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# COSTUMBRES

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Record: Educational Use Only - Avail. from Choreographer or Palomino **PHASE VI - Bolero**

Sequence : INTRO - A - B - C - B mod - B (meas 3-15) - END **SLOW FOR COMFORT**

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses) : (Rel. 7/1/99)

Timng: Standard Bolero SQQ(Unless Noted)

## INTRO

Meas:

1-5 **SHAD POS DLW L FT FREE FOR BOTH WAIT 1 MS; SL WK L; SL WK R;**

**FWD 2 CHK; WHEEL TRANS DLW;** *DA REC*

s --; s --; 1-3 Shad DLW sm ftwk Wt 1 meas; Fwd L, -, -, -, -, Fwd R, -, -, -, -;

4-5 [fwd 2 ck] Fwd L, -, fwd R, (fwd L); [wheel] Comm full RF wheel fwd R, -, L, R SHAD POS fc DLW(W comm RF wheel bk R, bk L/bk R, bk L SHAD POS fc DRC, -);

## PART A

1-4 **DLW HOLD W TRN TO OPPOSITE LN ARM SWEEP; RISE TRN W TO SHAD & SHAPE;**

**FWD CK REC; M TRN W BK TO OP LUNGE LN FC RLOD;**

s -- 1-2 [opp ln w/arms] M hold lead W to trn RF pl L hd on W's R hip extend R arm up & out pt L sd -, -, (W keep arms low & X in front fwd R trn 1/2 RF fc ptr raise arms up & out pt L ft sd & slightly bk -, -, fc DRC) - s -- fc DLW; [w trn to shad] M rise & lead W to spin 1/2 LF to shad DLC leaving L ft pointed -, -, - (W spin LF on R to shad pt L ft fwd -, -, & extend R arm up & out) SHAD/LOD;

3-4 [fwd ck rec] Sm ft wk Fwd L, -, fwd R chk, rec L bk; [op lunge ln] M fwd R trn RF 1/2 jn ld hds lower into R knee/pt L sd & slightly bk, -, sweep R arm fwd up & out, - (W bk R jn ld hds lower in R knee/pt L sd & slightly bk -, -, sweep L arm fwd up & out, - fc ptr & LOD) fc RLOD;

5-8 **RISE TRANS & RK REC; RT SD PASS; FWD BREAK; TRANS SKATERS BK LUNGE;**

5-6 [rise rk rec] Rise on R lead W to cl L to R, -, rk fwd L, rec R (W rise on R cl L to R, -, rk bk R, rec L) op fc RLOD; [rt sd pass] Now on opposite ftwk sd & fwd L to "L" pos raise ld hds to create window, -, XRIB of L trn RF, cont RF trn fwd L (W fwd R look away from M, -, fwd L trn LF under ld hds to fc ptr, bk R) fc DRC;

7-8 [fwd brk] Sd & fwd R to OP/FC DLC, -, ck fwd L slight contra ck action, rec bk R; [trans sktrs] Hold lead W to trn LF, -, bk L trn upper body slightly RF -, (W fwd R trn LF to skaters, -, bk L trn upper body slightly RF -) blend to SKTRS/LOD holding all jnd hds low and to the side;

9-12 **FWD CHK REC; LUNGE & W SPIN TO REY UNDERARM TRN; EXPLODE APT REC TCH; NEW YORKER;**

9-10 [fwd chk] SKTRS Sm ft wk fwd R, -, ck fwd L, recover R release jnd L hds, [spin rev underarm trn] Sd L into L Lng lead W to spin RF extend L arm up & out R hds jnd low in ft of W pt R ft to sd fc LOD slightly in ft of W, -, rec R trn RF fc COH, cl L to R (W keep wt on R spin RF 1 full trn pt L ft sd keep R hds jnd in ft extend L arm up & out end slightly beh M's R sd, -, rec L trn LF und jnd hds to fc ptr, cl R to L) LOP/FC COH;

11-12 [explode] M's L W's R hds jnd slight RF trn lunge apt R fc LOD, -, rec L to fc ptr, tch R to L (W slight LF trn lunge apt L fc LOD, -, rec R to fc ptr tch L to R) FC/COH; [nyr] Sd & fwd R "V" pos, -, ck thru L, rec R to fc ptr COH;

