

Stop The Clock

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Dance; Rumba Phase V + 2 (Rope Spin & Same Foot Lunge) + 1 Unphased (Slither)
Music Recording; "El Reloj" on CD & Tape Cassette "Romances" (artist: Luis Miguel)
also CD & MD avail. from choreographer. Speed; 45 rpm
Footwork; Opposite - Directions for Man
Sequence; Intro A A B C B (1-12) Ending

MEAS.

INTRO

- 1 - 4 **OP Fcg WALL, WAIT(2); DIAG CUCARACHA w/ARMS to BFLY; FENCELINE;**
1 - 2 In Open Pos Fcg Ptr & Wall, no hnds joined, Lead Ft Free both. Wait 2 Measures;;
3 **[Diagonal Cucaracha w/Arms]** Sd & Bk L looking at ptr trng body slightly towards LOD & raising lead arms up & out in an arc, Rec R lowering arms, Cl L end in Bfly, - ;
4 **[Fenceline]** Thru XRIF of L lowering slightly towards LOD, Rec L looking at ptr, Sd R, - ;

PART A

- 1 - 4 **OP HIP TWIST Overtrn TANDEM; OP CUCARACHA; SWEETHEARTS 2X Shadow LOD;;**
1 **[Op Hip Twist Overtrn to Tandem]** Releasing trailing hnds Fwd L, Rec R, Cl L (Step Fwd R then swiveling ½ RF overtrng to Tandem pos) Lady in front of Man, - ;
2 **[Opposite Cucaracha]** With crossed arms chest high Sd R raising both arms out & up in an arc, Rec L lowering arms, Cl R looking at ptr, - ;
3 - 4 **[Sweethearts 2X Fce LOD in Shadow]** XLIF of R chkg fwd w/lunge action lowering slightly toward DRW w/R side lead to contra chk extending arms looking at ptr (XRIB of L), Rec R straightening up, Sd L, - ; XRIF of L chkg fwd w/lunge action lowering slightly towards DLW w/L side lead to contra chk extending arms looking at ptr (XLIB of R), Rec L straightening up, Sd R trng ¼ LF (Fwd L) end in shadow pos fcg LOD, - ;
5 - 8 **KIKI WALK 3 HNDS on Shoulders; CHAIR REC FCE; ½ BASIC to CROSS BODY;;**
5 **[Kiki Walk 3 Hands on Shoulders]** Towards LOD Fwd L placing ft in front of R, Fwd R placing ft in front of L, Fwd L placing arms around ptr shoulders (Lady arm on top), - ;
6 **[Chair Rec Fce]** Thru R lowering into chair pos looking & smiling at ptr, Rec L rising, Sd R trng to fce ptr end in Bfly, - ;
7 **[1/2 Basic]** Fwd L, Rec R, Bk L lower hnds, - ;
8 **[Cross Body]** Small Bk R trng ¼ LF (Fwd L to pass Man's L shoulder), Rec L cont trng ¼ LF (Fwd R trng ½ LF to fce Wall), Sd R end fcg ptr & COH, - ;

PART A

- 1 - 4 **OP HIP TWIST Overtrn TANDEM; OP CUCARACHA; SWEETHEARTS 2X Shadow RLOD;;**
5 - 8 **KIKI WALK 3 HNDS on Shoulders; CHAIR REC FCE; ½ BASIC to CROSS BODY;;**

Note: 2nd Time through Part A end fcg Wall.

..... Continued.

