

SOBRE EL MAR

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Record: CD, Casa Musica – Ballroom Magic, Track 8 by Sexteto Pasion, (2:20 min) or Download Casa Musica
Rhythm & Phase: Tango, V + 2 (Nat Twist Trn, Dbl Cl Prom) + 1 (La Cobra) Tempo: Adjust for comfort
Timing: as given below according to weight changes Footwork: Opposite except where noted
Sequence: INTRO – A – B – C – A – B – C – A – B(1-7 ½) – TAG

INTRO

1 WAIT 2 BEATS ..
In CP DLW wait 2 beats ..

PART A

1 - 4 FIVE STEP – CLOSED PROMENADE;;; WHISK;

1-4 Fwd L, sd & bk R, bk L, -/bk R; Pt L foot in SCP, -, fwd L, -;
Thru R, sd L to fc ptr DLW, cl R to L, -; Fwd R, sd L, XLib R, -;

5 - 8 SCP ROCK 3; PIVOT 3 FACE WALL; CONTRA ROCK 3; QUICK BACK CORTÉ;

5-8 Rk fwd R, rec L, rk fwd R, -; Fwd L comm strong RF pivot, sd & fwd R btw ptrs feet cont pivot, sd & bk L to fc CP WALL, -; With contra body action rk bk R, rec L, bk R, -; Bk L, bk R comm LF trn, cont trn sd L, cl R to L to CP DLC;

Timing PART A: qqSa; SS; qqS; qqS; qqS; qqS; qqS; qqS; qqS; qqS;

PART B

1 - 5 OPEN REVERSE TURN; CHECK BACK – FOUR STEP – OPEN PROMENADE;;; OUTSIDE SWIVEL & PICKUP;

1-5 Fwd L comm LF trn, sd & bk R, bk L, -; Ck bk R in CP RLOD, -, fwd L trn 3/8 LF, sd & bk R twd RLOD; Bk L, cl R trn to SCP LOD, fwd L, -; Thru R, sd L to fc ptr DLW, fwd R outsd ptr ck motion, -; Rec L, -, fwd R to CP DLC, -;
[W(2-5): Ck fwd L, -, bk R trn 3/8 LF, sd & fwd L twd RLOD; Fwd R, cl L trn to SCP LOD, fwd R in SCP, -; Thru L, sd & bk R, bk L ck motion, -; Rec R swvl ½ RF, -, fwd L swvl ½ LF to PU, -;]

6 - 8 REVERSE FALLAWAY & SLIP; QUICK VIENNESE TURN – CLOSED FINISH – PROGRESSIVE LINK;;

6-8 Fwd L comm LF trn, bk R with left sd ld in FALWY POS ¼ LF trn between steps 1 and 2, bk L in CBMP well undr body in Falwy Pos 1/8 trn between steps 2 and 3 body trns less, trng LF slip R toeing in with sm step bk on R cont LF trn 1/4 between steps 3 and 4 flexing into right knee; Fwd L comm LF trn, cont trng LF sd & bk R/XLiF of R, bk R trn to FC WALL, sd & fwd L; Cl R to CP DLW, -, fwd L with toe trnd in, sd R to SCP LOD;
[W(6-8): Bk R, bk L with left sd ld in FALWY POS, bk R in CBMP well undr body in FALWY POS 5/8 LF trn on step 3, cont LF trn slip L fwd into CP flexing left knee; Bk R comm LF trn, cont trng sd & fwd L/cl R, fwd L cont Lf trn, sd & bk R; Cl L, -, bk R, sd L to SCP LOD;]

Timing PART B: qqS; Sqq; qqS; qqS; SS; qqS; qq&qq; Sqq;

PART C

1 - 4 STEP FWD – LA COBRA 4 – STEP THRU;;; PROMENADE TAP;

- 1-4 Fwd L, -, thru R trn to CP RLOD, -; Sd & bk L allowing Lady to swvl RF to SCP RLOD, -, thru R trn to CP LOD, -; Sd & bk L allowing Lady to swvl RF to SCP LOD, -, thru R, -; In SCP fwd L, -/sm fwd R, tap L fwd in SCP, -; [W(1-4): Fwd R, -, thru L, -; Fwd R swvl ½ RF to SCP RLOD, -, thru L, -; Fwd R swvl ½ RF to SCP LOD, -, thru L, -; In SCP fwd R, -/sm fwd L, tap R fwd in SCP, -;]

5 - 8 NATURAL TWIST TURN;; DOUBLE CLOSED PROMENADE;;

- 5-8 Fwd L, -, fwd R trn RF, sd & bk L to CP RLOD; XRib of L with partial wght on R, -, unwind RF with main wght on L, transfer wght to R in SCP LOD; Fwd L, -, thru R, fwd L; Thru R, fwd L, cl R, -; [W(5-8): Fwd R, -, fwd L, fwd R; Fwd L arnd Man, -, fwd R around M swvl sharply RF, cl L; Fwd R, -, thru L, sd & bk R to CP; Trn to SCP thru L, sd & bk R, cl L, -;]

9 - 12 FWD & RIGHT LUNGE; ROCK TURN WITH TRIPLE CHASSE ENDING;;;

- 9-12 Fwd L, -, sd & fwd R twd DLW, -; Rk bk L trn RF, rec R, bk L to CP RLOD, -; Bk R comm LF trn, sd L, cl R to L to CP WALL, sd L; Cl R, sd L, cl R to CP DLW, -;

Timing PART C: SS; SS; SS; SaS; Sqq; Sqq; Sqq; qqS; SS; qqS; qqqq; qqS;

TAG

1 BACK CORTÉ, -, -, -;

- 1 Lunge bk L rotate upper body slightly LF, -, -, -;

Timing TAG: S,-,-,-;

SUGGESTED HEADCUES

Sequence: INTRO ABC ABC AB* TAG

INTRO (CP DLW) Wait 2 beats..

PART A Five Step – CI Prom;;; Whisk;
SCP Rk 3 Trn to CP; Pivot 3 to FC WALL; Contra Rk 3; Qk Bk Corté to DLC;

PART B OP Rev Trn; Ck Bk – Four Step – OP Prom;;; Outsd Swivel & PU;
Falwy Rev & Slip – Qk Vien Trn – CI Finish* – Prog Link;;;

PART C Step Fwd – La Cobra 4 – Step Thru;;; Prom Tap to SCP;
Nat Twist Trn;; Dbl CI Prom;;
Fwd & R Lunge; Rk Trn with Triple Chasse Endg;;;

TAG Bk Corté,-