

SOLAMENTE UNA VEZ 6

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MUSIC: Solamente Una Vez by Luis Miguel or Minidisc / CD from Choreographer
PHASE / RHYTHM: Phase VI Bolero SPEED: Slow for Comfort
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A, B, A(mod), B(1-8), TAG
RELEASE DATE: May 2007 Version 1.1

INTRO

- 1-9 SHADOW POS WAIT ONE MEAS; LUNGE SIDE WITH LADIES ARM SWEEP & CARESS;
SOLO RIFF TURNS; LUNGE & PREPARE TO SUNBURST;; SHADOW ½ TURNING BASIC
WITH LADIES TRANS TO FACE ; HALF MOON;; CONTRA BREAK;
- 1 Men behind ladies in shadow facing WALL Men's L and Ladies L free with Men's R hand on Ladies waist and in lowered height one Meas wait;
- SS 2 {Lunge Side With Ladies Arm Sweep & Caress} Lunge sd L,-, hold,- (W lunge sd L sweep rt arm in counter clockwise dir,-, caress Men's face,-);
- QQQQ 3 {Solo Riff Turns} Sd R and full turn rf, clo L, sd R and full turn rf, cl L;
SSSS 4-5 {Lunge & Prepare to Sunburst} Lunge sd R,-, wrap both arms around ladies taking ladies wrists,-; Raise both arms straight up sharply with men still holding ladies wrists then slowly circle both arms to shadow;
- SQQ (SQ&Q) 6 {Shadow Half Turning Basic with Ladies trans to Face} M sd L while remaining lowered and then rise,-, using slipping action bk R trng lf and lower, fwd L to LOD end facing COH in handshake (W sd L while remaining lowered and then rise,-, using slipping action bk R trng lf and lower / fwd L turn lf to face man, bk R);
- SQQSQQ 7-8 {Half Moon} With rt hands joined sd R and then rise and swivel RF to face LOD,-, fwd L and lower, bk R and swivel LF to face (W sd L and then rise and swivel LF to face LOD,-, fwd R and lower, bk L and swivel RF to face ptrn); rt hands joined bk & side L and then rise,-, using slipping action bk R & lower, strong fwd L to Wall (W fwd & sd R and then rise,-, fwd L and lower turning LF turn to face ptr and RLOD, strong bk R);
- SQQ 9 {Contra Break} M sd and fwd R while still lowered and then rise,-, fwd L and lower turn upper body LF and extend R arm, bk R (W sd L remaining lowered and then rise,-, bk R and lower, turn upper body LF and extended L arm looking well to left, fwd L);

PART A

- 1-8 CIRCULAR THREE SPIRALS;; TO SHADOW LOD; ADVANCED SLIDING DOOR TO
SITLINE;; START ADVANCED SLIDING DOOR; TO LADIES RONDE TO DEVELOPE;
SYNC WHEEL TO FACE WALL;
- SQQSQQ 1-3 {Circular Three Spirals} Fwd L to face ladies raise joined had to spiral ladies,-, XRIF circling rf, side L cont circle; XRIB leading ladies to spiral,-, side L, XRIF cont circle; Side L leading ladies to spiral,-, XRIB, fwd L to varsouvine LOD (W fwd R with lf spiral,-, fwd L circling rf, XRIF of L; Fwd L with rf spiral,-, fwd R cont circle, sd L cont to circle; Fwd R with lf spiral,-, fwd L trng lf, sd R ending in shadow) fc LOD;
- SQQSQQ 4-5 {Advanced Sliding Door with Sit Line to Face} M fwd R to face Wall and then rise,-, lower and fwd L to press line, rec R (W bk L while remaining lowered and then rise,-, lower and bk R to press line taking right arm down back and up over head, rec L); XLIB and then rise,-, lower and lunge sd R, rec L (W XRIF of L trng LF in front of men then rise shaping toward men -, trng RF under left hands face RLOD bk L and lower into sit line and extend right arm up palm out, rec fwd R trng rf to face WALL);
- SQQ 6-7 {Start Advanced Sliding Door to Ladies Ronde & Develope} M fwd R while remaining lowered and then rise,-, lower and fwd L to press line, rec R (W bk L while remaining lowered and then rise,-, lower and bk R to press line taking right arm down back and up over head, rec L); XLIB of R while remaining lowered and hold,-, (W XRIF of L and ronde L clockwise,-, bring L to R sliding L up R leg, extend L slightly fwd once you reach the knee of the supporting foot in a develope pos);