& 13-16 **PREP AIDA; AIDA LN w/HIP RKS; CONTINUOUS SWIVELS::**

13-14 [prep aida] Sd & fwd L "V" pos, -, thru R soft knee comm RF trn, sd L cont trn RF (W sd & fwd R "V" pos, -, thru L, sd R trn LF); [aida ln w/rks] Trn RF bk R slight "V" bk to bk pos, -, rk fwd L, rec R (W trn LF bk L slight "V" bk to bk pos, -, rk fwd R, rec L);

15-16 [cont swvls] Fwd L swvl LF to a Paso Doble hold fc COH lead W to cont swivels, -, rk R, L (W fwd R swvl RF, -, fwd L swvl LF, fwd R swvl R); Rk R, -, L, R fc DRC (W fwd L swvl LF, -, fwd R swvl RF, fwd L swvl L fc DLW);

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- 17-20 **SWVL TO UNDARM TRN M TRN FC RLOD: FWD BREAK: LEFT PASS : LUNGE BRK:**  
 17-18 [undarm trn] Sd L trn slight RF to fc DLC raise ld hds , - , rk bk R lead W to trn RF under jnd ld hds. rec L. trn LF (W fwd R swvl RF, - , fwd L cont RF trn under jnd hds, rec R) LOP/FC RLOD, [fwd brk] Sd & fwd R , - , ck fwd L slight contra ck action, rec bk R;  
 19-20 [lf pass] Fwd L to SCAR, - , rec R comm LF trn, sd & fwd L trn LF (W fwd R trn RF w/back to M, - , sd & fwd L trn LF, bk R ) to OP/FC DLW; [lunge brk] Sd & fwd R, - , lower on R extend L ft to sd & bk. rise on R bring W fwd (W sd & bk L, - , bk R ck sit line action, rec fwd L) fc WALL;

**PART B**

- 1-4 **TURNING BASIC:: TURNING BASIC 1/2: RT LUNGE w/ROCKS:**  
 1-2 [trn basic] Blend to CP/WALL Sd L with slight RF trn to CP,-, trn LF slip pvt action bk R. sd & fwd L trn LF to fc DLC; Sd & fwd R, - , fwd L contra chk action, bk R fc COH;  
 3-4 [trn basic 1/2] Sd with slight RF trn to CP,-, trn LF slip pvt action bk R, sd & fwd L trn LF to fc RLOD; [rt lng rks] Flex L knee sd fwd R. lower into lunge in make slight body trn to L , - , rk bk L, rec R;  
 5-8 **X BODY W SYNCO INSIDE TRN: NY'R: UNDERARM TRN: DBL NATURAL:**  
 5-6 [x body inside trn]Sd L trn LF open W out slightly raise jnd ld hds, - , lead W to trn LF under jnd hds XRIB of L. cont trn, cont trn rec L (W Sd R , - , comm LF trn under jnd ld hds L/R, L/R) fc Wall, [nyr] Sd & fwd R "V" pos. - , ck thru L, rec R to fc ptr;  
 7-8 [undarm trn] Sd L raise ld hds, - , XRIB slight RF trn lead W to trn RF under jnd ld hds, fwd L. fc DRW (W trn RF sd & fwd R, - , Fwd L cont RF trn under jn hds, rec R )LOP/FC DRW; [dbl nat'l] Comm RF trn blend to CP fwd R bet ptr's feet, - , fwd & arnd ptr L cont RF trn, cont RF trn spinning on ball of L allowing W to step into BJO (W comm RF trn bk L, - , cl r to L heel trn, cont RF trn fwd & arnd ptr L/cont RF trn fwd R outsd ptr) BJO/DLC;  
 (sq&q&)  
 9-12 **M CHK & SLIP: CURVING WALK 3 RLOD: FWD SWING TO RT LUNGE LN: RISE RK REC:**  
 9-10 [ck & slip] Cont RF upper body trn keep R shoulder back check fwd R {chair} outsd ptr causing W to swivel RF, - comm LF upper body trn rec bk L, cont LF body trn slip R in bk of L. (W swivel RF on R, cl r to R no wgt, swivel LF on R, cont LF trn on R slip L fwd ) CP/DLC; [curv wk]Trn LF fwd L, - , R, L fc CP/RLOD.  
 ss 11-12 [swing to rt lng] Fwd R swing L ft fwd, - , lower & swing L ft bk stretch L. sd to R lng ln. - (W bk L. swing R ft bk, - lower & swing R ft fwd to R lng ln); [rk rec] Rise on R, - , rk fwd L, rec R,  
 13-16 **X BODY OVRTRN: FWD SWVL TO FC: UNDERARM TRN: ROPE SPN 1/2:**  
 13-14 [x bdy ot] Sd & bk L trn LF, - , bk R cont LF trn fc LOD, fwd L lead W to fc LOD ( W fwd R XIF of M, - , fwd L. comm LF trn, cont trn fwd R extend L arm up) fc LOD; [swvl to fc] LOD Fwd R, - , rec L. bk R (W fwd L. trn LF fc ptr, - , fwd R, fwd L twd ptr)to fc ptr LOD;  
 15-16 [undarm trn] | Sd L raise ld hds, - , XRIB trn 1/4 RF lead W to trn RF under und ld hds. fwd L. (W trn RF sd & fwd R, - , Fwd L cont RF trn under jn hds, rec R) WALL; [rope spin 1/2] Cl r to L. raise jnd ld hds. comm LF upper body trn fwd L, cont LF trn und jnd hds, rec R (W sd L spiral RF und jnd ld hds, - , fwd R arnd ptr, fwd L.) fc ptr COH;  
 17 **FC & ROLL 2:**  
 17 [roll] Thru L trn LF fc ptr, - , roll RF R, L (W thru R trn RF to fc, - , roll LF L, R to op pos no hds fc ptr WALL.) to OP POS no hds held fc ptr COH) both X hds low in front of own body,

