

# **LEGEND**

Release Date: 3/17/18  
Rev 1.4 8/21/18 change Intro ms 4  
Choreographer: Kristine & Bruce Nelson, 135 Elliott Circle, Anderson SC 29621,  
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Music: The Legend Comes to Life (from Pokemon the Movie)  
Artist: Avera Latin Music 11 also on CD Mi Ritmo @ 2:40  
Download available at casa-musica-shop.de or iTunes  
Time/Speed: 2:43 / 25 at download speed Modifications: None  
Degree of Difficulty: AVG [MOD w/Option]  
Footwork: Opposite unless noted (Woman's footwork in parentheses)  
Rhythm Rumba /Cha Cha [optional 4 ms]  
Phase V +0 +2 Unphased [Cucaracha Cross & Optional Cross Basic w/Spiral]  
Sequence: **INTRO A B C B END**

## **INTRODUCTION**

### **1-4 WAIT 5 PICKUP NOTES ALTERNATIVE BASIC 2X;; AIDA; SYNCOPATED SWITCH ROCK W/POINT [ to CP];**

Facing WALL no hnds jnd M's L & W's R ft free & pointed to sd Wait 5 pickup notes  
[1-2] [Alternative Basic 2X] Cl L, sip R, sd L, -; Cl R, sip L, sd R, - (Cl R, sip L, sd R, -;  
Cl L, sip R, sd L, -) jn ld hnds;  
[3] [Aida] Jn ld hnds slight RF trn thru L, comm LF trn sd R rel ld hnds jn trail hnds, comp  
trn fc LOD bk L to a "V" bk-to-bk pos, - (Slight LF trn thru R, comm RF trn sd L, comp trn  
fc LOD, bk R to a "V" bk-to-bk pos, -);  
[4] [Sync Switch Rock w/Point] Trn RF to fc ptr sd R, rec L/cl R, pt L sd to LOD, - (Trn LF  
to fc ptr sd L, rec R/cl L, pt R sd to LOD, -) comm blend to CP;

## **PART A**

### **1-4 BASIC;; LATIN WHISK; FAN;**

[1-2] [Basic] In CP Fwd L, rec R, sd L, -; Bk R, rec L, sd R, - (Bk R, rec L, sd R, -; Fwd  
L, rec R, sd L, -);  
[3] [Latin whisk] XLIB, rec R to fc, sd L, - (XRIB, rec L to fc, sd R, -);  
[4] [Fan] Thru R, comm slight LF trn ldg W to trn LF fc WALL cl L, sd R, - (Thru L, comm  
¼ LF trn, sd & bk R, comp LF trn fcg RLOD sd & bk L, -);

### **5-8 STOP & GO HOCKEY STICK;; HOCKEY STICK;;**

[5-6] [Stop & Go Hockey Stick] Fwd L, rec R raising L arm to ld W to trn LF under, sd L,  
-; Plcg R hnd on W's back chk fwd R shaping to W, rec L raising L arm to ld W to trn RF  
under, sd R fc WALL, - (Cl R, fwd L, fwd R trn ½ LF under jnd ld hnds to end in L-shape  
pos at M's R sd fcg LOD, -; Chk bk L extending L hnd up to ceiling, fwd R lower hnd, fwd  
L trn 1/2 RF under jnd hnds, -);  
[7-8] [Hockey Stick] Fwd L, rec R, cl L, -; Bk R slight RF trn, fwd L ldg W underarm to  
trn LF, fwd R, - (Cl R, fwd L, fwd R, -; Fwd L DRW, fwd R trn ½ LF, bk L, -);

### **9-12 SCAR CHECK FORWARD W DEVELOPE; AIDA M BACK 3; HIP ROCK 3 SWIVEL TO FACE; SIDE WALK 3 CP;**

[9] [SCAR Check Fwd W Develope] Trng body slightly RF to SCAR fwd L chkg, -, -, -  
(Trng body slightly RF to SCAR bk R chkg, raise L knee plcg L ft along side R knee,  
extend L ft fwd, -);  
[10] [Aida M Back 3] Bk R, L, R to a "V" bk-to-bk pos, - (Fwd L comm LF trn, cont trn sd  
R, cont trn bk L to a "V" bk-to-bk pos,-) looking RLOD;  
[11] [Hip Rock 3 to Face] Fwd L, rec R, fwd L swvl ¼ LF, - (Fwd R, rec L, fwd R swvl ¼  
RF, -) fc WALL;  
[12] [Side Walk 3 CP] Blending to CP WALL sd R, cl L, sd R, - (Sd L, cl R, sd L, -);

