



## STAY AWHILE

<b>Choreographers :</b>	<b>Release Date:</b> May 2015
<b>Annette &amp; Frank Woodruff</b> Rue du Camp, 87 7034 Mons, Belgium	<b>Music:</b> Artist = The Bells. Vinyl (Polydor B0030041GM) or CD (Hard Core Logo II) or MP3 download from Amazon or others
	<b>Rhythm &amp; Phase:</b> <b>Bolero V +0+3 (Parallel Chase, Lariat, Crab Walks)</b>
	<b>Difficulty:</b> Easy (17 standard figures from phase III, IV & V)
32-65-731940	<b>Time &amp; Speed:</b> 3:21 @ unchanged speed
annetteandfrank@gmail.com	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
	<b>Sequence:</b> Intro – A – Bridge – A* - B - Ending

See Note at end regarding bolero technique/styling

### INTRODUCTION

<b>1</b>	<b>Wait ;</b>	LOP-FCG WALL trail ft free wt 1 meas ;
<b>2</b>	<b>New Yorker ;</b>	Sd R, -, trng RF to LOP RLOD fwd L, trng LF bk R stg to fc ptr ;
<b>3</b>	<b>Underarm Turn ;</b>	Sd L to LOP-FCG WALL, -, raisg ld hnds XRib, rec L ( <i>W sd &amp; fwd R, -, trng RF undr jnd hnds XLif, compg full RF trn fwd R stg to fc ptr</i> ) ;
<b>4</b>	<b>Lunge Break ;</b>	Sd & fwd R to LOP-FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise ( <i>W sd &amp; bk L to LOP-FCG, -, bk R w/ sitting action, fwd L</i> ) ;

### PART A

<b>1 - 2</b>	<b>Aida with Hip Rocks ;;</b>	Sd L to slight op V shape LOD, -, thru R, stg to trn RF sd L ; contg RF trn bk R to Aida Line in V Bk-to-Bk RLOD, -, rk fwd L w/ hip roll, rec R w/ hip roll ;
<b>3</b>	<b>Sharp Face Point to a Fence Line ;</b>	Fwd L trng sharply LF to fc ptr & ptg R to sd, -, in BFLY XRif ( <i>W XLif</i> ), rec L ;
<b>4</b>	<b>Reverse Underarm Turn ;</b>	Sd R, -, XLif, bk R ( <i>W sd L comm LF trn undr jnd ld hnds, -, XRif contg trn, fwd L compg trn to fc ptr</i> ) to LOP-FCG WALL ;
<b>5</b>	<b>Riff Turns ;</b>	Sd L raisg ld hnds, cl R, sd L, cl R ( <i>W sd &amp; fwd R &amp; spin RF full trn undr jnd ld hnds, cl L, sd &amp; fwd R &amp; spin RF full trn undr jnd ld hnds, cl L</i> ) to LOP-FCG WALL ;
<b>6</b>	<b>Cross Body ;</b>	Sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to LOP-FCG COH ( <i>W sd &amp; fwd R, -, fwd L Xg in frt of M &amp; trng LF, sm sd R</i> ) ;
<b>7</b>	<b>Lunge Break ;</b>	Sd & fwd R, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise ( <i>W sd &amp; bk L, -, bk R w/ sitting action, fwd L</i> ) ;
<b>8</b>	<b>Right Pass to HNSHSHK ;</b>	Fwd & sd L startg RF trn & raisg ld hnds to form window, -, XRib cont trn, fwd & sd L compg ½ RF trn ( <i>W fwd R, -, fwd L commg LF, fwd R trng LF to fc ptr</i> ) & chg hnds to HNSHSHK fcg WALL ;
<b>9 - 10</b>	<b>½ Moon to LOP-FCG ;;</b>	Sd R trng to op "V" RLOD, -, thru L in LOP RLOD, rec R stg to fc ptr ( <i>W sd L, -, thru R w/ strong bdy trn almost w/ bk to ptr, rec L stg to fc ptr</i> ) ; sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd & sd L ( <i>W raising L arm sd &amp; fwd R trng ¼ RF away from ptr but look at him, -, trng LF fwd L crossing in frnt of M, sd &amp; bk R contg LF trn</i> ) & chg hnds to LOP-FCG COH ;
<b>11 - 12</b>	<b>Horseshoe Turn to CP ;;</b>	Sd & fwd R to L-op "V" LOD, -, thru L to LOP LOD, rec R ckg & raisg ld hnds ; describing a LF circ to fc WALL fwd L, -, R, L ( <i>W describing RF circ undr jnd hnds fwd R, -, L, R</i> ) to LCP WALL ;
<b>13</b>	<b>Hip Lift ;</b>	Sd R bringing L ft next to R ft, -, w/ slight pressure on L ft lift L hip, lower L hip ;
<b>14 - 15</b>	<b>Turning Basic ;;</b>	Sd & fwd L trng slightly RF ( <i>W's hd to R</i> ), -, slip bk R w/ strong LF trn ( <i>W fwd L between M's ft pvtg LF w/ hd bk to L</i> ), sd & fwd L stg to fc ptr & COH ; sd R to LOP-FCG COH, -, fwd L w/ contra-ck action, bk R ( <i>W sd L, -, bk R w/ contra-ck action, fwd L</i> ) to LOP-FCG COH ;
<b>16 1<sup>st</sup> time</b>	<b>Left Pass Lady syncopates to SHAD LOD ;</b>	Fwd L, -, w/ slipping action bk R, contg LF trn sd & fwd L ovrtrng ( <i>W fwd R trng 1/4 RF w/ bk to ptr, -, /sd &amp; fwd L trng LF, bk R, cl L</i> ) to VARS LOD both w/ R ft free ;
<b>16* 2<sup>nd</sup> time</b>	<b>Syncopated Left Pass to BFLY ;</b>	Fwd L, -/ with slipping action bk R, contg LF trn sd & fwd L, cl R ( <i>W fwd R trng 1/4 RF w/ bk to ptr, -, /sd &amp; fwd L trng LF, bk R, cl L</i> ) to BFLY WALL ;