**PART C**

- 1-4 **EXTEND OPEN CONTRA BRK W ARMS: OPEN BK BREAK: RT LUNGE & EXTEND: TURN BASIC WITH LEG CRAWL:**  
 1-2 [op contra bk] No hds OP fc COH Sd & fwd R extend arms out to sd palms up & bring arms up over head with palms out , - , fwd L contra check action lower arms, rec bk R bring arms low & crossed in ft (W sd & bk L. extend arms out to sd palms up & bring arms up over head with palms outs, - , bk R lower arms, rec fwd L. bring arms low & crossed in ft) fc COH; [op bk brk] Sd & bk L explode arms up in ft & out, - , bk R under body w/x thighs. fwd L (W sd & fwd R explode arms up in ft & out, - , fwd L contra action ,bk R fc WALL.) fc COH  
 s - - 3-4 [rt lng]Sd & fwd R twd ptr into R lunge pl hds on W's waist , - , - , - (W sd & bk L. into R lunge extends arms up & out, - , - , - ); [trn basic] Blend to CP rec bk L, - , slip bk R under body comm trng LF, fwd L. release ptr (W rec fwd R, - , bring L leg up outsd ptrn's R leg & slip L fwd, sd & bk R)fc DLW,

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**5-8 FC TRANS: LUNGE BRK; CURL TO SHAD TRANS; UNDERARM LOOP TO SHAD; SD LUNGE W/ARMS W ARND TO TRANS:**

- ss 5-6 [lng bk] Sd & fwd R, -, lower on R extend L ft to sd & bk, rise on R bring W fwd (W sd & bk L, -, bk R ck sit line action, hold (W sd & bk L, -, bk R under body, fwd L); [curl trans] Rise on R lead W to trn LF jn L hds low at side, -, trn RF sd & bk L, (W fwd R trn LF under jnd hds, -, sd & bk L trn RF, -) into L shad pos fc DRW;
- ss 7-8 [underarm loop] Sm ft wrk sd R trn RF raise jnd L hds over W's head, -, cont trn bring jnd L hds down & behind M's back in M's hammerlock pos sd & bk L fc DLW W now slightly beh M release jnd hds, -, [sd lng] Turn slightly RF fc Wall sd R lunge sweep R arms up & dn, -, collect W into CP/WALL, rec L trn slightly LF, cl R to L, (W sd R lunge sweep R arms up & dn, -, rec L trn LF sweep L arm up & over into CP, tch R to L, -),

**PART B MODIFIED**

**1-10 REPEAT MEAS 3-12 PART B:.....:**

- 1-2 [trn basic] Repeat meas 3 part B end LOD; [rt lunge w/rks] Repeat meas 4 part B,
- 3-4 [x body inside trn] Repeat meas 5 part B fc COH; [ny] Repeat meas 6 part B,
- 5-6 [underarm trn] Repeat meas 7 part B; [dbl nat] Repeat meas 8 part B DRC;
- 7-8 [chk & slip] Repeat meas 9 part B DRW; [curv wk] Repeat meas 10 part B LOD,
- 9-10 [swing to R lunge] Repeat meas 11 part B; [rise rk rec] Repeat meas 12 part B LOD,