PART B

- 1 - 4 CROSS PT LADY DEVELOPE; SEND LADY to FAN; HIP RKS 3 w/ARMS 2X;;**
1 [Cross Point Lady Develope] XLIF of R toward DRW ckg (Bk R bringing L foot up R leg to outside of R knee), - , Point R no wgt (extend L foot fwd pointing toe), - ;
S - - **2** [Send Lady to Fan] Bk R trng LF to fce Wall (Fwd L to LOD), Sd L leading Lady to Fan (Fwd R trng ½ LF), Sd R (Bk L leaving R foot extended), - end in Fan pos;
3 - 4 [Hip Rks 3 w/Arms 2X] Without moving feet throughout the 2 measures Rk Sd L w/rolling hip action side & back trng to fce ptr sweeping trailing arms out & up to tch palms, Rk Sd R w/rolling hip action side & back away from ptr lowering trailing arms, Rk Sd L w/rolling hip action side & back trng to fce ptr sweeping trailing arms out & up to tch palms, - ; Rk Sd R w/rolling hip action side & back away from ptr lowering trailing arms, Rk Sd L w/ rolling hip action side & back trng to fce ptr sweeping trailing arms out & up to tch palms, Rk Sd R w/rolling hip action side & back away from ptr lowering trailing arms, - ;
- 5 - 8 HOCKEY STICK;; CHASE ½ LADY CL;;**
5 - 6 [Hockey Stick] Chk Fwd L (CI R to L), Rec R (Fwd L), CI L raising joined lead hnds (Fwd R), - ; Bk R (Fwd L look at ptr), Rec L (Fwd R trng 5/8 LF under joined lead hnds to fce ptr), Sd & Fwd R (Sd & Bk L), - blend to end fcg Wall (COH) ;
7 - 8 [Chase ½ Lady Closes] Fwd L trng ½ RF (Bk R), Rec Fwd R (Rec L), Fwd L (Fwd R), - ; Fwd R trng ½ LF (Fwd L trng ½ RF), Rec Fwd L (Small Fwd R), Sd R spreading feet apart (CI L back against Man), - end both fcg Wall Man directly beh Lady;
- 9 - 12 LADY SLITHER DOWN & UP; OPP HIP RKS (Caress Option); LUNGE OP OUT to FAN;;**
9 [Lady Slither Down & Up] Feet planted wide apart plc hnds on Lady's shoulders (Plc hnds on - - - - outside of Man's thighs & Sway R comm lowering while running hnds down Man's legs), - (Sway L lower & comm rising), - (Sway R rising while running hnds up Man's legs), - ;
10 [Opposite Hip Rks] Lowering hnds to Lady's waist without moving feet Rk Sd R w/rolling hip action side & back (Rk Sd L option caress w/both hnds from above & down Man's cheeks), Rk Sd L w/rolling hip action side & back, Rk Sd R w/rolling hip action side & back, - joining L hnds ;
11 [Lunge Opening Out to] Looking at Lady over R shoulder strong Sd L w/Lunge action & stretchng R **Q - - -** arm straight out to side (Rk Bk & Sd R raising R arm straight up palm out), - hold (Rec L trng ¼ LF to **(QQ S)** fce LOD lowering R arm), - hold (Fwd R toward LOD), - ;
12 [Fan] Join lead hnds Rk Sd R (Fwd L), Rec L (Fwd R trng ½ LF), Rk Sd R (Bk L), - ;
- 13 - 16 ALEMANA w/ROPE SPIN;;;;**
13 - 14 [Alemana w/Rope Spin] Fwd L (CI R to L), Rec R (Fwd L), CI L raising lead hnds leading Lady to trn RF (Fwd R comm RF trng ¼ RF to fce Man), - ; Bk R (Cont. RF trn under joined lead hnds Fwd L), Rec L (Cont. RF trn Fwd R), CI R (Fwd L w/spiral RF towards Man's R side), - ;
15 - 16 [Cont. Rope Spin] Sd L (Fwd R stepping around Man), Rec R (Fwd L cont. around Man), CI L (Fwd R cont. around Man), - ; Sd R (Fwd cont. L around Man), Rec L (Fwd R cont. around Man), CI R (Fwd & Sd L to fce ptr), - end in R/R Handshake;

PART C

- 1 - 4 OP CONTRA CHK & REC in 2; SD WALK 3; THRU to AIDA; HIP RKS SWIVEL to FCE;**
1 [Open Contra Check & Rec in 2] Commence upper body trn to left flexing knees w/ strong right side **S S** lead Chk Fwd L in Open CMPB (Lady looking well to left Bk R), - , Rec R, - chg hnds to low Bfly ;
2 [Sd Walk 3] Sd L raise joined arms up in sunburst, CI R to L lowering hnds to Bfly, Sd L, - ;
3 [Thru to Aida] Thru R IF of L trng RF on the spot, Sd L cont trng RF, XRIB of L trng RF fcg COH in 'V' back-to-back pos w/arms out to sides, - ;
4 [Hip Rks Swivel to Fce] Rk Sd L sweeping trailing arms across body, Rk Sd R sweeping arms back out to sides, Rk Sd L swiveling LF to fce ptr, - ;

..... Continued.