**PART A (Contd)**

**13-16 BREAK TO ½ OP; OPEN IN & OUT RUNS;; THRU CLOSE SIDE:**

[13] [Break to ½ OP] Swvlg ¼ LF on R bk L to ½OP LOD, fwd R, fwd L, - (Swvlg ¼ RF on L bk R to ½OP LOD, fwd L, fwd R, -);  
[14-15] [Open In & Out Runs] Comm RF trn fwd R in front of W, sd L twd WALL cont RF trn fc LOD, fwd R to L½OP, -; Fwd L, fwd R, fwd L, - (Fwd L, fwd R, fwd L, -; Comm RF trn fwd R in front of M, sd L twd WALL cont RF trn, fwd R to ½OP, -) LOD;  
[16] [Thru Close Side] Thru R comm RF trn to fc, cl L, sd R, - (Thru L comm LF trn to fc, cl R, sd L, -) LOP fcg WALL;

**PART B**

**1-4 OPEN HIP TWIST; FAN; ALEMANA TO R HANDSHAKE [M CLOSE]::**

[1] [Open Hip Twist] Fwd L, rec R, cl L, - (Bk R, rec L, fwd R/swvl RF ¼ fc lod,-);  
[2] [to Fan] Bk R, rec L, sd R shaping to W, - (Fwd L, fwd R trn ½ LF, bk L, -);  
[3-4] [Alemana to R handshake] Fwd L, rec R, sd L ldg W to trn RF, -; Bk R, rec L, cl R, - (Cl R, fwd L, fwd R swvl RF to fc ptr, -; Cont RF trn und jnd ld hnds fwd L, cont RF trn fwd R, sd L, -) jn R-R hnds;

**5-8 TRADE PLACES 2X;; [R HAND] BREAK APART TO FLIRT::**

[5-6] [Trade Places 2X] R hnds jnd rk apt L, rec R trng 1/4 RF beh W releasing jnd R hnds, trng ¼ RF to fc ptr & COH sd & bk L jnd L hnds, -; Rk apt R, rec L trng ¼ LF beh W releasing jnd L hnds, trng ¼ LF to fc ptr & WALL sd & bk R jn R hnds, - (Rk apt R, rec L trng ¼ LF in front of M releasing jnd hnds, trng ¼ LF to fc ptr sd & bk R, -; Rk apt L, rec R trng ¼ LF in front of M releasing jnd hnds, trng ¼ LF to fc ptr sd & bk L, -);  
[7-8] [Flirt] R hnds jnd rk apt L, rec R ldg W fwd to M's R sd, cl L ldg W to trn LF to VARS, -; Rk bk R, rec L, sd R, - (Rk bk R, fwd L twd M's R sd, fwd R trn ½ LF to VARS, -; Bk L, rec R, sd L, -) LEFT VARS WALL;

**9-12 SWEETHEART 3X ~SWIVEL W TO FACE::; SPOT TURN BFLY:**

[9-10] [Sweetheart 3X] With dbl hand holds chk fwd L, rec R, sd L, -; Chk fwd R, rec L, sd R, - (Chk bk R, rec L, sd R, -; Chk bk L, rec R, sd L, -);  
[11] [Swivel W to fc] With dbl hand holds chk fwd L, lower hnds in front of W rec R, ldg W fwd to swvl to fc sd L, - (Chk bk R, rec L, fwd R swvl ½ RF to fc ptr, -);  
[12] [Spot turn] Ldg W twd LOD XRIF comm LF trn, cont trn rec L fc ptr, sd R, - (XLIF comm RF trn, cont trn rec R fc ptr, sd L, -) BFLY;

**13-16 CROSS BASIC;; CROSS BASIC::**

[13-14] [Cross Basic] XLIF of R, trng ¼ LF rec bk R, sd L, -; XRIB of L, trng ¼ LF rec fwd L, sd R, - (XRIB of L, tng ¼ LF rec fwd L, sd R, -; XLIF of R, trng ¼ LF rec bk R, sd L, -);  
[15-16] [Cross Basic] Fcg COH Repeat ms 13-14 Part B end fcg WALL;;  
[Note: 2<sup>nd</sup> X through Part B at end of ms 16 release jnd hnds]

NOTE: [Below are optional figures for ms 13-16

**13-16 CROSS BASIC W/SPIRAL;; CROSS BASIC W/SPIRAL::**

[13-14] [Cross basic w/spiral] XLIF, rec R trn LF, sd L fcg LOD raising jnd ld hnds to ld W to spiral, - (XRIB, rec fwd L comm LF trn, fwd & sd R spiral LF fcg DLC, -); Bk R, rec fwd L trn LF, fwd & sd R fc COH, - (Fwd L comm LF trn, fwd R cont LF trn, sd & bk L fc WALL, -) BFLY;  
[15-16] [Cross basic w/spiral] Repeat ms 13-14 end BFLY fcg WALL (COH);;

