

SOLAMENTE UNA VEZ

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Solamente Una Vez -Luis Miguel
Bolero, Phase III+2
INTRO, A, A, B, ENDING

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Album: Mis Boleros Favoritos Track 7

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INTRO

1-4 WAIT;; MAN WALK 4 TOWARD LADY;;

1-2 {Wait} Wait 2 meas fcng ptr & wall 4 ft apt lead ft free;;
SSSS 3-4 {Man Walk 4} Walk fwd L,-, R,-; L,-, R (W hold 2 meas) end in
(W----) low BFLY,-;

5-8 SLOW HIP ROCKS; NEW YORKER TWICE;; SPOT TRN;

SS 5-6 {Slow Hip Rocks} Rk sd twd LOD L,-, recov to R,-; {New
SQQ Yorker} Sd L with body rise,-, open up to LOD fwd R lower to
sd by sd pos, recov bk L to fc ptr;
SQQ 7-8 {New Yorker} Sd R with body rise,-, open up to RLOD fwd L
SQQ lower to sd by sd pos, recov bk R to fc ptr; {Spot Trn} Sd L with
body rise,-, XRIF of L lowering & trning LF $\frac{3}{4}$, fwd L cont trn $\frac{1}{4}$
to fc ptr and wall;

9 FWD BREAK;

SQQ 9 {Fwd Break} Sd & fwd R with body rise to LOP fcng,-, fwd L
with checking action, bk R to BFLY;

PART A

1-4 FULL BASIC;; CRAB WALKS;;

SQQ 1-2 {Basic} Sd L with body rise,-, bk R with slipping action, fwd L;
SQQ Sd R with body rise,-, fwd L with slipping action, bk R;
SQQ 3-4 {Crab Walks} Sd L with body rise,-, XRIF of L as lower in
SQQ knees, sd L; XRIF of L with body rise,-, sd L as lower in knees,
XRIF of L;

5-8 LUNGE AND CRAB WALK REV; HIP LIFT; UNDERARM TRN; REV UNDERARM TRN MAN FC RLOD;

SQQ 5-6 {Lunge & Crab Walk} Sd L with body rise,-, recov R twd
S-- RLOD as lower in knee, XLIF of R; {Hip Lift} Sd R with body
rise bring L ft to R & lower L hip,-, with no wgt chg lift L hip up,
lower left hip down still in BFLY;
SQQ 7-8 {Underarm Trn} Sd L with body rise,-, XRIB of L & lower,
SQQ recov fwd L (W sd R with body rise,-, XLIF of R to trn RF $\frac{3}{4}$
under joined lead hnds, recov fwd R trn $\frac{1}{4}$ to fc ptr); {Rev
Underarm Trn} Sd R with body rise,-, XLIF of R with body trn
to fc RLOD & ptr, recov bk R (W sd L with body rise,-, XRIF of
L to trn $\frac{3}{4}$ LF under lead arms, recov fwd L to fc ptr & LOD);

9-12 BK WALKS WITH ARMS;; BK ROCKS;;

- SQQ 9-10 {**Bk Walks**} Bk L to LOD swing trailing arms fwd & up,-, bk R, bk L bring arms down & then up btwn ptrs waist level; Bk R swing trailing arms fwd & up,-, bk L, bk R bring arms down;
- SQQ 11-12 {**Bk Rocks**} Trn body LF to step bk on L fcng DRW CP,-, recov fwd R, bk L; Cont rocks fwd R,-, bk L, fwd R;

13-16 CROSS BODY FC LINE; LUNGE BRK; RIGHT PASS; FWD BREAK;

- SQQ 13-14 {**Cross Body**} Sd & bk L with body rise to fc wall,-, bk R with slipping action trn LF, fwd L LOD (W fwd R,-, fwd L XIF of man trning LF, bk R); {**Lunge Brk**} Sd R with body rise,-, lower in R pt L sd no wgt, rise slgtly in R knee (W sd L with body rise,-, brk bk R lowering with slipping action, fwd L);
- SQQ 15-16 {**Right Pass**} Fwd & sd L with body rise start RF trn raise lead hnds,-, XRIB of L cont RF trn, fwd L twd RLOD but end fcng ptr (W fwd R,-, fwd L start LF trn, bk R cont LF trn under lead hnds fc ptr & COH); {**Fwd Break**} Sd & fwd R with body rise to LOP fcng,-, fwd L with checking action, bk R to BFLY;