PART A (cont)

- SQ&Q 8 {Sync Wheel to Face Wall} Fwd R turning rf and rise taking hands to varsouviane position,-, fwd L lowering and cont rf wheel / fwd R cont wheel, fwd L to face wall (W bringing left leg back swivel LF and step bk L and rise taking arms to varsouvian pos,-, wheel bk R / L, R all small steps to face wall) shadow pos;
- 9-16 START ADVANCED HIP TWIST; TO FACING FAN TO THE WALL; NEW YORKER; AIDA; AIDA LINE & HIP ROCKS; FACE TO FENCE LINE WITH CURL; LADIES DEVELOPE; HOCKEY STICK ENDING;
- SQQ 9-10 {Start Advanced Hip Twist to Facing Fan to Wall} M fwd R to face RLOD while and then rise,-, fwd L and lower to press line, bk R leading ladies to men's R sd (W bk L turning to face RLOD then rise,-, lower and bk R to press line, fwd L and swivel lf to face men); small bk L and rise,- / turn ladies RF to face WALL, bk R and lower swivel ladies LF to face WALL, rec L trng LF to face ptr and WALL (W fwd R while remaining lowered and rise /swivel RF 1/4 to face WALL,-, fwd L and lower trn LF to face COH, bk R);
- SQQ 11 {New Yorker} M sd and fwd R while remaining lowered and then rise and swivel RF to face RLOD,-, fwd L and lower, bk R and swivel LF to face (W sd L while remaining lowered and then rise and swivel LF to face RLOD,-, fwd R and lower, bk L and swivel RF to face ptr);
- SQQ 12 {Aida} M sd L while remaining lowered and then rise and swivel LF,-, step thru R and lower swiveling RF, sd and bk L cont RF swivel (W sd R while remaining lowered and then rise swivel RF,-, step thru L and lower swiveling LF, sd and bk R cont LF swivel);
- SQQ 13 {Aida Line & Hip Rks} M sd & bk R while remaining lowered and then rise to bk to bk "V" POS ,-, rec L and hip rk and lower, rec R with hip rk (W sd & bk L while remaining lowered and then rise trng to bk to bk "V" POS,-, rec R and hip rk and lower, rec L with hip rk);
- SQQ 14 {Face to Fence Line with Curl} M sd L while remaining lowered and then rise and swivel LF to face ptr,-, XRIF and lower, hold and rotate ladies RF (W sd R while remaining lowered and then rise and swivel RF to face ptr,-, XLIF and lower, swivel RF to face RLOD);
- SQQ 15 {Ladies Develope} M hold thru measure (W bring R foot up on outside of L leg to knee,-, lift R knee fwd, extend R foot forward keeping toe pointed down);
- SQQ 16 {Hockey Stick Ending} M rec L while remaining lowered and then rise leading ladies fwd under joined lead hands,-, fwd R and lower swiveling RF to face RLOD, fwd L to RLOD (W fwd R while remaining lowered and then rise,-, fwd L lowering and trng LF under joined lead hands to face LOD, bk R);

PART B

- 1-8 FWD BREAK; ALEMANA OVERTURNED AND LOWER;; RISE & FWD TWO; PREPERATION TO SAME FOOT LUNGE;,, TELESPIN ENDING TO OVERSWAY & INSIDE TRN;; FWD BREAK;
- SQQ 1 {Fwd Break} M sd and fwd R while remaining lowered and then rise and to a handshake, fwd L and lower, bk R (W sd L and while remaining lowered and then rise and join R hands,-, bk R and lower, fwd L);
- SQQ 2-3 {Alemana Overturned and Lower} M sd L while remaining lowered and then rise,-, XRIB of L and lower leading ladies to trn under joined R hands, rec fwd L (W sd & fwd R while remaining lowered and then rise,-, fwd L and lower with RF trn, fwd R to R sd of men); Fwd R around ladies with RF trn to face COH while remaining lowered and rise leading ladies to spin 1 1/8 RF ending with right hands joined behind ladies back ladies facing DW,-, lower with no weight chg, cont lowering (W remain lowered with no weight chg then rise and spin 1 1/8 RF under joined hands ending with right hands joined behind ladies back ladies facing DW,-, lower without weight chg, cont lowering);
- SQQ 4 {Rise & Fwd Two} M with no weight chg rise,-, fwd L circle RF and lower, fwd R cont circle to face DW (W with no weight chg rise,-, fwd L start LF trn 1 1/8 and lower, bk R cont trn to face LOD);
- SSS 5-6,,{Preperation to Same Foot Lunge} M clo L to R and rise preparing for same foot lunge to DRW,-, lower and fwd R to same foot lunge,- (W bk L with rise and swivel RF to prepare for same foot lunge,-, lower and bk R,-): Stretch R sd and chg sway,-,