**11-12 X BODY FC COH; HIP LIFT:**

- 11-12 [x body] Trn 1/4 LF sd & bk L, -, cont LF trn bk R, fwd L (W fwd R XIF of M, -, fwd L trn LF, sd R)CP/COH [hip lift] Sd R, -, tch L to R lift hip up, lower hip no wgt

**REPEAT PART B MEAS 3 - 15:.....:**

**END:**

**1-4 RT LUNGE & EXTEND; SL RONDE; WRAP TRANS; SL WK:**

- ss 1-2 [rt lng] FC LOD Sd & fwd R into R lunge, - extend, - (W bk L into R lunge, -, extend, -), [ronde] Rec L, -, fwd R bet ptr's ft lead W to ronde R ft, - (W rec R, -, sd & bk L ronde R ft cw, -);
- ss(ss(sqq)) 3-4 [wrap] Bk L raise jn ld hds, -, sd & bk R lead W to trn LF under jnd ld hds (W XRIB of L, - fwd L, cont trn LF under jnd ld hds, cont LF trn bk R to wrap pos) fc LOD; [sl wk] both have L ft free Fwd L, -, -;
- s - - 5-7 **SL WK; FWD LOOP; SD LUNGE WITH ARM SWEEP & LOWER:**
- s - - 5-6 [sl wk] Fwd R, -, -, -; [loop] Fwd L jn L hds, -, rec R trn RF raise jnd L hds over W's head, cont trn bring jnd L hds down & behind M's back in M's hammerlock pos sd & bk L fc DLW W now slightly beh M release jnd hds [sd lng] Turn slightly RF fc Wall sd R lunge sweep R arms up & down lower into R leg.

ABCB\* B(3-15)

	WAIT ---- WHEEL LADY TRANS DW	SLOW WALKS FWD CHECK REC
A	LADY TURNS ARM SWEEP FWD CHECK REC LADY CLOSES ROCK REC FWD BREAK FWD CHECK REC ..... EXPLODE REC TOUCH PREP AIDA CONTINUOUS SWIVELS UNDERARM TURN FACE RLOD LEFT PASS FACE DW	LADY TURNS SHADOW MAN TURNS LUNGE LINE RIGHT SIDE PASS LADY TURNS SKATERS BACK LUNGE SPIN LADY REV UNDERARM TURN ..... NEW YORKER TO LOD AIDA LINE HIP ROCKS ---- FWD BREAK LUNGE BREAK FACE WALL
B	TURNING BASIC FACE COH TURNING BASIC FACE RLOD CROSS BODY SYNC INSIDE TURN UNDERARM TURN DRW ..... MAN CHAIR & SLIP FWD & SWING TO RIGHT LUNGE CROSS BODY LADY OVERTURNS UNDERARM TURN WALL (1) UNDERARM TURN LOD (2) THRU FACE & ROLL 2	---- RIGHT LUNGE WITH ROCKS NEW YORKER DOUBLE NATURAL DC ..... CURVE 3 FACE RLOD RISE ROCK & REC FWD LADY SWIVEL FACE ROPE SPIN FACE COH
C	OPEN CONTRA BREAK WITH ARMS RIGHT LUNGE & EXTEND LUNGE BREAK UNDERARM LOOP	OPEN BACK BREAK TURN BASIC LEG CRAWL CURL TO SHADOW & BACK SIDE LUNGE WITH ARMS REC CLOSED
B*	TURNING BASIC FACE LOD CROSS BODY SYNC INSIDE TURN UNDERARM TURN DC ..... MAN CHAIR & SLIP FWD & SWING TO RIGHT LUNGE CROSS BODY FACE COH	RIGHT LUNGE WITH ROCKS NEW YORKER DOUBLE NATURAL DRC ..... CURVE 3 FACE LOD RISE ROCK & REC HIP LIFT
END	RIGHT LUNGE & EXTEND BACK & WRAP ---- END SIDE LUNGE ARM SWEEP	REC & LADY RONDE SLOW WALKS FWD & UNDERARM LOOP

COSTUMBRES (BLACKFORD) 3867  
(SHADOW DW BOTH L FREE)  
(SLOW FOR COMFORT)