

LA BARCA

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Rhapsody Download: Luis Miguel
Bolero Phase V+1

CD: Mi Boleros Favoritos; La Barca, Track 2
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INTRO, A, B, INTER, A (9-16), B, ENDING

INTRO

1-4 WAIT PICK-UP NOTES FWD BREAK; NAT TOP; QK OPENING OUT WITH QK SWIVELS;;

SQQ 1-2 Wait pick-up notes fcng ptr & DRW lead hnds joined trail ft free
SQQ {Fwd Break} As music begins sd R,-, chk fwd L, recov R start RF trn; {Nat Top} Sd L cont RF trn,-, XRIB of L, sd L (W XRIF of L,-, sd L, XRIF of L) end fcng DW;
QQQQ 3-4 {Qk Opening Out Qk Swvls} Fwd R twd wall cont RF body trn, press L fwd as lead W to step bk, recov R, sd L with hip rock; cont hip rocks sd R, sd L, sd R, sd L (W fwd L trn RF to fc wall, bk R, recov L trn body LF, XRIF of L swvl RF; fwd L end IF of M swvl LF, XRIF of L swvl RF, XLIF of R swvl LF, XRIF of L swvl RF);

5-8 RUMBA AIDA; QK HIP ROCK 4; FC FOR SPOT TRN; FWD BRK;

QQS 5-6 {Rumba Aida} Thru R, sd & fwd L trn RF, bk R in "V" pos,-;
QQQQ {Qk Rk 4} Rk fwd L, recov R, rk fwd L, rk R;
SQQ 7-8 {Fc for Spot Trn} Fwd L trn to fc ptr,-, XRIF of L trn LF ¾, fwd L trn ¼ to fc ptr & wall; {Fwd Brk} Sd R,-, chk fwd L, recov R;

PART A

1-4 CROSS BODY; HALF MOON; PREP AIDA; LAYBACK;

SQQ 1-2 {Cross Body} Sd L with slgt RF body trn ready to lead W
SQQ outside,-, slip RIB of L trn LF chg to shake hnd, sd & fwd L fc COH (W sd & fwd R,-, fwd L trn LF, sd & bk R to fc ptr & wall);
{Half Moon} Sd R twd LOD,-, trn to LOD lunge thru L still R hnds joined look at each other, recov R;
SQQ 3-4 {Prep Aida} Sd L twd RLOD still in shake hnd pos,-, thru R twd S-
RLOD, sd & fwd L; {Layback} Bk R M's L arm behind W as arch bk lifting chest up heads bk;

5-8 PROG WALK HEAD LOOP; FC & BRK BK; TRNING BASIC; HIP LIFT;

SQQ 5-6 {Prog Walk Head Loop} Fwd L bring joined R arms over M's head W lifts L arm fwd & up,-, fwd R to ½ LOP, fwd L {Fc & Brk Bk} Sd R to fc ptr blend to ½ OP,-, brk bk L both sweep lead arms fwd & up, recov R;
SQQ 7-8 {Trning Basic} Fold IF of W sd & fwd L with high line,-, slip bk R trn LF, sd & fwd L to CP fc wall (W fwd R head to R,-, slip

fwd L cl head to CP, sd & bk R); **{Hip Lift}** Sd R draw L to R dropping L hip with bent L knee & sweep lead hnds down & up to hip,-, lift L hip straighten L knee, drop hip bend knee;

- 9-12 SPOT TRN; HAND TO HAND; CRAB WALK 6;;**
 SQQ 9-10 **{Spot Trn}** Sd L,-, XRIF of L trn $\frac{3}{4}$ LF, fwd L trn $\frac{1}{4}$ LF; **{Hand to Hand}** Sd R trn to fc LOD trail hnds joined,-, brk bk L, recov R to fc in Bfly;
 SQQ 11-12 **{Crab Walks}** Sd L,-, XRIF of L, sd L; XRIF of L,-, sd L, XRIF of L;
13-16 LUNGE AND ROLL RLOD; OPEN FRONT VINE WITH RONDE AND ROLL TO FC;; HIP ROCKS;
 SQQ 13-14 **{Lunge and Roll}** Sd L with upward lunge action,-, trn to RLOD fwd R roll RF, bk L cont RF trn; **{Open Front Vine Ronde}** Fwd R RLOD in LOP,-, XLIF of R to fc in BFLY, sd R ronde L CCW;
 SQQ 15-16 **{Cont Vine with Roll}** XLIF of R,-, trn RF to roll RF fwd R, cont trn bk L; **{Hip Rocks}** Cont trn to fc ptr & wall hip rk sd R,-, rk sd L, rk sd R;