PART B (cont)

- QQSQQ 6-7 {Telespin Ending; to Oversway & Inside Trn} M rotate body LF without weight chg and pickup ladies/ spin left face on L, side R cont trn (W keep right side in to M forward L/R, cont trn with toe spin close L); Sd L with rise to oversway pos,-, lower and sd R trng ladies under lead hands LF, clo L to R and join R hands (W fwd & sd R to oversway pos,-, lower & rec fwd L to LF underarm trn, bk R cont trn to face ptrn and shakehands);
- SQQ 8 {Fwd Break} M sd and fwd R while remaining lowered and rise,-, fwd L and lower, bk R (W sd L and while remaining lowered and then rise,-, bk R and lower, fwd L);

9-16 CONTINUOUS CROSS BODYS;; NEW YORKER; UNDER ARM TURN;; OPEN BREAK; RT SIDE PASS TO SHAKE HANDS; CONTRA BREAK;

- SQQSQQ 9-11 {Continuous Cross Bodys} M bk & sd L while remaining lowered and then rise trng body LF 1/8,-, using slipping action bk R and lower cont LF trn to LOD, fwd L to LOD (W fwd & sd R while remaining lowered and then rise,-, fwd L and lower trng LF full trn to face LOD, bk R to left sd of ptr); Fwd R while remaining lowered and then rise to trn LF,-, fwd L toward ptr and lower, bk R (W bk L while remaining lowered and then rise,-, bk R and lower, fwd L); Bk & sd L while remaining lowered and then rise trng body LF 1/8,-, using slipping action bk R and lower cont LF trn to LOD, fwd L to LOD (W fwd & sd R while remaining lowered and then rise,-, fwd L and lower trng LF full trn to face LOD, bk R to left sd of ptrn);
- SQQ 12 {New Yorker} M sd and fwd R while remaining lowered and then rise and swivel RF to face RLOD,-, fwd L and lower, bk R and swivel LF to face (W sd L while remaining lowered and then rise and swivel LF to face RLOD,-, fwd R and lower, bk L and swivel RF to face ptr);
- SQQ 13 {Underarm Turn} M sd L and rise,-, XRIB and lower, rec fwd L (W sd & fwd R and rise,-, XLIF and lower turning RF under joined lead hands, fwd R and face ptrn);
- SQQ 14 {Open Break} M sd & fwd R while remaining lowered and then rise,-, bk L and lower, fwd R (W sd L while remaining lowered and then rise,-, bk R and lower, fwd L);
- SQQ 15 {Rt Side Pass to Shake Hands} Fwd L and then rise with slight RF turn,-, cross RIB and lower cont RF trn, fwd L wall and shake hands(W fwd R and then rise,-, fwd L under joined lead hands trn lf to face ptr and lower, bk R face ptr);
- SQQ 16 {Fwd Break} Repeat Intro meas 9;

PART A(mod)

1-8 CIRCULAR THREE SPIRALS;; TO SHADOW LOD; ADVANCED SLIDING DOOR TO SITLINE;; START ADVANCED SLIDING DOOR; TO LADIES RONDE TO DEVELOPE; SYNC OPENING OUT TO FACE;

- 1-7 Repeat Part A meas 1 – 7
- SQ&Q 8 {Sync Opening Out} M fwd R to face RLOD while lowered and then rise,-, fwd L and lower to press line / bk R, cl L to handshake (W bk L turning to face RLOD then rise,- / lower and bk R to press line, fwd L and swivel lf to face men, cl R);

TAG

1-5 FWD BREAK; ALEMANA OVERTURNED AND LOWER;; RISE & FWD TWO; PREPERATION TO SAME FOOT LUNGE;..

- 1-5,, Repeat Part B meas 1 – 5,,