# "PUREST OF PAIN"

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**MUSIC:** *"The Purest Of Pain "* Latin Music 3, Dance Vision CD 417, Track #17.

**PHASE & RHYTHM:** Phase V+2+1 Bolero *[telespin, double ronde to hairpin + arabesque oversway]*

**SEQUENCE:** INTRO, A, B, INT 1, A MOD, B, INT 2, C, B (5-8), END

## INTRO

**1-4    ARMS FOR; CONTRA BRK; HIP TWIST, __, TO TELESPIN; M SLO RK APT & REC;**

1          **[WAIT WITH ARM PREP]** OP FC POS M fc DRW (W fc DLC) trail fl free arms down to side, __, bring arms to xif of waist rt over lt, __;

2    SQQ    **[CONTRA BRK]** Sd & fwd R (W sd & bk L) sweep arms out & up over head cross lt in frt of rt, __, bring arms out extend lt bk & rt fwd pl rt on ptr's lt sh & contra ck fwd L, rec bk R (W contra ck bk R, rec fwd L);

3    S&QQ    **[HIP TWIST TO TELESPIN]** Fwd L slide lt hd down W's rt arm join lead hds lead W hip twist, __, trng lf sd R, fwd L, fwd R loose CP RLOD (W fwd R join lead hds swvl rf fc LOD, __, trng lf slip fwd L, bk R, cl L to R loose CP fc LOD);

4    SS    **[RK APT & REC]** Bk L separate from ptr lead hds joined, __, rec fwd R close to ptr, __ (W in pl R, __, in pl L, __);

## PART A

**1-4    W'S SYNC RUNAWY TO LOD; FC, M CL/PT, __, & RK 2; W HOLD / M CIR WRAP W;
M CK FWD & SLIP / W ROLL RF FOR;**

1    SQQ    **[SYNC RUNAWY]** LOP FCING bk L LOD, __, fwd R RLOD, fwd L qk swvl lf fc Wall/ (W in pl R, __, fwd L LOD trng lf, bk R cont lf trn/);

2    &;SQQ    **[M CL/PT & RK 2]** /cl R to L; Pt L LOD, __, rk fwd L LOD, rec bk R (W /fwd L LOD; Fwd R LOD qk swvl rf fc ptr & RLOD, __, in pl L, in pl R);

3    SQQ(__)    **[M CIR WRAP]** Fwd L join both hds, __, cir beh W fwd R loop lead hds over W's head, fwd L to WRAP POS RLOD (W tch L to R & hold loop lead hds over head to WRAP POS RLOD, __, __, __);

4    SQQ    **[M SLIP / LADY ROLL RF]** Ck fwd R outsd W, __, slip rf bk L, fwd R fc WALL (W small bk L rf trn, __, fwd R LOD spin rf, cl L fc COH);

**5-8    TRNG BASIC; SD TO X-SWVLS; CK THRU NY LINE, __, REC TO SYNC RUN RLOD;
TO SLO ARABESQUE {OPT: SLO PROM} OVERSWY;
{Opt Ms 7:   Ck NY & Rec to W's Sync Underarm Exit RLOD;}**

5    SQQ    **[TRNG BASIC]** Blend Cp WALL sd & fwd L, __, slip lf bk R, fwd L LOP COH (W blend CP sd & fwd R, __, slip lf fwd L, bk R fc WALL);

6    SQQ    **[X-SWVLS]** Sd R, __, fwd L LOD swvl lf, fwd R RLOD swvl rf (W sd L, __, fwd R LOD swvl rf, fwd L RLOD swvl lf);

7    SQ&Q    **[CK NY & SYNC RUN]** Ck thru L LOD, __, rec bk L lf trn/ fwd R RLOD, fwd R RLOD blend SCP (W ck thru R LOD, __, rec bk L rf trn/ fwd R RLOD, fwd L RLOD blend SCP);

8    S__    **[ARABESQUE {OPT: PROM} OVERSWY]** SCP fwd L rt sd stretch, __, slo chg to lt sd stretch with lf body rotation, __ (W SCP fwd R with L ft off floor & extended bk in arabesque line, __, swvl lf bring L ft to rt knee, __);

