

A Quiet Tear

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Music: "A Quiet Tear" by Herb Alpert (available on Amazon.com)/ "The Lonely Bull" Album or CD

Preview at: [YouTube.com/watch?v=IQMP5YmdYT8](https://www.youtube.com/watch?v=IQMP5YmdYT8) Phase IV + 2 (1/2 Moon, Horseshoe Trn) Bolero

Footwork: Opposite for women unless noted **Timeas downloaded:** 2:23 **Speed (+5%)** 2:15

Sequence: Intro – AB – AB – A (mod) – End

Intro in Closed Position Facing Wall

1-2 WAIT 2;;

1-2 wait 2 meas;;

Part A

1-8 BAS;; TRNG BAS;; 1/2 BAS; [HNDSHK] 1/2 MOON;; Start 1/2 Moon [HOP];

1-4 sd L, -, bk R, rec L; sd R, -, fwd L, rec R; sd L, -, bk R comm LF trn w/ slip action (W fwd L in frnt of M), contrnfwd L total 1/2 LF trn (W sd&bk R); sd R, -, chkfwd L (W bk R), rec R;

5-8 sd L, -, bk R, rec L; in HNDSHK sd R, -, stp thru L (W thru R) to OP, rec R to fc; in HNDSHK sd L, -, bk R ldg W to X in frnt of M, fwd L to fc total 1/2 LF trn; in HNDSHK sd R, -, stp thru L (W thru R) to OP, rec R to HOP;

PartB:

1-7 BOL WKS 2X;; [BFLY] 1/2 BAS; FWD BRK; RT SD PASS; LUNGE BRK; LFT SDPASS;[CP]

1-4 fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R blend to BFLY; sd L, -, bk R, rec L; sd&fwd R, -, chkfwd L (W bk R), rec R;

5-7 sd&fwd L raising ldhnds to window (W fwd R), -, XRIBL (W fwd L trng under jndldhnds), fwd L (W fin trnfwd R) total 1/2 RF trn; ldhnds jnds sd&fwd R, -, lwr on R extending L (W bk R), rise in R (W rec L); sd&fwd L ldg W to trng RF (W fwd R trng RF), -, rec R trng LF (W fwd L trng LF), sd&fwd L (W bk R to fc) total 1/2 LF trn blend to CP;

8-9 SYNCO HIP ROCKS; HIP LIFT;

8-9 in CP rksd R roll hip sd&bk, -, rec L w/hip roll/rec R w/hip roll, rec L w/hip roll; sd R drawg L to R, -, lift L hip, lwr L hip;

Repeat Part A

Repeat Part B

Part A(mod):

1-8 BAS;; TRNG BAS;; 1/2 BAS; HORSESHOE TRN;; SHLDR-SHLDR;

1-4 sd L, -, bk R, rec L; sd R, -, fwd L, rec R; sd L, -, bk R comm LF trn w/ slip action (W fwd L in frnt of M),

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conttrnfwd L total 1/2 LF trn (W sd&bk R); sd R, -, chkfwd L (W bk R), rec R;

5-8 sd L, -, bk R, rec L; in L OP fwd R, -, chkfwd L, rec R; fwd L, -, ldg W under ldhndscircwkwfwd R (W insdcircfwd L) M circs on outsd, L (W fwd R) to OP total 1/2 LF trn; in BFLY sd R, -, fwd L to SCAR, rec R to fc;

End:

1-3 NYKR 2X;; HIP LIFT& Hold;

1-3 sd L, -, stp thru R to OP, rec L to fc; sd R, -, stp thru L to OP, rec R to fc; sd L drawg R to L, -, lift R hip, lwr R hip; hold

Quick Cues

Intro in Closed Position Facing Wall

Intro: WAIT 2;;

Part A:BAS;; TRNG BAS;; 1/2 BAS to [HNDSHK]; 1/2 MOON;; BAS END to[HOP];

Part B:BOL WK 6 to [BFLY];; 1/2 BAS; FWD BRK; RT SD PASS; LUNGE BRK; LFT SD PASS to [CP];SYNCO HIP ROCKS; HIP LIFT;

Part A:BAS;; TRNG BAS;; 1/2 BAS to [HNDSHK]; 1/2 MOON;; BAS END to [HOP];

Part B:BOL WK 6 to BFLY;; 1/2 BAS; FWD BRK; RT SD PASS; LUNGE BRK; LFT SD PASS to [CP];SYNCO HIP ROCKS; HIP LIFT;

Part A (mod): BAS;; TRNG BAS;; 1/2 BAS; HORSESHOE TRN;; SHLDR-SHLDR;

End: NYKR 2X;; HIP LIFT;