**BRIDGE**

1 - 2	Parallel Chase ;;	[VARS LOD] Both fwd R, -, trng RF sd L, fwd R to L-VARS RLOD ; fwd L, -, trng LF sd R, fwd L to VARS LOD ;
3	Bolero Walk Lady syncopates to Face ;	Fwd R, -, fwd L, fwd R trng ¼ RF ( <i>W fwd R, -/fwd L, fwd R, fwd L trng ¼ LF</i> ) to LOP-FCG WALL

Repeat Part A\*

**PART B**

1 - 2	Crab Walks ;;	Sd L, -, XRif ( <i>W XLif</i> ), sd L; XRif ( <i>W XLif</i> ), -, sd L, XRif ( <i>W XLif</i> ) ;
3	Underarm Turn ;	Rpt meas 3 Intro but W ovrtrns to end slightly offset to M's R sd ;
4 - 5	.. into a Lariat ;;	Cl R, -, sd L, rec R ( <i>W circ RF arnd M sd &amp; fwd L, -, fwd R, fwd L</i> ) ; cl L, -, bk R, rec L ( <i>W contg circ arnd M fwd R, -, L, R to almost fc ptr</i> ) ;
6	Forward Break ;	Sd & fwd R ( <i>W finishing to fc ptr squarely fwd &amp; sd L</i> ) , -, fwd L w/ contra-ck action, bk R ;
7	To LOD Syncopated Spot Turn ;	Sd & fwd L, -/ relg hnds XRif trng LF ( <i>W XLif trng RF</i> ), fwd L contg LF trn, cl R to LOP-FCG WALL ;
8	To LOD Spot Turn to HNDSHK ;	Sd & fwd L, -, relg hnds XRif trng LF ( <i>W XLif trng RF</i> ), fwd L contg LF trn to HNDSHK WALL ;
9 - 10	½ Moon ;;	Rpt meas 9-15 Part A ;;;;
11 - 12	Horseshoe Turn to CP ;;	
13	Hip Lift ;	
14 - 15	Turning Basic ;;	
16	Left Pass TO HNDSHK ;	Fwd L, -, w/ slipping action bk R, contg LF trn sd & fwd L ( <i>W fwd R trng 1/4 RF w/ bk to ptr , -, sd &amp; fwd L trng LF, bk R</i> ) to HNDSHK WALL ;

