

UNA GOLONDRINA (correction)

Music: Janu
www.discogs.com Cd Harp of Love Track # 16 Time 2:24
Slow down w/ 7% Available from choreographer

Rhythm: Rumba **Phase:** III+2+1U (Aida + Switch + Trade Places)

Footwork: Opposite except where (Noted)

Release Date: July 2014 Corrected : Jan 2015

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Sequence: INTRO AB AB END

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INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; NEW YORKER TWICE ; ;

{Wait} BFLY POS WALL Ld ft free wt 2 meas ; ; {New Yorker x 2} XLif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; XRif (WXLif) to OP LOD, rec L to BFLY WALL, sd R, -;

PART A

01-04 BOTH HANDS ALEMANA to TAMARA ; ; WHEEL 3 ; WHEEL/ W UNWRAP to WALL ;

{Alemana to Tamara} [Keepg both hnds jnd] Fwd L, rec R, cl L, -; XRib, rec L, cl R (W [Keepg both hnds jnd] XLif under raised ld hnds begin full RF trn, fwd R contg RF trn to fc ptr, sd L compg trn) to TAMARA POS WALL, -; {Wheel 3} Wheelg RF fwd L, R, L (W fwd R, L, R) to TAMARA pos COH, -; {Unwrap to WALL} Cont wheeling R, L, R (W unwraps LF undr both hnds L, R, L) to BFLY WALL, -;

05-08 AIDA to RLOD ; SWITCH & RECOVER to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ;

{Aida to RLOD} Thru L, sd R trng RF, bk L cont RF trn to V-bk-to-bk pos LOD, -; {Switch & Recover to ½ OP LOD} [SS] Trn RF to fc ptr sd & bk R to fc ptr & WALL, -, lunge sd L with soft L knee keeping R leg extended & trng bdy sltly LF to ½ OP LOD, -; {M Roll Across} Fwd R comm RF turn, sd & fwd L XIF of W cont trn, sd & fwd R to L-1/2 OP with M's R & W's L arms out to sd (W fwd L, R, L short stps adj to M's action), -; {W Roll Across} M fwd L, R, L short stps adj to W's action (W fwd R comm RF turn, sd & fwd L XIF of M cont trn, fwd & sd R) to ½ OP with M's L & W's R arms out to sd fcg DC, -;

09-12 FENCE LINE ; REVERSE UNDERARM TURN ; UNDERARM TURN ; FENCE LINE in 4 & R-HNDSHK ;

{Fence Line} XRif (W XLif) w/ bent knee, rec L, sd R to BFLY WALL, -; {Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (W XRif undr jnd ld hnds trng LF ½ rec L contg LF trn to fc ptr, sd R) to BFLY WALL, -; {Underarm Turn} Bk R, rec L, sd R (W XLif undr jnd ld hnds comm 1/2 RF turn, rec R cont RF turn to fc ptr, sd L) to BFLY WALL, -; {Fence Line in 4} XLif (W XRif) w/ bent knee, rec R, sd L, cl R & R-Handshake;

13-16 TRADE PLACES TWICE ; ; OPEN BREAK ; SPOT TURN ;

{Trade Places x 2} With R hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (W rk apt R, rec L trng ¼ LF to fc LOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL) joining L hnds, -; With L hnds jnd rk apt R, rec L trng ¼ LF to fc LOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (W rk apt L, rec R trng ¼ RF to fc LOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH) to BFLY WALL, -; {OP Break} With R hnds jnd Apt L raisg trl arm straight up, rec R, sd L to BFLY, -; {Spot Turn} Relg hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to fc & BFLY COH, -;

PART B

01-04 BACK BREAK BOTH SPIRAL ; THRU SERPIENTE ; ; AIDA ;

{Bk Break Both Spiral} [Relg lead hnds] XLib trng to OP LOD, rec R, twd LOD fwd L & spiral 7/8 RF (W fwd R & spiral LF), -; {Thru Serpiente} Thru R, sd L turn to fc ptr & BFLY, XRib (W XLib), flare L CCW ; XLib (W XLib), sd R, thru L, flare R CCW ; {Aida} Thru R, sd L trng LF, bk R cont LF trn to V-bk-to-bk pos RLOD, -;

05-08 ROCK 3 to FACE ; SPOT TURN TWICE ; ; WHIP to BFLY COH ;

{Rk 3 to Fc} [QQQQ] Rk fwd R, rk bk L, rk fwd R trn RF to fc ptr & Wall, point L to LOD ; **{Spot Turn x 2}** Relg hnds XRif (*W XLif*) trng LF, rec L compg full trn, sd R to fc & BFLY COH, -; Relg hnds XLif (*W XRif*) trng RF, rec R compg full trn, sd L to fc & BFLY COH, -; **{Whip to BFLY COH}** Bk R trng ¼ LF, rec L trng ¼ LF, sd R (*W fwd L long step in frt of M, trng LF fwd & sd R, sd L to fc M*) to BFLY COH, -;

09-16 REPEAT MEAS 01-08 PART B to BFLY WALL ; ; ; ; ; ; ; ;

REPEAT PARTS A,B

ENDING

01-02 AIDA to RLOD ; SWITCH LUNGE & EXTEND ARMS ;

{Aida to RLOD} Repeat meas 5 Part A ; **{Switch Lunge & Extend Arms}** [S] Bk & sd R bringing joined hnds thru slight body trn RF look at ptr, relax R knee to lunge line & extend both arms to side, -, -;