**MS 7 OPTION:**    **{CK NY & W SYNC UNDERARM EXIT RLOD;}** (W ck thru R LOD, __, rec bk L rf trn/ fwd R RLOD rf underarm trn, fwd L RLOD SCP);

**9-12    W DEVELOP, __, & REV UNDERARM EXIT DC; LUNGE BRK; X-BODY DRW;
(RT HDS) FWD BRK;**

9    __QQ    **[DEVELOP & REV UNDERARM EXIT]** Cont lf body rotation, __, rec bk R, bk L rf trn LOP DL (W develop L, __, rec fwd L lf underarm trn, bk R fc DRW);

10    S__(SQQ)    **[LUNGE BRK]** LOP DLC sd & fwd R, __, lower on R, rise on R (W sd & bk L, __, bk R, rec fwd L);

11    SQQ    **[X-BODY]** Bk & sd L, __, trng lf bk R, fwd lf DRW join rt hds (W fwd R, __, trng lf fwd L, bk R join rt hds fc DLC);

12    SQQ    **[FWD BRK]** Rt hds joined sd & fwd R, __, fwd L, rec bk R (W rt hds joined sd & bk L, __, bk R, rec fwd L);

## PART B

**1-4    W SYNC TO RONDE, __, & AROUND / M RK 2 & FC LOD; FOR CHEST PUSH BK WK 3;
W REV UNDERARM TRN; FWD, __, M MANU & PVT TO;**

1    SS(&;SQQ)    **[SYNC RONDE & AROUND]** LOP DRW sd L, __, rec sd R trn fc ptr & LOD, __ (W /fwd R; sd L ronde R cw, __, xRib, fwd L fc RLOD);

2    SQQ    **[CHEST PUSH BK WKS]** Fwd L LOD closing to ptr, __, bk R, bk L RLOD (W fwd R RLOD rt hd on M's chest, __, fwd L, fwd R RLOD);

3    SQQ    **[REV UNDERARM TRN]** Bk R join lead hds, __, bk L, rec fwd R SCP LOD (W fwd L RLOD, __, fwd R lf underarm trn, fwd L SCP LOD);

4    SQQ    **[FWD, MANU & PVT]** Fwd L, __, fwd R rf trn CP fc RLOD, bk L pvt rf ½ LOD (W fwd R, __, fwd L CP fc LOD, fwd R pvt rf ½ fc RLOD);

**5-8    DBL RONDE INTO HAIRPIN; RT SD PASS (LOD); FWD BRK; TO W'S SLO X-SWVLS;**

5    SQQ    **[DBL RONDE INTO HAIRPIN]** CP LOD fwd R rf body rotation ronde L fwd cw, __, curving rf fwd L, fwd R BJO outsd ptr RLOD (W CP bk L ronde R cw, __, bk R, bk L BJO ptr outsd fc LOD);

6    SQQ    **[RT SD PASS]** Bk & sd L rf trn, __, small slip bk R, fwd L LOP LOD (W fwd R, __, trng lf fwd L, bk R LOP fc RLOD);

7    SQQ    **[FWD BRK]** Sd R, __, fwd L, rec bk R (W sd & bk L, __, bk R, rec fwd L);

8    SS    **[LADY'S X-SWVLS]** Blend BFY sd L DLW, __, sd R DRC, __ (W BFY fwd R DRC rf swvl, __, fwd L DLW lf swvl, __);

## INTERLUDE 1

**1-4**    W UNDERARM TO LUNGE / SIT LINE, __ , REC, CL WITH ARMS FOR; CONTRA BRK; HIP TWIST, __ , TO TELESPIN; M SLO RK APT & REC;

1    SQQ    [UNDERARM LUNGE / SIT LINE & REC, CL] Lunge sd L DLW look at ptr, __ , rec R, cl L fc DRW bring arms to xif of waist rt over lt, __ ; (W fwd R swvl lf under lead hds to sit line on R, __ , rec L, cl R fc DLC bring arms to xif of waist rt over lt, __ );

2-4    REPEAT INTRO MS 2-4;;;

## PART A MOD

**1-4**    W'S SYNC RUNAWY TO LOD; FC, M CL/PT, __ , & RK 2; W HOLD / M CIR WRAP W; M CK FWD & SLIP / W ROLL RF FOR;

1-4    REPEAT PART A MS 1-4;;;;

