

### **PENELOPE**

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E-mail: <u>cuer@moondancers.net</u> Home: (317) 834-0865 Web Page: <u>www.moondancers.net</u> Ballroom CD: Casa Musica Latin Boogalu Penelope (Music has been shorted to 3:22 and then slowed 3%)

Footwork: Opposite, directions for man (lady as noted)

Rhythm: Rumba Phase: 6

Sequence: Intro-A-B-C-C(1-23)-End Release Date: February 2005

### **Intro**

#### 1-4 WAIT; CUCA [2X w/ ARMs];; (W SPOT TRN AWAY & FC);

1 **[Wait]** OP facing M facing WALL – trailing feet free – wait 1 meas;

- 2-3 [CUCA 2X w/ ARMs] Sd R extending right arm out to side, rec L, cls R bringing right arm and hand to side, -; Sd L extending left arm out to side, rec R, cls L bringing left arm and hand to side, -;
- 4 **[W SPOT TRN AWAY & FC]** Bk R, rec L, fwd R joining lead hands,-; (W fwd L placing left hand on M's chest turn rght face ½ turn, rec R turning right face ½ to face partner, back L,-;)

### Part A

# 1-8 OP HIP TWST; FAN; HCKY STK w/ SURPRISE CK [FC COH];; NAT OPNG OUT; UNDERARM TRN; ROPESPIN [M FC WALL]; FNC LINE;

- 1 **[OP HIP TWST]** Fwd L, rec R, cls L and at the end of the slow on the & count lead W to swivel right face to face LOD,-; (W bk R, rec L, fwd R & at the end of the slow on the & count swivel right face ½ turn to LOD,-;)
- [FAN] Bk R leading W to LOD, rec L leading W to swivel left face ½, small sd step R,-; (W fwd L, fwd R swiveling ½ turn left face to RLOD, bk L with left arm extended side and looking to WALL but facing RLOD,-;)
- 3-4 **[HCKY STK w/ SURPRISE CK]** Fwd L, rec R, cls L leading W in front of the M,-; bk R leading W to DRW, rec L leading W to turn 5/8 turn left face to BJO, fwd R swiveling right face to end facing COH,-; (W cls R, fwd L, fwd R looking at the M,-; toward DRW fwd L turn left face 5/8 turn to face COH, close R facing COH in BJO, fwd L swiveling right face to end in CP facing WALL,-;)
- [NAT OPNG OUT] Swiveling right face to LOD fwd & sd L giving an opening out lead with lead arms, rec R swiveling back to face COH, cls L to right but leading the W to RLOD,-; (W continuing right face swivel bk R to WALL, rec L swiveling left face to RLOD, fwd R,-;)
- 6 **[UNDERARM TRN]** Raising lead arms bk R, rec L, cls R leading W to a right face spiral turn,-; (W fwd L under lead arms swiveling right face ½ turn to face LOD, rec R, fwd L to M's right side and spiral one full trn right face,-;)
- 7 **[ROPESPIN M FC WALL]** After lady spirals from last measure while maintaining lead hand hold sd L, rec R, sd L swiveling left face ½ to face WALL and pointing right foot to RLOD,-; (W fwd R around the M, fwd L, fwd R swiveling to face the M and pointing left foot to RLOD,-;)
- 8 [FNC LINE] Cross R in front of left bending slightly in the knee, rec L, side R to end in LOP fcng M fcng WALL,-;

# 9-16 THREE's [JOIN RT HND's];;; LADY RONDE LARIAT [CHG HND's];; REV UNDERARM TRN; [LOW DBL HND HOLD] BK BASIC;

- 9-12 [THREE THREE's] Fwd L, rec R, cls L leading W to swivel right face ½ turn to face WALL,-; bk R, rec L, cls R and at the end of the slow on the & count lead W to spin left face one full turn,-; fwd and sd L, rec R, cls L,-; bk R, rec L, fwd R joining right hands,-; (W bk R, rec L, fwd R swivel right face ½ turn to face WALL,-; sd L, rec R, cls L and at the end of the slow on the & count swivel left face one full turn,-; bk R toward DRC, rec L, fwd R to WALL and swivel right face ½ to face COH,-; fwd L swiveling ½ turn right face to WALL, fwd R swiveling ½ turn to face COH, fwd L to M's right side joining right hands,-;)
- 13-14 **[LADY RONDE LARIAT]** leading W to ronde Sd L, rec R, cls L changing lead hand hold over M's head ,-; sd R, rec L, cls R finishing leading lady in front of the M raising lead arm's ,-; (W ronde R in bhnd left, progressing around the M fwd L, fwd R changing to a lead hand hold,-; fwd L, fwd R, fwd L to end facing partner,-;)
- 15 **[REV UNDERARM TRN]** Cross L in front of right leading the lady to swivel ½ turn left face under lead arm's, rec R, sd L to end facing partner and WALL in low double hand hold,-; (W cross R in front of left and swivel left face to LOD, rec L to LOD, swiveling left face to partner sd R,-;)
- 16 [BK BASIC] Bk R, rec L, side R releasing trailing hand's to end in LOP Fcng M Fcng WALL,-;

