

YOU ARE LOVE

Pg 1 of 2

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MUSIC: STAR 174 "EBB TIDE" available Palomino Records
FOOTWORK: Opposite unless otherwise indicated TIMING: QQS unless otherwise indicated
RHYTHM: RUMBA RAL PHASE V + 2 [advanced sliding door, rope spin]
SPEED: 43-44 RPM adjust for comfort
SEQUENCE: INTRO A INTERLUDE A(5-25) END

Released 9/05

INTRO

- 1-4 WAIT; FWD TO R LUNGE; HIP RKS; M CLOSE R TO L (W SLOW SPIRAL WRAP);
1 CP fcg WALL lead ft free wait;
ss 2 [FWDTO R LUNGE] fwd L,-, sd & sl fwd R flex R knee extending L leg,-;
3 [HIP RKS] in R lunge position rec bk L, rk fwd R, rec bk L,-;
s- - 4 [M CLOSE (W SLOW SPIRAL WRAP)] close R to L leading W to spiral LF,-,-,(W with wt on R ft spiral LF to fc WALL,-,-) end both fcg WALL with L ft free for both;
- PART A
- 1-4 HIP RKS; SHAD CRAB WLKS;; SHAD FENCE LINE (W TRANS W/PNT);
1 [HIP RKS] both with L ft free fcg WALL M's hnds on W's hips rk sd L, rk sd R, rk sd L,-;
2-3 [SHAD CRAB WLKS] join L hnds in shadow both fcg wall with R ft free XRIF of L, sd R, XRIF of L,-; sd R, XRIF of L, sd R,-;
4 [SHAD FENCE LINE (W TRANS W/PNT)] fcg WALL both with R ft free XRIF of L lunging thru to LOD with bent knee, rec L, cl R,-(W XRIF of L lunging thru to LOD with bent knee, rec L, pnt R twd RLOD,-) end both fcg WALL in R shadow pos M with L ft free W with R ft free;
- 5-8 ADVANCED SLIDING DOOR W/SIT LINE;; START ADVANCED SLIDING DOOR (W SPIRAL) TO FAN;;
5-6 [ADVANCED SLIDING DOOR W/SIT LINE] fwd L in pressline, rec bk R, XLIB of R trng 1/4 LF,-(W bk R, rec L w/slight body trn to L, cross R in frnt of L stepping fwd,-); sd R soften knee raise R hnd to lead W to trn RF under jnd R hnds, rec L, cl R leading W to trn RF bk to shadow WALL,-(W swiveling 1/4 RF on R ft trng undr jnd R hnds bk L to sit line, fwd R swiveling 1/2 RF, sd L to end in shadow pos fcg WALL,-);
7 [START ADVANCED SLIDING DOOR (W SPIRAL)] fcg WALL in R shadow fwd L in pressline, rec bk R, cl L leading W to spiral LF,- (W bk R, rec L with slight body trn to L, cross R in frnt of L stepping fwd & spiraling 3/4 LF on R ft);
8 [FAN] bk R, rec L, sd R,-(W fwd L, fwd R trng 1/2 LF, bk L,-) end M fcg WALL W fcg RLOD;
- 9-16 STOP & GO HOCKEY STICK W/CROSS LUNGE;; ALEMANA TO DOUBLE ROPE SPIN;;;;;
9-10 [STOP & GO HOCKEY STK W/CROSS LUNGE] fwd L, rec R raise lead hnds, sd L trn ldy undr lead hnds,-(W cl R, fwd L, fwd R trn LF undr lead hnds to fc WALL,-); release hndhld plcg M's R hnd at W's waist XRIF of L with bent knee look at ptr, rec L, sd R bring ldy bk to fan position rejoin lead hnds,-(W XLIF of R with bent knee, rec R, bk L to fan position,-);
11-16 [ALEMANA TO DOUBLE ROPE SPIN] in fan position fwd L, rec R, cl L,-(W cl R, fwd L, fwd R comm RF trn,-); bk R, rec L, cl R,-(W comm sharp RF trn fwd L, fwd R, fwd L completing 1 full trn with RF spiral on L to end M's R sd,-); sd L, rec R, cl L,-(W fwd R, fwd L, fwd R CW arnd M,-); sd R, rec L, cl R,-(W fwd L, fwd R cont CW arnd M, fwd & sd to end fcg ptr/COH on M's R sd,-); REPEAT MEAS 13 & 14 PART A (W spiral RF on last step of meas 14 to REPEAT MEAS 13 & 14 PART A) end fcg ptr WALL;;
- 17-24 CUDDLE X 3 (W SPIRAL);;; TO AIDA; SWITCH & CROSS; CRAB WLK; NY in 4; NY;
17-19 [CUDDLE X 3 (W SPIRAL)] sd L to open W out, rec R, cl L,-(W trn 1/2 RF bk R, rec L, fwd R blending to CP,-) sd R to open W out, rec L, cl R,-(W trn 1/2 LF bk L, rec R, fwd L blending to CP,-); REPEAT MEAS 17 PART A (W spiral 3/4 LF on last step of cuddle);
20 [AIDA] thru R start RF trn, sd L cont RF trn, bk R to "V" bk to bk pos fcg RLOD,-(fwd L start LF trn, sd R cont LF trn, bk L to "V" bk to bk pos,-);
21 [SWITCH & CROSS] trng LF (W RF) to fc ptr sd L & check bringing jnd hnds thru, recov R, cross L in front of R to fc ptr in BFLY;
22 [CRAB WLK] in BFLY fcg ptr WALL sd R, XLIF of R, sd R,-;
qqqq 23 [NY IN 4] Rk thru L to RLOD with straight leg, rec R, sd L, in plc R;
24 [NY] Rk thru L to RLOD with straight leg, rec R, sd L;

