

SOLAMENTE UNA VEZ



Choreo : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music : Wea Latina CD "Mis Boleros Favoritos" Track 7 by : Luis Miguel
or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp
Rhythm : Bolero Phase IV + 2 [Half Moon, Hip Twist] + 1 [Checked Right Pass]
Sequence : Intro - A - B - C - B(9-16)mod - Ending **Speed** : 22 MPM
Timing : SQQ unless noted by side of measure **Difficulty** : Difficult
Footwork : Opposite except where noted **Released** : Apr, 2010 Ver. 1.0

INTRO

1 - 6 WAIT;; HIP RKS; FENCE LINE; W UNDER; M UNDER

- 1-2 {Wait} Shadow Wall both R ft free wait 2 meas;;
3 {Hip Rocks} [same footwork thru meas 4] Rk sd R with rolling hip CW,-, rec L hip roll CCW,
rec R hip roll CW [hereafter hip rks R,-, L, R];
4 {Fence Line} Sd L rise,-, XRIF with bent knee, bk L;
5 {Woman Under} Sd R rise,-, XLIF flex knee lead W to trn RF, rec R (W sd R rise,-, XLIF flex
knee trn 3/4 RF under jnd left hnds, rec R cont trn to fc Wall)
6 {Man Under} Sd L rise,-, XRIF flex knee trn 3/4 LF under jnd left hnds, rec L cont trn to fc Wall
(W sd L rise,-, XRIF flex knee, rec L) end Shadow Wall;

7 - 9 SD BRK TO SYNC CRAB WKS;; CUCA W TRN M TCH TO CP;

- SQQ 7-8 {Side Break To Syncopated Crab Walks} [same footwork thru meas 8]
SQ&Q Rk sd R rise,-, rec L, XRIF; sd L rise,-,XRIF/sd L, XRIF;
9 {Cucaracha W Turn M Touch To CP} Sd L rise,-, rec R, tch L blend to CP
(W sd L rise,-, rec R trn 1/2 RF to fc ptr, cl L) end CP Wall;

PART A

1 - 4 HALF BASIC; FWD BRK; CHKD RIGHT PASS; M TRN TO LUNGE BRK;

- 1 {Half Basic} Sd L rise,-, bk R with slipping action and with flexing knee, fwd L;
2 {Forward Break} Blend to LOP Fcg sd & fwd R rise,-, fwd L with contra chk like action,
rec bk R;
3 {Checked Right Pass} Fwd & sd L rise comm trn RF raise lead hnds to create window trail hnd
on W's R hip chkg her fwd motion, XRIB cont trn around W, fwd & sd L to W's left sd
(W Fwd R rise raise lead hnd as if comm underarm trn then lower,-, XLIF, sd & bk R)
end Modified Wrapped Pos fc COH;
4 {M Turn To Lunge Break} Fwd R ronde L trn RF to fc ptr & Wall,-, lower on R with slight
body trn RF lead W to bk lunge, rise on R with slight body trn LF to rec
(W sd & bk L rise,-, bk R with contra check like action, rec fwd R) end LOP Fcg Wall;

5 - 8 LEFT PASS; HALF MOON;; START HALF MOON;

- 5 {Left Pass} Fwd L rise to Scar DRW lead W trn RF to shape body LOD,-, slip bk R flex knee, fwd L trn LF to fc COH jn R-R hnds (W fwd R trn 1/4 RF back to M,-, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr) end Hndshk COH;
- 6-7 {Half Moon} Sd R comm trn RF with right side stretch to “V” shape twd ptr,-, cont trn slip fwd L shaping to ptr, rec bk R trn to fc ptr; trn 1/4 LF sd & fwd L with left side stretch,-, slip bk R, cont trn fwd L to fc ptr (W sd L comm trn LF with left side stretch,-, cont trn slip fwd R, rec bk L trn to fc ptr; trn 1/4 RF sd & fwd R raising left arm trn slightly away but looking at ptr,-, slip fwd L IF of M trn 1/2 LF, bk R cont trn to fc ptr) end Hndshk Wall;
- 8 {Start Half Moon} Repeat meas 6 Part A to opposite direction;