### Part B

# 1-8 THREE ALEMANA'S [TO FC];;;; NY; SPOT TRN [LOOSE CP]; FWD BASIC TO CRUSH & EXTEND w/ LEG CRAWL;;

- 1-4 [THREE ALEMANA's] Fwd L, rec R, cls L raising lead arms,-; bk R leading W outside partner on left side, rec L, cls R to left while leading W to overturn right face both facing WALL lead hands still joined in front of W's waist,-; sd L leading the W to spiral left face one full turn, rec R leading W to step fwd to WALL and swivel back to face M, close L to right raising lead hand's,-; back R leading W outside partner on left side, rec L, sd R leading W to LOP Fcng M Fcng WALL,-; (W bk R, rec L, fwd R ready to step outside partner on M's left side,-; fwd L turning ½ turn right face, fwd R in front of partner turning right face ½ to face partner, fwd L in front of partner and swivel ½ turn right face to WALL,-; rec R and spiral one full turn to face WALL, very small step fwd L and swivel ½ turn left face, fwd R ready to step outside partner on M's left side,-; fwd L turning ½ turn right face, fwd R swivel ½ turn right face, side L to end LOP Fcng,-;)
- 5 [NY] swivel on right to face RLOD check fwd L, rec R to face partner, side L to end in LOP Fcng M Fcng WALL,-;
- [SPOT TRN] Cross R in front of left turning left face to LOD and then swivel ½ turn left face to RLOD, fwd L swiveling ¼ turn left to face partner and WALL, side R to a loose CP,-;
- 7-8 **[FWD BASIC TO CRUSH & EXTEND w/ LEG CRAWL]** Fwd L, rec R, closing to a tight CP bk L to a crush position with W's left hand around M's neck and M's right hand around W's waist and W's head close to M's chest,-; on the next measure allow the W to extend away while the M slowly looks over the W's head and at the end of the slow slightly rise,-; (W take the second measure to extend away with upper body from the M while at the same time doing a leg crawl with left leg on outside of M's right leg from low to high on the M's thigh)

# 9-16 SLIP PVT IN 3 [COH & RELEASE]; NY; SPOT TRN [FC LOD]; (LADY ACROSS) TO ½ OP; MANUV PVT 2 (W RONDE); SYNC INSIDE UNDERARM TRN [M RT LUNGE]; SWVL's; LADY LAY BK;

- 9 [SLIP PVT IN 3 COH] Turning left face slip bk R, continue left face turn fwd L to face COH, sd R releasing to a LOP Fcng position M fcng COH,-;
- 10 [NY] Swivel on right to face LOD check fwd L, rec R to face partner, side L to end in LOP Fcng M Fcng COH,-;
- [SPOT TRN TO FC LOD] Cross R in front of left turning left face to RLOD and then swivel ½ turn left face to LOD, fwd L, fwd R to end both facing LOD in LOP M on outside,-;
- [LADY ACROSS] Fwd L leading W across in front, fwd R bringing W to outside, fwd L in ½ OP LOD,-; (W turning slightly right face fwd R in front of M, turning right face fwd and side L to end facing LOD, fwd R in ½ OP LOD,-;)
- [MANUV PVT 2 (W RONDE)] Fwd R in front of W turning right face to end in CP RLOD, side L pivoting right face, continuing right face pivot fwd R between W's feet while leaving left foot behind and bk causing W to Ronde,-; (W fwd L, fwd R between M's feet and pivot right face, side and bk L then ronde right foot in bhnd left foot,-;)
- [SYNC INSIDE UNDERARM TRN M RT LUNGE] Rec bk L beginning to lead W to a left face turn, side right continuing to lead W to reverse underarm turn / cls L finishing W's reverse underarm turn, side R to a right lunge while going to a loose CP and leading W to face RLOD,-; (W hook R in bhnd left, turning left face side and fwd L / continuing left face turn side R to end facing RLOD, fwd L,-;)
- [SWIVEL's] Lead W to step to RLOD fwd R and swivel her ½ turn right to face LOD, lead W to step LOD fwd L and swivel her ½ turn left to face RLOD, lead W to step RLOD fwd R and swivel her ½ right to face LOD,-; (W fwd R swivel ½ turn right face, fwd L swivel ½ turn left face, fwd R swivel ½ turn right face to LOD with knee in bent position;)
- [LADY LAY BK] taking the whole measure extend arm's to allow W to extend bk and away,,,; (W extend left foot fwd and out with little toe in contact with the floor while extending head bk and looking to the right,,,;)