PART B

- 1-4 SYNCO UNDERARM TRN TRANS; BREAK BK SKATERS; SYNCO PROG WALK; RF UNDERARM ROLL;**
 SQQ 1-2 **{Synco Underarm Trn Trans}** Sd L lift lead arm to allow W to trn under RF,-, rk bk R, recov L (W sd R prepare to trn RF under lead hnds,-, XLIF of R trn RF/ recov R twd RLOD cont RF trn, sd L; **{Break Bk Skaters}** Both trn to fc LOD in skaters same foot work bk R (W sweep R arm fwd & up),-, brk bk L (W cont arm sweep bk & down), recov fwd R (W arm ends out to sd);
 SQ&Q 3-4 **{Synco Prog Walk}** Both fwd L,-, fwd R/ fwd L, fwd R; **{RF Underarm Roll}** Fwd L,-, fwd R trn RF under joined L hnds, cont RF trn bk L cont trn to fc LOD;
5-8 FWD,-, LUNGE RECOV LADY ROLL,-; OPEN FENCE LINE; RT SD PASS TRANS; LUNGE BREAK;
 SQQ 5-6 **{Fwd Lunge Recov Lady Roll}** Fwd R both look wall with R arms going out to wall M's in front of W,-, lunge fwd L trn LF sweep R arms fwd, recov R to LOP wall (W fwd R look wall,-, fwd L trn LF, bk R cont LF trn to fc the wall) connect lead hnds; **{Open Fence Line}** Both sd L,-, XRIF of L, recov L;
 SS 7-8 **{Right Pass Trans}** Rk sd R raise lead hnds to create window,-, recov L lead W under lead hnds,-(W fwd R,-, fwd L begin LF trn, bk R cont LF trn under raised lead hnds); **{Lunge Break}** Sd & fwd R to LOP fc ing,-, lower on R with slight RF body trn lead W bk, rise on R with slight body trn to recov (W sd & bk L,-, bk R with contra check action, fwd L);
9-12 HIP TWIST START A FAN; LADY RONDE DEVELOPE; RIGHT PASS; FWD BREAK;

- SQQ 9-10 **{Hip Twist Start Fan}** Take wgt on L,-, bk R, recov L (W fwd R
S- twd M twist ¼ RF,-, fwd L, fwd R begin to trn LF); **{Ronde**
(W -S) **Develope}** Lunge apt R stretch R sd and bring R arm up in arch
(W ronde L ft while cont to trn LF,-, XLIB of R, develope R);
- SQQ 11-12 **{Right Pass}** Recov L stretch L sd raise lead hnds to create
SQQ window,-, XRIB of L cont RF trn, fwd L end DRW (W fwd R,-,
fwd L begin LF trn, bk R cont LF trn under raised lead hnds);
{Fwd Break} Sd R to LOP fcng,-, fwd L with contra check
action, bk R;
- 13-16 SYNCO HIP ROCKS; LEG CRAWL BK BEND; RUDOLPH TO LARIAT;;**
- SQ&Q 13-14 **{Synco Hip Rocks}** Bring W to CP sd & bk L,-, rk sd & fwd R/
S- rk sd & bk L, rk sd & fwd R; **{Leg Crawl Bk Bend}** Bk L with
strong LF body trn (W allow L leg to crawl up M's R leg),-, trn
more LF drop in the knee support W as she bends bk,-;
- SQQ 15-16 **{Rudolph to Lariat}** Straighten sway and lower fwd R into W trn
SQQ body RF to cause (W step fwd L ronde R CW),-, let go of W with
R arm and raise L arm as rock sd L, recov R (W go behind his bk
with a XRIB of L, sd L); Cont lariat cl L,-, rk bk R, recov L end
fc DRW (W fwd R,-, fwd L, fwd R to fc ptr);

INTERLUDE

- 1-4 FWD BREAK; NAT TOP; QK OPENING OUT WITH QK SWIVELS;;**
- SQQ 1-2 **{Fwd Break}** Sd R,-, chk fwd L, recov R start RF trn; **{Nat Top}**
SQQ Sd L cont RF trn,-, XRIB of L, sd L (W XRIF of L,-, sd L, XRIF
of L) end fcng DW;
- QQQQ 3-4 **{Qk Opening Out Qk Swvls}** Fwd R twd wall cont RF body trn,
QQQQ press L fwd as lead W to step bk, recov R, sd L with hip rock;
cont hip rocks sd R, sd L, sd R, sd L (W fwd L trn RF to fc wall,
bk R, recov L trn body LF, XRIF of L swvl RF; fwd L end IF of
M swvl LF, XRIF of L swvl RF, XLIF of R swvl LF, XRIF of L
swvl RF);
- 5-8 RUMBA AIDA; QK HIP ROCK 4; FC FOR SPOT TRN; FWD BRK;**
- QQS 5-6 **{Rumba Aida}** Thru R, sd & fwd L trn RF, bk R in "V" pos,-;
QQQQ **{Qk Rk 4}** Rk fwd L, recov R, rk fwd L, rk R;
- SQQ 7-8 **{Fc for Spot Trn}** Fwd L trn to fc ptr,-, XRIF of L trn LF ¾, fwd
SQQ L trn ¼ to fc ptr & wall; **{Fwd Brk}** Sd R,-, chk fwd L, recov R;

REPEAT A 9-16 REPEAT B

ENDING

- 1-3 FWD BREAK; TRNING BASIC TO CONTRA CHECK HOLD;;**
- SQQ 1-3 **{Fwd Brk}** Sd R,-, rk fwd L, recov R; **{Trning Basic Contra**
SQQ **Chk}** Sd & fwd L trn RF,-, slip RIB of L trn LF, sd & fwd L to
SS CP fc DC; Sd R,-, lower & chk fwd L with R sd lead & hold,-;