9 - 12 AIDA PREP; AIDA LINE & HIP RKS; FC & FENCE REC; AIDA PREP;

- 9 {Aida Preparation} Blend to OP Fcg sd L rise to slight OP “V” shape,-, thru R flex knee comm trn RF, sd L;
- 10 {Aida Line & Hip Rocks} Cont trn RF bk R to Aida Line Pos fc RLOD,-, hip rks L, R;
- 11 {Face & Fence Recover} Sd L trn sharply LF to Bfly Wall pt R sd,-, cross lunge thru R with bent knee, rec bk L;
- 12 {Aida Preparation} Repeat meas 9 on opposite ft to opposite direction;

13 - 16 AIDA LINE & SWITCH LUNGE; DBL UNDERARM TRN; HIP LIFT; HIP RKS;

- SS 13 {Aida Line & Switch Lunge} Trn LF bk L rise to slight “V” Bk-To-Bk Pos lead hnds up and out jnd trail hnds fwd,-, trn RF to fc ptr bring jnd trail hnds thru lunge sd R lead hnds extended sd,-;
- 14 {Double Underarm Turn} Release trail hnds and jn lead hnds sd L rise and raise jnd lead hnds,-, XRIF flex knee trn 3/4 LF under jnd lead hnds, fwd L cont trn to fc ptr (W sd R rise,-, XLIF flex knee trn 3/4 RF under jnd lead hnds, fwd R cont trn to fc ptr) end LOP Fcg Wall;
- 15 {Hip Lift} Blend to CP sd R rise bring L ft to R ft,-, with slight pressure on L lift hip, lower hip;
- 16 {Hip Rocks} In CP hip rks L,-, R, L;

PART B

1 - 4 HIP TWIST TO FAN PREP;; FAN TO HOCKEY STICK;;

- 1-2 {Hip Twist To Fan Preparation} Release trail hnds sd & fwd R rise,-, fwd L flex knee, bk R lead W to M’s right sd (W sd & bk L rise,-, bk R flex knee, fwd L to M’s right sd); cl L rise lead W to swivel LF,-, bk R flex knee, rec L (W fwd R rise and swivel 1/4 LF to fc LOD,-, fwd L flex knee, fwd R trn 1/2 LF);
- 3-4 {Fan To Hockey Stick} Sd & fwd R rise to Fan Pos,-, fwd L flex knee, rec bk R (W sd & bk L rise remain R leg extended sd & fwd,-, cl R flex knee, fwd L); cl L rise,-, bk R flex knee, fwd L twd DRW jn R-R hnds (W fwd R rise,-, fwd L flex knee, fwd R trn LF to fc ptr) end Hndshk DRW;

5 - 8 R-HND FWD BRK; BK BOLERO WKS w/ARM TO FC;; UNDERARM TRN;

- 5 {Right Hand Forward Break} In Hndshk repeat meas 2 Part A;
- 6-7 {Back Bolero Walks With Arm To Face} Bk L twd DLC release jnd R-R hnds and sweep CW jn L-L hnds,-, trn slightly RF bk R twd LOD, bk L; bk R release jnd L-L hnds and sweep CCW jn R-R hnds,-, trn 1/4 LF sd L blend to CP, XRIF ; (W Fwd L,-, R, L trn LF to fc ptr) end CP Wall;
- 8 {Underarm Turn} Blend to LOP Fcg sd L rise,-, XRIB flex knee raise jnd lead hnds, fwd L (W sd R rise,-, XLIF flex knee trn 3/4 RF under jnd lead hnds, fwd R cont trn to fc ptr)

9 - 12 BRK BK TO 1/2 OP; SYNC BL WK; SWITCH & BK BRK; SYNC BL WK;

- 9 {Break Back To Half Open} Sd R rise,-, trn LF to Half OP LOD slip bk L flex knee, fwd R;
- SQ&Q 10 {Syncopated Bolero Walk} Fwd L rise,-, fwd R/L, R;
- 11 {Switch & Back Break} Fwd L sharply trn 1/2 RF to Left Half OP RLOD,-, bk R, rec L;
- SQ&Q 12 {Syncopated Bolero Walk} Repeat meas 10 Part B on opposite ft to opposite direction;

