

UNA LIMOSNA

Music: Tamara

www.amazon.com/

Time 2:58 Available from choreographer

Rhythm: Rumba Phase: V+1 (Three Threes)
+1U(Cont Chase w/ Underarm Pass & Peeks)

Footwork: Opposite except where (Noted)

Release Date: Feb 20

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO AB INTRO(2-9) AB END



INTRO

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

02-09 CONTINUOUS CHASE w/ UNDERARM PASS & PEEKS ; ; ; CONTINUE ; ; ; W SWIVEL to FACE ;
{Continuous Chase With Underarm Pass & Peeks} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (W bk R, rec L, fwd R twds M's lft-sd), -; Bk R raisg jnd ld-hnds, rec L, sd R (W fwd L, fwd R trng ½ LF under jnd ld-hnds, fwd & sd L contg to trn ½ LF) to TAND COH w/ ld-hnds still jnd above the head W, -; {Peek-a-Boo x 2} Sd L, rec R, cl L (W sd R lookg ovr lft-shldr & trng upper body LF, rec L, cl R), -; Sd R, rec L, cl R (W sd L lookg ovr r-shldr & trng upper body RF, rec R, cl L), -; {Continue} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (W fwd R trng ½ LF, fwd L, fwd R twds M's lft-sd), -; Repeat meas 2,3 Intro ; ; {W Swivel to Fc} Sd R, rec L, cl R (W sd L lookg ovr rt-shldr & trng upper body RF, rec R, cl L trng ½ RF) to CP WALL, -;

PART A

01-04 OP HIP TWIST INTO FAN ; ; START STOP & GO INTO CROSS BODY ; ;
{OP Hip Twist Into 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, -; {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 rt-hnd on W's bk to an "L" pos (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd ld-hands to fc LOD, trl-arm Up & out), -; Bk R comm LF trn to CP, rec L comp LF trn to CP COH, sd R (W small fwd L comm LF trn to CP put the trl-hnd on the lft-shoulder M, bk & sd R to CP cont LF trn to fc ptr, sd L) close up to CP COH, -;

05-08 CUDDLE/W SPIRAL to FAN ; ; EXIT to FACE in 4 /W with REVERSE UNDERARM TURN ; NEW YORKER ;
{Cuddle /W Spiral to 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, rec L, sd R (W fwd L, fwd R wt ½ trng LF fc RLOD, bk L), -; {Exit to Fc in 4/W w/ Reverse Underarm Turn} [QQQQ] Fwd L, rec R, sd L, sd R (W cl R, fwd L trng ½ LF, bk R trng ¼ LF to fc ptr, sd L); {New Yorker} XLif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, -;

09-11 WHIP to WALL ; SLOW HIP ROCK TWO ; NEW YORKER in 4 ;
{Whip to WALL} Bk R trng ¼ LF, rec L trng ¼ LF, sd R (W fwd L long step ifo M, trng LF fwd & sd R, sd L to fc M) to BFLY WALL, -; {Slow Hip Rk 2} [SS] hip rk L, -, hip rk R, -; {New Yorker in 4} [QQQQ] XLif (WXRif) to LOP RLOD, rec R to BFLY WALL, sd L, cl R ;

12-16 OP BREAK INTO CONTINUOUS NATURAL TOP & r-hndshk ; ; ; ;
{OP Break Into Continuous Nat Top} Rk apt L, rec R trng ¼ RF, sd L (W rk apt R, rec L, trng ¼ RF fwd R) to RLOD, -; XRib, sd L trng RF, XRib (W sd L, XRif, sd L), -; Contg RF trn Sd L leadg W to spiral LF under ld-hnds, XRib, sd L (W fwd R spiral LF, sd L, XRif) to CP, -; XRib, sd L trng RF lead W to spiral LF under ld-hnds, sd R (W sd L, fwd R spiral LF, sd L) to r-hndshk WALL, -;

PART B

01-04 FLIRT to TANDEM ; ; SWEETHEART TWICE ; ;

{Flirt to Tandem Wall} R-Hndshk WALL fwd L, rec R, sd L leading W to trn LF (*W bk R, fwd L, fwd R trng ½ LF*) to TANDEM WALL, -; Bk R, rec L, sd R leading W to slide in front (*W bk L, rec R, sd L*) end in L-TANDEM, -;

{Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr [xtndg M's lft-ams out to sd & rt-arm fwd], rec R, sd L (*W Bk R w/ LF bdy trn & look at ptr [xtndg W's lft-arms fwd & rt-arm out to sd], rec L, sd R*), -; Chk Fwd R w/ RF bdy trn & look at ptr [xtndg M's rt-arm out to sd & lft-arm fwd], rec L, sd R (*W Bk L w/ RF bdy trn & look at ptr [xtndg W's lft-arm out to sd & rt-arm fwd], rec R, sd L*), -;

05-08 SWEETHEART/W SWIVEL to FACE INTO AIDA ; ; SWITCH ROCK ; WHIP to COH ;

{Sweetheart/W Swivel to Fc Into Aida} XLif shaping twd ptr, rec R, sd L (*W XRib shaping twd ptr, rec L, sd & fwd R swiveling ½ RF to fc ptr*), -; Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; **{Switch Rock}** Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, -; **{Whip to COH}** Bk R trng ¼ LF, rec L cont LF trn to COH, sd R (*W fwd L outsd M on his lft-sd, fwd R trng ½ LF, sd L*) to BFLY COH, -;

09-11 START CROSS BODY INTERRUPT w/ 2 SWIVELS ; ; FINISH CROSS BODY to WALL ;

{Start Cross Body Interrupt w/ 2 Swivels} Fwd L, rec R trng ¼ LF, sd L (*W bk R, rec L, fwd R*) to "L" shaped loose CP pos M fcg RLOD & W fcg WALL, -; [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (*W fwd L swvl ½ LF, -, fwd R swvl ½ RF*) still in "L" pos, -; **{Finish Cross Body}** Bk R, rec L trn ¼ LF, sd R (*W fwd L, fwd R trng ½ LF, sd L*) to BFLY WALL, -;

12-15 ALEMANA OVERTURNED to SHADOW WALL ; ; THREE THREES ENDING ; ;

{Alemana Overturned to Shadow Wall} Chest push/press line pos fcg Wall & ptr Fwd L [leading W w/ chest to step bk], rec R, cl L raisg ld-hnds high palm to palm (*W bk R sliding rt-hnd from M's chest to ld-hnds jnd, rec L, fwd R to M toeing out*), -; Bk R, rec L, cl R brng ld-hnds down across body lead W to swivel RF (*W fwd L across body start RF trn under jnd ld-hnds, fwd R cont RF trn, fwd L to M's rt-sd swiv ½ RF*) to Shadow Wall, -; **{Three Threes Ending}** [no hnds jnd] Sd & fwd L shape slightly to W arms extended to sd on diag, rec R, cl L (*W sd & bk R, rec L, fwd R swiv ½ RF to fc M*), -; Bk R, rec L, sm fwd R (*W fwd L swivel ½ RF, fwd R to Wall swiv ½ RF, fwd L twd M*) to BFLY WALL, -;

BRIDGE

01-08 REPEAT MEAS 2-9 INTRO ; ; ; ; ; ; ; ;

ENDING

01-04 BASIC INTO AIDA ; ; QUICK ROCK FWD & RECOVER to AIDA LINE & EXTEND ARMS ;

{Basic Into Aida} Fwd L, rec R, sd L, -; Repeat meas 6 Part B ; **{Quick Rk Fwd & Rec to Aida Line & Extend Arms}** [QQ] Rk fwd L, bk R & extend free arms up & out ;