### Part C

# 1-13 ADV HIP TWST ENDING; FAN; HCKY STK;; FWD BRK TO THE BK WLK's [3X & M STP SD];;; CONTINUOS NAT TOP;;; CLSD HIP TWST; FAN; CURL;

- [ADVANCED HIP TWST ENDING] Straighten right leg and lead W to rec on to her left foot and at the end of the slow on the & count lead W to swivel left face 3/8 turn while taking L and pointing toe in behind right, -, hold and at the end of the slow on the & count back L to DRC and lead W to swivel right face to LOD, -;
- [FAN] Bk R leading W to LOD, rec L leading W to swivel left face  $\frac{1}{2}$ , small sd step R,-; (W fwd L, fwd R swiveling  $\frac{1}{2}$  turn left face to RLOD, bk L with left arm extended side and looking to WALL but facing RLOD,-;)

## Part C [continued]

- 3-4 **[HCKY STK]** Fwd L, rec R, cls L leading W in front of the M,-; bk R leading W to DRW, rec L leading W to turn left face ½, fwd R to end in LOP Fcng position M Fcng DRW,-; (W cls R, fwd L, fwd R looking at the M,-; toward DRW fwd L, fwd R swiveling left face ½ turn to face M, bk L,-;)
- 5-7 **[FWD BRK TO THE BK WLK's 3X M STP SD]** Fwd L checking, rec R, bk L raising lead hand's about shoulder height for W and backing RLOD,-; bk R, bk L, bk R,-; bk L, bk R, sd L blending to loose CP Fcng RLOD (W step fwd R to blend to CP),-;
- 8-10 **[CONTINUOS NAT TOP]** Turning right face cross R in behind left to the "7" position, continuing right face turn unwind sd L to the "11" position, continuing right face turn cross R in behind left to the "7" position, continuing right face turn ending in loose CP, continuing right face turn cross R in behind left to the "7" position, continuing right face turn unwind sd L to the "11" position, continuing right face turn unwind sd L to the "11" position, continuing right face turn unwind sd L to the "11" position while leading the W to one full left face turn ending in CP, close R to left to end in CP M Fcng WALL, (W turning right face fwd L, continuing right face turn fwd R in between M's feet, continuing right face turn fwd and sd L, continuing right face turn fwd R in between M's feet, continuing right face one full turn to face partner, fwd and sd L, fwd R turning left face one full turn to face partner, fwd and sd L to end in CP,-;)
- [CLSD HIP TWST] Sd L leading W to open right face, rec R leading W to swivel left face ½ turn, close L to right leading W to step fwd and at the end of the slow on the & count lead her to swivel right face to LOD,-; (W swiveling right face bk R to COH, recover L swiveling ½ turn left face, fwd R and at the end of the slow on the & count swivel right face to LOD,-;)
- 12 **[FAN]** Bk R leading W to LOD, rec L leading W to swivel left face ½, small sd step R,-; (W fwd L, fwd R swiveling ½ turn left face to RLOD, bk L with left arm extended side and looking to WALL but facing RLOD,-;)
- [CURL] Fwd L , rec R , small step sd L raising lead arm's and leading W to turn left face ½ to face LOD ending in an "L" position M fcng WALL and W fcng LOD ,-; (W close R , fwd L , fwd R swiveling left face ½ turn to face LOD ,-;)
- 14-26 (W FWD SPIRAL & FWD TO FC LOD) M FOLLOW [KEEP LEAD HND's JOINED]; (W FWD SWVL & BK); ALEMANA TRN w/ THRU SWVL [FC WALL]; NAT OPNG OUT TO CIRCULAR HIP TWST's;; FAN; ALEMANA [TO FC];; NY; SPOT TRN (W FC RLOD) [M RT LUNGE]; SWVL's; LADY LAY BK;
- [(W FWD SPIRAL & FWD) TO FC LOD] Bk R keeping lead hand's low and starting to lead W to turn left face, rec L turning to face LOD while continuing to turn W left face, fwd R to LOD to end in Tandem position behind the W with lead hand's joined behind W's back,-; (W fwd L, fwd R and spiral left face one full turn to LOD, fwd L,-;)
- [W FWD SWVL & BK] Fwd L checking leading the W to swivel right face  $\frac{1}{2}$  turn to face RLOD, rec R leading the W back to the M, close L to right and raising lead hand up to stop the W,-; (W fwd R swiveling right face  $\frac{1}{2}$  to face M and RLOD, fwd L, fwd R with lead hand's up,-;)
- [ALEMANA TRN w/ THRU SWVL FC WALL] Bk R leading W to start the alemana turn, rec L, as W goes to the right side step thru R to CP and swivel right face ½ turn to face WALL,-; (W fwd L under lead hand's and swivel right face ½ turn, fwd R and swivel right face ½ turn, fwd L to M's right side CP and swivel right face to face COH in CP.-;)
- 17-19 [NAT OPNG OUT TO CIRCULAR HIP TWST'S] Fwd and sd L to face RLOD leading W to open out, rec R back to face WALL leading the W to swivel left face, cross L in behind right to the "7" position leading the W to step outside partner and at the end of the slow on the & count swivel W to the right,-; turning left face unwind sd R to the "11" position leading W in front and to swivel left face, continuing left face turn cross L in behind right to the "7" position leading W in front and to swivel left face,-; continuing left face turn unwind sd R to the "11" position leading W in front and to swivel left face, continuing left face turn unwind sd R to the "11" position leading W in front and to swivel W right face, continuing left face turn unwind sd R to the "11" position leading W in front and to swivel left face, small sd L leading W to step outside partner and at the end of the slow on the & count swivel W right face to end in an "L" position M fcng WALL and W fcng LOD,-; (W swiveling on left step bk R, rec L swiveling left face, fwd R outside M's right side and at the end of the slow on the & count swivel right face, fwd R outside M's right side and swivel right face, fwd L and at the end of the slow on the & count swivel right face, fwd R outside M's right side and swivel right face, fwd L and swivel right face, fwd R outside M's right side and swivel right face to end fcng LOD,-;)