13 - 16 SWITCH & BK BRK; SYNC BL WK TO FC; OPENING OUT 2X;;

- 13 {Switch & Back Break} Repeat meas 11 Part B on opposite ft to opposite direction end Half OP LOD;
- SQ&Q 14 {Syncopated Bolero Walk To Face} Fwd L rise,-, fwd R/L, R trn R to fc ptr & Wall;
- 15-16 {Opening Out Twice} Blend to Bfly sm sd & fwd L rise comm upper body rotation LF,-, lower on L complete body trn and extend R ft to sd, rise and rotate bk to fc Wall (W sd & bk R rise comm body rotation LF,-, XLIB lower, fwd R trn to fc ptr);
cl R rise comm upper body rotation RF,-, lower on R complete body trn and extend L ft to sd, rise and rotate bk to fc Wall (W same footwork on opposite foot with meas 19);

PART C

1 - 4 TRNG BASIC;; X BODY; REV UNDERARM TRN TO WRAP;

- 1-2 {Turning Basic} Blend to CP sd & slightly fwd L (W sd & slightly fwd R between M’s feet) rise with upper body trn LF to look RLOD (W’s head closed),-, comm trn 1/2 LF bk R with slip pivot action, sd & fwd L cont trn to fc COH; sd R rise,-, XLIF bent knee with contra chk action, rec R end CP COH;
- 3 {Cross Body} Sd & bk L trn LF rise,-, slip bk R flex knee cont trn, fwd L cont trn to fc Wall blend to Bfly (W sd & fwd R rise,-, fwd L XIF of M flex knee trn LF, sm sd R cont trn to fc ptr) end Bfly Wall;
- 4 {Reverse Underarm Turn To Wrap} Keep both hnds jnd sd R rise,-, XLIF flex knee comm trn LF raise jnd lead hnds to lead W to trn LF, cl R cont trn to fc LOD
(W sd L rise,-, XRIF flex knee trn 3/4 LF under jnd lead hnds, fwd L) end Wrapped Pos fc LOD;

5 - 8 SWEETHEART RUN 2X;; SPOT TRN TO FC; SLO HIP RKS;

- 5-6 {Sweetheart Run Twice} In Wrapped Pos looking at ptr fwd L rise,-, fwd R flex knee, fwd L; fwd R rise,-, fwd L flex knee, fwd R;
- 7 {Spot Turn To Face} Fwd L rise,-, release hnd hold fwd R flex knee trn 1/2 LF, fwd L cont trn to fc Wall (W fwd R rise,-, fwd L flex knee trn 1/2 RF, fwd R cont trn to fc ptr);
- SS 8 {Slow Hip Rocks} Blend to Low Bfly hip rks R,-, L,-;

PART B (9-14) mod

9 - 14+ BRK BK TO 1/2 OP; SYNC BL WK; SWITCH & BK BRK; SYNC BL WK; SWITCH & BK BRK; BL WK TO PROM OVRSWAY;;

- 9-13 Repeat meas 9 thru 13 Part B;;;;;
- SQQS 14+ {Bolero Walk To Promenade Oversway} In Half OP fwd L rise,-, fwd R blend to SCP LOD, sd & fwd L (W sd & fwd R) stretch body upward to look over jnd lead hnds; gradually relax L knee with stretching left sd to look at ptr (W look well left),-;

“Solamente Una Vez”

(Continued)

END

- 1 - 3 BASIC END; SYNC BK TWIST VINE; SD X LUNGE;**
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| | 1 | {Basic Ending} Rec to CP sd R rise,-, slip fwd L flex knee, bk R; |
| SQ&Q | 2 | {Syncopated Back Twist Vine} Sd L,-, XRIB/sd L, XRIF; |
| SS | 3 | {Side Cross Lunge} Blend to Bfly sd L,-, cross lunge thru R look LOD,-; |