

# UNA ROSA

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RECORD: REDIFFUSION GOLD STAR 15-43, LP Title "AT THE INTERNATIONAL DANCING CHAMPIONSHIPS Volume 2" (Artist: Billy Ternent & His Orchestra) Side 2 Track 1 "Una Rosa" or download Una Rosa (different song?) by Magaly and Pedro

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2.49 @ 33 1/3 RPM

RHYTHM: Rumba RAL PHASE VI

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-A-BRIDGE-B-INTERLUDE-C-BRIDGE-B-ENDING

MEAS: **INTRODUCTION**

## **1-4 WAIT 2 MEAS;; HOCKEY STICK TO BFLY SCAR/DRW;**

- 1-2 Wait in fan position M facing wall W facing RLOD;;
- 3-4 {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Bk R, rec L, fwd R following W to BFLY SCAR/DRW (W fwd L, Fwd R trn LF under joined lead hands to face ptr, sd & bk L), -;

### **PART A**

## **1-4 SHOULDER TO SHOULDER TWICE;; SPOT TURN; HAND TO HAND;**

- 1 {Shoulder to Shoulder} Rk fwd L (W rk bk R) to BFLY SCAR, rec R to face, sd L to BFLY/WALL, -;
- 2 {Shoulder to Shoulder} Rk fwd R (W rk bk L) to BFLY BJO, rec L to face, sd R to BFLY/WALL, -;
- 3 {Spot Turn} XLif (W XRif) trn 1/2 RF (W LF), rec R cont trn to face ptr, sd L to BFLY/WALL, -;
- 4 {Hand to Hand} Behind R to LOP/RLOD, rec L to face ptr, sd R to BFLY/WALL , -;

## **5-8 BREAK TO SPIRAL; AIDA; SWITCH ROCK; SPOT TURN;**

- 5 {Break to Spiral} Behind L to OP/LOD, rec fwd R, fwd L & spiral RF (W LF) on L full trn to fc LOD, -;
- 6 {Aida} Fwd R trn RF (W LF), sd L cont RF trn, bk R to V bk-to-bk pos with lead hands joined, -;
- 7 {Switch Rock} Trn LF to fc ptr sd L check bring ld hands thru, rec R, sd L, -;
- 8 {Spot Turn} XRif (W XLif) trn 1/2 LF (W RF), rec L cont trn to face ptr, sd R to BFLY/WALL , -;

### **BRIDGE**

## **1 NEW YORKER IN 4**

- 1 {New Yorker in 4} Thru L to LOP/RLOD, rec R to face ptr, rk sd L, rec R;

### **PART B**

## **1-4 NEW YORKER; SPOT TURN; 1/2 BASIC; FAN;**

- 1 {New Yorker} Thru L to LOP/RLOD, rec R to face ptr, sd L to BFLY/WALL, -;
- 2 {Spot Turn} Repeat meas 8 of Part A;
- 3 {1/2 Basic} Fwd L, rec R, side L, -;
- 4 {Fan} Bk R, rec L, sd R facing WALL (W fwd L, trn LF 1/4 sd & bk R to face RLOD, bk L leaving R extended fwd), -;

## **5-8 ALEMANA TO ROPE SPIN;;;**

- 5-6 {Alemana to Spiral} Fwd L, rec R, cl L leading W to trn RF (W bk R, rec L, sd R commence RF swivel), -; Bk R, rec L, cl R lead W to spiral RF & place R hnd in small of W's back (W cont RF trn under ld hnds fwd L, cont trn fwd R, sd & fwd L to M's right sd & spiral RF full trn under ld hds), -;
- 7-8 {Rope Spin} Push sd L, rec R, cl L (W fwd R, fwd L, fwd R circ CW behind M to M's left sd), -; Push sd R, rec L, cl R to CP/WALL (W cont circ CW fwd L, fwd R, fwd & sd L to fc M), -;

## **9-12 NATURAL OPENING OUT; FULL REVERSE TOP TO FAN;;;**

- 9 {Natural Opening Out} Give W slight L sd lead with R sd stretch to open her out sd L inside edge onto ball with pressure into floor, rec R with slight R sd lead to lead W to CP, cl L (W with slight L sd stretch trn RF 1/2 bk R with R sd stretch, rec L with L sd stretch trn LF 1/2 blend to CP, sd R), -;
- 10-12 {Full Reverse Top to Fan} Fwd & sd R trn LF, swvl on ball of L cont LF trn take wgt on L to end LXif, fwd & sd R trn LF (W XLib trn LF, cont trn bk & sd R, XLib trn LF), -; Swvl on ball of L cont LF trn take wgt on L to end LXif, fwd & sd R trn LF, swvl on ball of L cont LF trn take wgt on L to end LXif (W cont trn bk & sd R, XLib trn LF, cont trn bk & sd R), -; Fwd & sd R trn LF, swvl on ball of L cont LF trn take wgt on L to end LXif, sd & slightly fwd R trn LF to face WALL (W XLib trn LF, cont trn bk & sd R, bk L to face RLOD), -; [Option: man can either complete 1 or 2 full turns over this figure]