PART A (CONT)

- 25-28 ALEMANA ENDG TO CP; FWD TO R LUNGE; HIP RKS; FAN;
25 [ALEMANA ENDG] fcg ptr WALL REPEAT MEAS 12 PART A (W comm RF trn fwd L, fwd R, fwd L completing one full trn to end fcg ptr COH,-) blend to CP;
ss 26 [FWD TO R LUNGE] in CP fcg wall fwd L,-, lunge R with bent knee extend L leg,-;
27 [HIP RKS] staying in CP keep foot placement the same as in the R lunge position rk bk L, rk fwd R, rk bk L,-;
28 [FAN] bk R, rec L, cl R,-(W fwd L, sd & bk R, bk L leaving R ft extended fwd,-) end M fcg WALL W fcg RLOD in fan pos;

INTERLUDE

- 1-4 HOCKEY STK;; LUNGE LADY SIT LINE; SPOT TRN;
1-2 [HOCKEY STK] fwd L, rec R, raise jnd lead hnds cl L to R,-(W cl R to L, fwd L, fwd R,-); bk R leading W to trn LF under jnd hnds, rec L, sd R,-(W fwd L, fwd R trng LF, cont LF trn sd & bk L to fc ptr,-);
3 [LUNGE LADY SIT LINE] lower into R knee straightening L leg to sd & bk, rise rec on R, cl L,-(W bk R soften knee keep L leg strait & fwd, rec fwd L, cl R,-) end fc ptr WALL with lead hnds jnd;
4 [SPOT TRN] XL over R trng 1/2 RF, rec R cont trn, sd L to fc ptr/WALL jn lead hnds,-;
5-8 FWD BASIC TO FULL NATL TOP;;;;
5 [FWD BASIC] fwd L blending to CP, rec R, sd L comm RF trn{make 2 full revolutions over the next 3 measures},-;
6 [FULL NATL TOP] XRIB of L cont RF trn, sd L, XRIB of L cont RF trn,-;
7 Sd L, XRIB of L cont RF trn, sd R,-;
8 XRIB of L cont RF trn, sd L, cl R to end fcg ptr WALL in CP,-(W sd R, XLIF of R, sd L,-);
9-12 ALEMANA TO ROPE SPIN OVERTRN TO FC WALL;;;;
9-10 [ALEMANA TO ROPE SPIN OVERTRN TO FC WALL] fwd L, rec R, cl L-(W bk R, rec L, fwd R comm RF trn,-); bk R lead W to trn RF undr jnd hnds, rec L, cl R,-(W cont RF trn fwd L, fwd R to fc ptr, fwd L to M's R sd spiraling RF on L ft ,-);
11-12 sd L, rec R, cl L,-(W fwd R, fwd L, fwd R moving CW arnd M,-); sd R, rec L releasing jnd lead hnds, cl R,-(W fwd L, fwd R cnt CW arnd M, fwd L trng 3/4 RF to fc WALL to the R of the M,-) join L hnds end in shadow pos fcg WALL;

REPEAT PART A (5-25)

END

- 1-3 FWD TO R LUNGE; HIP RKS; M CLOSE R TO L (W SLOW SPIRAL WRAP);
1-3 REPEAT MEAS 2-4 OF INTRO;;;;