Sliding Door W Spiral; Fcing Fan(Handshake);**

- 1- 4 (Three Alemana W Overtrn Shadow) Fwd L, rec R, cl L, -; Bk R, rec L, cl R, -; Sd L, rec R, cl L, -; Bk R, rec L, cl R, -; (W bk R, rec L, sd R commence RF trn, -; Cont RF trn fwd L, fwd R twd wall cont RF trn, fwd L slightly M's right sd, -/swivel RF on L; Fwd R starting a sharp LF trn, fwd L twd Wall swivel LF, fwd R twd partner, -; Commence RF trn fwd L, fwd R twd Wall cont RF trn, fwd L slightly M's right sd, 1/2 RF swivel on L) end Shadow/Wall, -;
- QQS 5- 6 (Adv Sliding Door) Fwd L on ball of foot pressure into floor and body trn to right, rec R, XLIB of R slightly LF trn(W bk R keep pressure into floor w/ball of foot as the body LF trn, rec L, XRIF of L), -;

- S(QQS) Flex L knee lower R foot extend sd, rise on L, small stp bk R(W sd L flex knee lower R foot extend sd, rec R, XLIB of R) shadow/Wall,-;
- 7 (Start Adv Sliding Door W Spiral) Fwd L on ball of foot pressure into floor and body trn to right, rec R, XLIB of R slightly LF trn,-(W bk R keep pressure into floor w/ball of foot as the body LF trn, rec L, XRIF of L,-/spiral LF on R);
- 8 (Fcing Fan) Bk R commence LF trn, rec L fc LOD, fwd R(W fwd L twd LOD, fwd R 1/2 LF trn fc RLOD, bk L) right hands joined fc LOD,-;

9~16 Turkish Towel;; 1 Break; W Sync Roll Out (OP/COH);
OP Fence Line w/Pt; Fence Rec W Sync Roll Bk to Skaters;
Horse & Cart W Spiral; Hockey Stick Ending(LOP-FC/COH);

- 9-11 (Turkish Towel) Fwd L, rec R, sd L,-;
- Bk R lead W RF trn under joined right hands, rec L 1/4 LF trn fc COH, sd R (W XLIF of R commence RF trn under right hands, fwd R cont RF trn, fwd L around M to end in bk of and to his left sd joining left hands) M's Vars fc COH,-;
- (1 Break) XLIB of R(W XRIF of L), rec R, sd L,-;
- QQS 12 (W Sync Roll Out to OP) XRIB of L lead W LF roll, rec L sd R(W fwd L twd RDW (QQ&S) commence LF roll, cont LF roll sd R/cont roll L, sd R fc Wall) OP/COH,-;
- QQ- 13 (OP Fence Line w/Pt) Same foot work XLIF of R extend lead arms, rec R, pt sd L,-;
- QQS 14 (Fence Rec W Sync Roll Bk to Skaters) XLIF of R, rec R, sd L(W XLIF of R, rec R (QQQ&Q) commence LF roll, sd & fwd L twd LOD cont roll/R,L fc RLOD) Skaters/RLOD,-;
- 15 (Horse & Cart W Spiral) Extend right to sd without weight using a slight ronde action, Q&Q&Q&Q cont trn LF on L,-,-(W commence body trn to left small running steps fwd circling to the left around the man R/L,R/L,R/L,R fc COH spiral LF on R);
- 16 (Hockey Stick Ending) Bk R, rec L, fwd R(W fwd L twd COH, fwd R LF trn under lead hand fc partner, bk L) LOP-FC/COH,-;

Meas PART Bmod

1~ 8 Alemana;; Ropespin (M Swivel Fc); Fence Line w/Arms(CP/Wall);
OP Out W Spin Trans; Corte w/Leg Crawl; Slip Telemark;
W Sync Roll Out fc LOD Handshke;

- 1- 2 (Alemana) Fwd L, rec R, cl L to R(W bk R, rec L, sd & fwd R),-; Bk R, rec L, cl R,-(W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M's right sd,-/spiral RF on L);
- 3 (Rope Spin M Swivel Fc) Sd L, rec R, cl L swivel 1/2 LF on L fc Wall,-;
- 4 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW(W CW), rec L, sd R,-;
- QQ- 5 (OP Out W Spin Trans) Blend CP fwd L, rec R, tch L to R lead W LF spin,-(W swivel (QQQQ) RF on L bk R twd COH, rec L swivel on L, sd & fwd R twd LOD spin LF on R, cl L);
- S- 6 (Corte w/Leg Crawl) Sd & bk L flex L knee blend cuddle position,-(W sd & fwd R, left leg up along M's outer thigh with toe pointed to floor),-,-;
- &QQS 7 (Slip Telemark) Swivel LF on L and slip bk R/ fwd L cont LF trn, sd R cont LF trn to SCP fc LOD, fwd L(W swivel LF on R slightly fwd LF trn, bk R cont LF trn, cl L cont LF heel trn to SCP, fwd R),-;
- QQS 8 (W Sync Roll Out) Bk R commence LF trn lead W LF roll, rec L fc LOD, fwd R(W fwd (Q&Q&S) L twd LOD commence LF roll/cont LF roll sd R, cont roll L/R, fc RLOD bk L) R hands joined,-;

9~16 Turkish Towel;; 1 Break; W Sync Roll Out (OP/COH);
OP Fence Line w/Pt; Fence Rec W Sync Roll Bk to Skaters;
Horse & Cart W Spiral; Hockey Stick Ending(LOP-FC/COH);

9-16 Repeat meas 9-16 of Part B:::;:::;

Meas ENDING

1~ 5 Slow Curl;, Sync Fan; Hockey Stick;; (handshake) OP Contra Ck;

- QQSS 1- 2 (Slow Curl) Fwd L, rec R, cl L(W bk R, rec L, fwd R commence LF spiral on R),-;
- Hold (W cont spiral on R),-;
- Q&Q (Sync Fan) Bk R/rec L, sd R(W fwd L twd RLOD/fwd R 1/2 LF trn, bk L);
- 3- 4 (Hockey Stick) Fwd L, rec R, cl L(W cl R, fwd L, fwd R),-; Bk R slightly RF trn, rec L, fwd R(W fwd L twd DC, fwd R LF trn under lead hand fc partner, bk L),-;
- S- 5 (OP Contra Ck) R hands joined commence upper body LF trn flexing knees with strong R side lead ck fwd L left hand extend sd & bk,-,-,-;