**ENDING**

1 - 2	½ Moon ;;	Rpt meas 9-13 Part A ;;;;
3 - 4	Horseshoe Turn to CP ;;	
5	Hip Lift ;	
6 - 7	Aida with Hip Rocks ;;	Rpt meas 1-2 Part A ;; [slow down w/ music on the Aida Line & Hip Rocks]
8	Switch Lunge ; (SS)	Sd & bk L trng LF to LOP-FCG WALL, -, [on “you”] lunge sd R, - ;
9	Underarm Turn ;	[On “while”] Rpt meas 3-5 Part B ;;
10 - 11	.. into a Lariat ;;	
12	Lunge Break ;	Rpt meas 4 Intro ;
13	Wrap & Hold ;	Fwd L ( <i>W fwd R trng RF w/ bk to M as if starting a L Pass</i> ), hold jng trl hnds under ld hnds, pt trl ft to sd as W leans bk against M lookg at him, - ;

**Bolero technique (from RAL Manual)**

“**Body rise** occurs as complete transfer of weight is taken onto the first step side with progression from a lowered position with soft knees. Maximum height is reached at the end of the first step. Lowering commences as step 2 is taken. Continue to lower through step 3 with slight progression in direction of step. Transfer of weight between step 3 and step 1 of the next measure has no body rise - it is taken in the lowered position with soft knees. The **stepping length** in most figures follows the following pattern of the longest on step one since it is from a lowered position, the shortest is on step two since it from an elevated position, and the medium length step is on step three as lowering is continued.”

Also note that the 3<sup>rd</sup> step, even when expressed as a “recover” is not a genuine recover in place but “further” to maintain the dynamic of the movement. And also that most figures with turns do not quite end squarely facing partner. Finishing to face squarely is often accomplished on the next step, the “slow” of the next figure (Worlocks Bolero Boot Camp)



**The Bells**, also known as “The Five Bells”, were a Canadian rock band formed in 1965 in Montreal, featuring South African natives Ann and Jackie Ralph as well as Cliff Edwards, Doug Gravelle and Gordie McLeod. Cliff and Ann married in 1967 and when their first child was born Ann retired to raise their family on a hobby farm in Warkworth, Ontario. "**Stay Awhile**" is a whispered vocal by Jackie Ralph and Cliff Edwards. Written by Saint John-native Ken Tobias, the song became a major hit worldwide, selling four million copies and receiving a gold disc awarded by the R.I.A.A. in 1971. In the fall of 2014, a daughter of Edwards and Anne Ralph, Jessica Edwards, released a documentary film about The Bells' career and the personal relationships of the group members. Titled *Stay Awhile*, it premiered at the Whistler Film Festival in December 2014.

## STAY AWHILE – WOODRUFF – BL V+0+3 – THE BELLS – 3:21

### INTRO (4 meas)

LOP-FCG WALL Trl Ft Wait 1 ; New Yorker ; Underarm Turn ;  
Lunge Break ;

### PART A (16 meas)

Aida w/ Hip Rocks ;; Sharp Fc Pt to a Fence Line ; Rev Underarm Turn ;  
Riff Turns ; Cross Body ; Lunge Break ; R Pass to HNDSHK ;  
½ Moon to LOP-FCG ;; Horseshoe Turn to CP ;;  
Hip Lift ; Turning Basic ;; L Pass W syncopates to VARS LOD ;

### BRIDGE (3 meas)

**Parallel Chase** ;; Bolero Walk W syncopates to Fc ;

### PART A\* (16 meas)

Aida w/ Hip Rocks ;; Sharp Fc Pt to a Fence Line ; Rev Underarm Turn ;  
Riff Turns ; Cross Body ; Lunge Break ; R Pass to HNDSHK ;  
½ Moon to LOP-FCG ;; Horseshoe Turn to CP ;;  
Hip Lift ; Turning Basic ;; Syncopated L Pass to BFLY ;

### PART B (16 meas)

**Crab Walks** ;; Underarm Turn into a **Lariat** ;;; Forward Break ;  
To LOD Syncopated Spot Turn ; Still to LOD Spot Turn to HNDSHK ;  
½ Moon to LOP-FCG ;; Horseshoe Turn to CP ;;  
Hip Lift ; Turning Basic ;; L Pass TO HNDSHK ;

### ENDING (13 meas)

½ Moon to LOP-FCG ;; Horseshoe Turn to CP ;;  
Hip Lift ; Aida w/ Hip Rocks ;; Switch Lunge ;  
Underarm Turn into a Lariat ;;; Lunge Break ;  
Wrap and Hold ;