## Part C [continued]

- [FAN] Bk R leading W to LOD, rec L leading W to swivel left face ½, small sd step R,-; (W fwd L, fwd R swiveling ½ turn left face to RLOD, bk L with left arm extended side and looking to WALL but facing RLOD,-;)
- 21-22 [ALEMANA TO FC] Fwd L, rec R, close L to right raising lead hand's and leading W to swivel right face ¼ turn,-; bk R leading W outside partner on left side, rec L, sd R to face in LOP Fcng M Fcng Wall,-; (W close R, fwd L, fwd R swiveling ¼ turn right face,-; fwd L outside partner on M's left side and swivel ½ turn right face, fwd R in front of M and swivel right face to face partner, sd L to end LOP Fcng,-;)
- 23 [NY] Swivel on right to face RLOD check fwd L, rec R to face partner, side L to end in LOP Fcng M Fcng WALL,-;
- [SPOT TRN (W FC RLOD) M RT LUNGE] Cross R in front of left turning left face to LOD and then swivel ½ turn left face to RLOD, fwd L swivel left to face partner, sd R to end in a right lunge position flexed in the right knee, ; (W cross L in front of right turning right face to LOD and then swivel ½ turn right face to RLOD, fwd R, fwd L to end fcng RLOD, ;)
- [SWIVEL's] Lead W to step to RLOD fwd R and swivel her ½ turn right to face LOD, lead W to step LOD fwd L and swivel her ½ turn left to face RLOD, lead W to step RLOD fwd R and swivel her ½ right to face LOD, ; (W fwd R swivel ½ turn right face, fwd L swivel ½ turn left face, fwd R swivel ½ turn right face to LOD with knee in bent position;)
- [LADY LAY BK] taking the whole measure extend arm's to allow W to extend bk and away,,,; (W extend left foot fwd and out with little toe in contact with the floor while extending head bk and looking to the right,,,;)

## Part C [1-23]

- 1-22 ADV HIP TWST ENDING; FAN; HCKY STK;;

  FWD BRK TO THE BK WLK's [3X & M STP SD];; CONTINUOS NAT TOP;;;

  CLSD HIP TWST; FAN; CURL; (W FWD SPIRAL & FWD TO FC LOD);

  (W FWD SWVL & BK); ALEMANA TRN w/ THRU SWVL [FC WALL];

  NAT OPNG OUT TO CIRCULAR HIP TWST's;; FAN; ALEMANA [TO PREP];;
- 1-20 **[SAME AS PART C 1-20]**
- 21-22 [ALEMANA TO PREP] Fwd L, rec R, close L to right raising lead hand's and leading W to swivel right face ¼ turn ,-; bk R leading W outside partner on left side, rec L, close R to left to CP, in place L; (W close R, fwd L, fwd R swiveling ¼ turn right face,-; fwd L outside partner on M's left side and swivel ½ turn right face, fwd R in front of M and swivel right face to face partner, fwd L to M's right side and swivel right face to LOD to end in CP,-;)

### **END:**

#### 1 **SAMEFOOT LUNGE:**

[SAMEFOOT LUNGE] Lowering into left knee and reaching to RLOD with right foot step sd and fwd R leading W to turn her head to the left slowly while M's head turns to the right to end looking over the top of the W's head,,,; (W lowering into left knee reach to RLOD with the right foot step bk R and slowly extend head to left and extend left arm toward RLOD,,,;)