5 - 10 SPOT TRN; CUDDLES 2X;; STEP to TORNILLO WHEEL 6 to BFLY;;

- 5 [Spot Trn] XRIF of L trng ½ LF, Cont. trng LF ½ Rec L to fce ptr, Sd R end in Cuddle pos, - ;
 6 - 7 [Cuddles 2X] Slight L side stretch Sd L (Slight R side stretch trng 5/8 RF Bk R), Rec R (Rec & Swivel L to fce Man caressing Mans L cheek with R hnd), CI L (Sd R back to cuddle pos), - ; Slight R side stretch Sd R (Slight L side stretch trng 5/8 LF Bk L), Rec L (Rec & Swivel R to fce Man caressing Mans R cheek with L hnd), CI R (Sd L), - end in Bolero Bjo pos; ;
 8 - 9 [Step to Tornillo Wheel 6 to Bfly] Curv Fwd L (Step small Fwd R to Bjo bring L ft up to R knee looking at ptr and staying on R toe), Curv Fwd R, Curv Fwd L, - ; Curv Fwd R, Fwd L, Fwd R (Chg wgt to L) end fcg Wall in Bfly, - ;

Note: This figure covers 2 measures and dances to one complete revolution keeping free arms out to sides. Man remains parallel to Lady and walks around as if walking around a pole, not moving away from or into the lady.

PART B (1-12)

1 - 4 CROSS PT LADY DEVELOPE; SEND LADY to FAN; HIP RKS 3 w/ARMS 2X;;

5 - 8 HOCKEY STICK;; CHASE ½ LADY CL;;

9 - 12 LADY SLITHER DOWN & UP; HIP RKS w/CARESS; LUNGE OPENING OUT to FAN;;

ENDING

1 - 4 STOP & GO HOCKEY STICK;; START HOCKEY STICK; SPIRAL END HOCKEY STICK;

- 1 - 2 [Stop & Go Hockey Stick] Ck Fwd L (CI R), Rec R raising L arm leading Lady to LF underarm trn (Fwd L), Sd L (Sd R trng ½ LF under joined hnds), - ; XRIF of L lunge thru w/bent knee looking RLOD & placing R hnd on ptr L shoulder blade to check her movement (Rk Bk L raising L arm straight up lowering joined lead hnds), Rec L raising L arm to lead Lady to RF underarm trn (Rec R raising joined lead hnds & lowering arm), Sd R (Sd & Bk L trng ½ RF to end in Fan pos), - ;
 3 [Start Hockey Stick] Ck Fwd L (CI R), Rec R raising L arm leading Lady to pass under (Fwd L), Sd L (Fwd R under joined hnds), - ;
 4 [Spiral End Hockey Stick] Slow Sd R allowing Lady to Spiral (Swivel LF on R one complete revolution/Fwd L), CI L (Fwd R trng 5/8 LF under joined lead hnds), Sd & Fwd R lowering hnd hold
QQ S (Q&Q S) (Sd & Bk L to fce ptr), - ;

5 - 9 1/2 BASIC to NAT TOP in 9;;; LADY RONDE to; SIT LUNGE & EXTEND....;

- 5 - 8 [1/2 Basic to Nat Top 9 Lady Ronde] Fwd L, Rec R, Sd L trng RF to fce RLOD in CP (Bk R, Rec L, Fwd R to CP), - ; XRIB of L, Sd L, XRIB of L (Sd L, XRIF of L, Sd L), - ; Sd L, XRIB of L, Sd L (XRIF of L, Sd L, XRIF of L), - ; Trng RF XRIB of L, Sd L, Tch R to L trng body RF to cause Lady to ronde (Sd L, XRIF of L, Sd L Ronde R beh L no wgt end fallawaypos) fce Wall, - ;
 9 [Sit Lunge & Extend] – hold (Plcg L hnd around Man’s neck & shoulder), Sd R lowering (Lowering & stepping bk on R & stretching Fwd L leg w/pointed toe towards LOD), - extend L arm out to side (Stretching upper body & head looking at extended arm), - (extend R arm out as music fades) ;