**PART C**

**1-4 CP [START] CROSS BODY; W CROSS SWIVEL 2 SLOW M ROCKS; FINISH CROSS BODY; CORTE RECOVER;**

[1] [Start Cross Body] Blending to CP fwd L, rec R trn ¼ LF, sd L fcg LOD, - (Bk R, rec L, small fwd R to L-shaped pos, -);

[2] [W Cross Swivel 2 X M Rocks] Ldg W's swvls rk sd R, -, rk sd L, - (Fwd L swvl appx 3/8 LF, -, fwd R swvl appx 3/8 RF, -);

[3] [Finish Cross Body] Bk R comm ¼ LF trn, small fwd L comp trn, sd & fwd R CP COH, - (Fwd L, fwd R trn ½ LF, sd & bk R,-);

[4] [Corte Recover] Sd & bk L lowering, -, rec R, - (Sd & fwd R, - rec L, -);

**5-8 [4 ms in CHA CHA rhythm see Note] CUCARACHA CROSS; SIDE WALK ½; CROSS BODY;;**

[5] [Cucaracha Cross] Rk sd L, rec R, XLIF/sd R, XLIF (Rk sd R, rec L, XRIF/sd L, XRIF);

[6] [Side Walk ½] Sd R, cl L, sd R/cl L, sd R (Sd L, cl R, sd L/cl R, sd L);

[7-8] [Cross Body] Fwd L, rec R comm LF trn, sd L comp ¼ LF/cl R, sd L; Bk R comm LF trn, small fwd L, sd & fwd R/cl L, sd R (Bk R, rec L, small fwd R to L-shaped pos/cl L, fwd R; Fwd L, fwd R trn ½ LF, sd & slightly bk L/cl R, sd L);

[Note: optionally continue ms 5-6 and/or 7-8 in Rumba rhythm]

**ENDING**

**1-4 ALTERNATIVE BASIC 2X;; AIDA; AIDA & PRESS; [hold]**

[1-2] [Alternative Basic 2X] Repeat ms 1-2 Intro;;

[3] [Aida] Repeat ms 3 Intro;

[4] [Aida & Press] Thru R, comm RF trn sd L rel trail hnds jn ld hnds, comp trn fc RLOD bk R to a "V" bk-to-bk pos, press ball of L ft fwd in pressline (Thru L, comm LF trn sd R rel trail hnds jn ld hnds, comp LF trn fc RLOD bk L to a "V" bk-to-bk pos, press ball of R ft fwd in pressline);

# **LEGEND**

## **HEAD CUES**

Fcg no hnds WAIT 5 PICKUP NOTES

### **Intro**

ALTERNATIVE BASIC 2X;; AIDA; SYNCOPATED SWITCH ROCK W/POINT [ to CP];

### **Part A**

BASIC;; LATIN WHISK; FAN;  
STOP & GO HOCKEY STICK;; HOCKEY STICK;;  
SCAR CHECK FORWARD W DEVELOPE; AIDA M BACK 3;  
HIP ROCK 3 FC CP; SIDE WALK 3;  
BREAK TO V ½OP; OPEN IN & OUT RUNS;; THRU CLOSE SIDE;

### **Part B**

OPEN HIP TWIST; FAN; ALEMANA TO R HANDSHAKE [M CLOSE];;  
TRADE PLACES 2X;; [R HANDS] BREAK APART TO FLIRT [DBL HNDS];;  
SWEETHEART 3X ~SWIVEL W TO FACE;;; SPOT TURN BFLY;  
CROSS BASIC TWICE;;;;

### **Part C**

CP [START] CROSS BODY; W CROSS SWIVEL 2 SLOW M ROCKS;  
FINISH CROSS BODY; CORTE RECOVER;  
[CHA CHA] CUCARACHA CROSS; SIDE WALKS ½; CROSS BODY;;

### **Part B** [RUMBA]

OPEN HIP TWIST; FAN; ALEMANA TO R HANDSHAKE [M CLOSE];;  
TRADE PLACES 2X;; [R HANDS] BREAK APART TO FLIRT [DBL HNDS];;  
SWEETHEART 3X ~SWIVEL W TO FACE;;; SPOT TURN BFLY;  
CROSS BASIC TWICE [no hnds];;;;

### **Ending**

ALTERNATIVE BASIC 2X;; AIDA; AIDA & PRESS; [hold]

### **Optional Part B**

OPEN HIP TWIST; FAN; ALEMANA TO R HANDSHAKE [M CLOSE];;  
TRADE PLACES 2X;; [R HANDS] BREAK APART TO FLIRT [DBL HNDS];;  
SWEETHEART 3X ~SWIVEL W TO FACE;;; SPOT TURN BFLY;  
CROSS BASIC W/SPIRAL TWICE [2<sup>nd</sup> X to no hnds];;;;