REPEAT A**PART B****1-4 SERPIENTE;; SWIVEL TO FENCE LINE; FENCE LINE;**

- SQQ 1-2 {**Serpiente**} Sd L trning body slgt LF with body rise,-, XRIF of L while lowering, sd L; XRIB of L with body rise and ronde of L f CCW,-, XLIB of R while lowering, sd R twd RLOD;
- SQQ 3-4 {**Swvl Fence Line**} XLIF of R with body rise & ronde R CCW to swvl LF,-, XRIF of L in BFLY while lowering, recov L to fc ptr & wall; {**Fence Line**} Sd R with body rise,-, XLIF of R while lowering, recov R to fc ptr;

5-8 SPOT TRN; DBL HAND HOLD OPENING OUT; UNDERARM TRN; REV UNDERARM TRN TO FC RLOD;

- SQQ 5-6 {**Spot Trn**} Sd L with body rise,-, XRIF of L lowering & trning LF $\frac{3}{4}$, fwd L cont trn $\frac{1}{4}$ to fc ptr and wall in BFLY; {**Dbl Hnd Hold Opening Out**} Sd R with body rise trn body RF to lead W to step bk on diag,-, lower on R to pt L DW, rise slgtly to lead the W bk to fc (W sd L trn RF,-, bk R to DRW, recov L to fc ptr);
- SQQ 7-8 {**Underarm Trn**} Sd L with body rise,-, XRIB of L & lower, recov fwd L (W sd R with body rise,-, XLIF of R to trn RF $\frac{3}{4}$ under joined lead hnds, recov fwd R trn $\frac{1}{4}$ to fc ptr); {**Rev Underarm Trn**} Sd R with body rise,-, XLIF of R with body trn to fc RLOD & ptr, recov bk R (W sd L with body rise,-, XRIF of L to trn $\frac{3}{4}$ LF under lead arms, recov fwd L to fc ptr & LOD);

9-12 BK WALKS WITH ARMS;; BK ROCKS;;

- SQQ 9-10 {**Bk Walks**} Bk L to LOD swing trailing arms fwd & up,-, bk R,
 SQQ bk L bring arms down & then up btwn ptrs waist level; Bk R
 swing trailing arms fwd & up,-, bk L, bk R bring arms down;
 SQQ 11-12 {**Bk Rocks**} Trn body LF to step bk on L fcng DRW,-, recov fwd
 SQQ R, bk L; Cont rocks fwd R,-, bk L, fwd R;

**13-16 CROSS BODY; LUNGE BREAK; RECOV TO CLOSED WITH HIP
 ROCKS; LUNGE BREAK;**

- SQQ 13-14 {**Cross Body**} Sd & bk L with body rise to fc wall,-, bk R with
 S-- slipping action trn LF, fwd L LOD (W fwd R,-, fwd L XIF of
 (W SQQ) man trning LF, bk R); {**Lunge Brk**} Sd R with body rise,-, lower
 in R pt L sd no wgt, rise slgtly in R knee (W sd L with body
 rise,-, brk bk R lowering with slipping action, fwd L);
 SQQ 15-16 {**Recov Hip Rocks**} As music slows step bk L as bring W fwd to
 S-- CP L sd bk,-, rk fwd R, recov L; {**Lunge Brk**} Sd & fwd R with
 (W SQQ) body rise,-, lower in R pt L sd no wgt, rise slgtly in R knee (W sd
 & bk L with body rise,-, brk bk R lowering with slipping action,
 fwd L);

17-18 RIGHT PASS; FWD BREAK;

- SQQ 17-18 {**Right Pass**} Fwd & sd L with body rise start RF trn raise lead
 SQQ hnds,-, XRIB of L cont RF trn, fwd L twd RLOD but end fcng
 ptr (W fwd R,-, fwd L start LF trn, bk R cont LF trn under lead
 hnds fc ptr & COH); {**Fwd Break**} Sd & fwd R with body rise
 to LOP fcng,-, fwd L with checking action, bk R;

ENDING

1-3 FWD TO BOLERO WHEEL RUNAROUND END IN CUDDLE POS;;

- SQQ 1-2 {**Fwd to BJO Bolero Wheel Runaround**} Fwd & sd L to BJO
 QQQQ with body rise (W fwd R to BJO),-, R arms arnd waists and L
 arms out run around R, L; R, L, R, L;
 QQS 3 {**Cont Runaround to Cuddle Pos**} Run fwd R to fc ptr & wall,
 draw L to R having completed 1 or 2 revolutions, wrap arms arnd
 W as she puts head down on his R shoulder head trned twd LOD
 and down he puts head down on her head,-;