**9-12**    TRNG BASIC; LUNGE BRK; X-BODY DRW; (RT HDS) FWD BRK;

9-12    REPEAT PART A MS 5; REPEAT PART A MS 10-12;;;

## PART B

**1-4**    W SYNC TO RONDE, __ , & AROUND / M RK 2 & FC LOD; FOR CHEST PUSH BK WK 3; W REV UNDERARM TRN; FWD, __ , M MANU & PVT TO;

**5-8**    DBL RONDE INTO HAIRPIN; RT SD PASS (LOD); FWD BRK; TO W'S SLO X-SWVLS;

1-8    REPEAT PART B MS 1-8;;;;;;;

## INTERLUDE 2

**1-4**    W UNDERARM TO LUNGE / SIT LINE, __ , REC, TCH FOR; TRNG BASIC; SD TO X-SWVLS; CK THRU TO NY LINE, __ , REC TO SYNC RUN RLOD TO; *{Opt Ms 4: Ck NY & Rec to W's Sync Underarm Exit RLOD;}*

1    SQ_    [UNDERARM LUNGE / SIT LINE & REC, TCH] Lunge sd L DLW look at ptr, __ , rec R, tch L to R lead hds joined; (W fwd R swvl lf under lead hds to sit line on R, __ , rec L, tch R to L lead hds joined);

2-4    REPEAT PART A MS 5-7;;;

**MS 4 OPTION:**    *{CK NY & W SYNC UNDERARM EXIT RLOD;}*

## PART C

**1-4**    QK ARABESQUE *{OPT: QK PROM}* OVERSWY; W DEVELOP, __ , & REV UNDERARM; LUNGE BRK; RT SD PASS (RT HDS);

1    &;____    [QK ARABESQUE *{OPT: QK PROM}* OVERSWY] /SCP fwd L rt sd stretch; Qk chg to lt sd stretch with lf body rotation, __ , __ , __ (W /SCP fwd R with L extended bk & ft off floor; Qk swvl lf bring L to R raise L ft to rt knee, __ , __ , __ );

2-3    REPEAT PART A MS 9-10;;

4    SQQ    [RT SD PASS] Sd & fwd L, __ , rf trn bk R, fwd L WALL join rt hds (W fwd R, __ , fwd L lf underarm trn, bk R fc COH join rt hds);

**5-8**    SHAD BRK 3T;;; FWD / W SPIRAL, __ , M MANU & PVT;

5    SQQ    [SHAD BRK] Rt hds joined sd R, __ , lf trn bk L, rec fwd R LOD (W rt hds joined sd L, __ , rf trn bk R, rec fwd L LOD);

6    SQQ    [SHAD BRK] Fwd L rf trn ½, __ , bk R, rec fwd L RLOD (W fwd R lf trn ½, __ , bk L, rec fwd R RLOD);

7    SQQ    [SHAD BRK] Fwd R lf trn ½, __ , bk L, rec fwd R LOD (W fwd L rf trn ½, __ , bk R, rec fwd L LOD);

8    SQQ    [FWD / LADY SPIRAL, MANU & PVT] Fwd L, __ , fwd R rf trn CP fc RLOD, bk L pvt rf ½ LOD (W fwd R spiral lf, __ , fwd L CP fc LOD, fwd R pvt rf ½ fc RLOD);

## PART B (5-8)

**5-8**    DBL RONDE INTO HAIRPIN; RT SD PASS (LOD); FWD BRK; TO W'S SLO X-SWVLS;

5-8    REPEAT PART B MS 5-8;;;;

## END

**1-4**    W UNDERARM TO LUNGE /SIT LINE, __ , REC, CL WITH ARMS FOR; CONTRA BRK; HIP TWIST, __ , TO TELESPIN; BK TO SLO ARABESQUE *{OPT: SLO PROM}* OVERSWY;

1-3    REPEAT INTERLUDE 1 MS 1-3;;;

4    S_    [BK TO ARABESQUE *{OPT: PROM}* OVERSWY] CP RLOD bk & sd L rt sd stretch, __ , slo chg to lt sd stretch with lf body rotation, __ (W CP fc LOD fwd R with L ft off floor & extended bk, __ , swvl lf bring L ft to rt knee, __ );