**PART B (cont.)**

**13-16 STOP & GO HOCKEY STICK;; HOCKEY STICK;;**

- 13-14 {**Stop & Go Hockey Stick**} Ck fwd L, rec R raise left arm to lead W to LF trn, cl L (W cl R, fwd L, fwd R trn 1/2 LF under joined hnds to end at M right sd), -; Ck fwd R with left sd stretch shape to ptr right hnd on W left shldr blade to ck her mvt, rec L raise left arm to lead W to RF trn, cl R (W ck bk L, rec R, fwd L trn 1/2 RF under joined hnds to face RLOD in fan position), -;
- 15-16 {**Hockey Stick**} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Bk R, rec L, fwd R following W to LOP-FCG/DRW (W fwd L, Fwd R trn LF under joined lead hands to face ptr, sd & bk L), -;

**INTERLUDE**

**1-3 1/2 BASIC HAND ON LADY'S HIP; CUBAN ROCK 4; ALEMANA TURN;**

- 1 {**1/2 Basic**} Fwd L, rec R, sd & bk L with L shldr lead (W R shldr lead) placing R hand on W R hip stopping her fwd motion
- 2 {**Cuban Rock 4**} Rk sd R, rec L, rk sd R, rec L;
- 3 {**Alemana Turn**} Bk R, rec L face WALL, sd R to CP/WALL (W RF trn undr ld hnds fwd L, cont trn fwd R, sd L), -;

**PART C**

**1-4 ADVANCED HIP TWIST; FAN TO FACE; CURL; PROGRESSIVE WALKS;**

- 1 {**Advanced Hip Twist**} Fwd L on ball of ft with pressure into floor & slight trn to right, rec R, bk L almost in bk of right with push action but wgt does not drop back (W swvl 1/2 RF on left bk R, rec L swvl 1/2 LF, fwd R outside M swvl 1/4 RF to face LOD), -;
- 2 {**Fan to Face**} Bk R, rec L trn L 1/4 LF, sd R to face LOD (W fwd L, fwd R trn 1/2 LF to face RLOD, bk L leave R extended fwd), -;
- 3 {**Curl**} Fwd L, rec R, cl L lead W to swvl LF under ld hds (W cl R, rec L, fwd R & trn 1/2 LF in front of M), -;
- 4 {**Progressive Walks**} Fwd R, fwd L, fwd R, -;

**5-8 PROGRESSIVE WALKS TO LADY SPIRAL; CHECK REC SIDE LADY FAN; ALEMANA;;**

- 5 {**Progressive Walks to Lady Spiral**} Fwd L, fwd R, fwd L lead W to spiral under ld hnds (W fwd R, fwd L, fwd R & spiral LF on R full trn to fc LOD), -;
- 6 {**Check Rec Side Lady Fan**} Ck fwd R, rec L trn RF to fc WALL, sd R (W fwd L, fwd R trn 1/2 LF to face RLOD, bk L leave R extended fwd), -;
- 7-8 {**Alemana**} Fwd L, rec R, cl L lead W to turn RF (W cl R, fwd L, fwd R commence RF swivel to fc M), -; Bk R, rec L, sd R to CP/WALL (W cont RF trn under ld hnds fwd L, cont trn fwd R, sd L), -;

**9-12 ADVANCED HIP TWIST; FAN TO FACE; CURL; PROGRESSIVE WALKS;**

- 9-12 Repeat meas 1-4;;;

**13-16 PROGRESSIVE WALKS TO LADY SPIRAL; AIDA; SWITCH ROCK; SPOT TURN;**

- 13 {**Progressive Walks to Lady Spiral**} Repeat meas 5;
- 14 {**Aida**} Fwd R trn RF (W LF), sd L cont RF trn, bk R to V bk-to-bk pos with lead hands joined, -;
- 15 {**Switch Rock**} Trn LF to fc ptr sd L check bring ld hands thru, rec R, sd L, -;
- 16 {**Spot Turn**} XRif (W XLif) trn 1/2 LF (W RF), rec L cont trn to face ptr, sd R to BFLY/WALL, -;

**ENDING**

**1-3 1/2 BASIC HAND ON LADY'S HIP; CUBAN ROCK 4; RIGHT LUNGE;**

- 1-2 Repeat meas 1-2 of Interlude;;
- 3 {**Right Lunge**} Keeping R hnd on W R hip flex left knee move sd & slightly fwd R & as wgt is taken on R flex right knee & look at ptr (W flex right knee move sd & slightly bk L & as wgt is taken on L flex left knee), -, -, -;

AAIB JC IB

	WAIT HOCKEY STICK	WAIT ----
A	SHOULDER TO SHOULDER TWICE SPOT TURN BREAK TO SPIRAL SWITCH ROCK	---- HAND TO HAND AIDA SPOT TURN
I	NEW YORKER IN 4	
B	NEW YORKER 1/2 BASIC TO FAN ALEMANA ROPE SPIN ..... NATURAL OPENING OUT ---- STOP & GO HOCKEY STICK HOCKEY STICK	SPOT TURN ---- END LADY SPIRAL ---- ..... FULL REVERSE TOP END FAN ---- ----
J	1/2 BASIC HANDS ON HIPS UNDERARM TURN	CUBAN ROCK 4
C	ADVANCED HIP TWIST CURL END LADY SPIRAL ALEMANA ..... ADVANCED HIP TWIST CURL END LADY SPIRAL SWITCH ROCK	FAN TO FACE PROGRESSIVE WALKS FAN (MAN CHECK REC SIDE) ---- ..... FAN TO FACE PROGRESSIVE WALKS AIDA SPOT TURN
END	1/2 BASIC HANDS ON HIPS RIGHT LUNGE	CUBAN ROCK 4

6-7 UNA ROSA LP 36  
(FAN POSITION NORMAL FOOT FREE)