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MUSIC: MP3 Download Amazon.com "And I Love Her" ARTIST: The Beatles
Album: "A Hard Day's Night" Track # 5

FOOTWORK: Opposite For Woman Except Where Noted

RHYTHM: RUMBA

DANCE LEVEL: Phase IV

SPEED: 45 RPM

RELEASED: JAN 2020

SEQUENCE: INTRO – A – B – C – A – C (MOD) – D - END

INTRO

1 – 4 IN BTFY FCNG WALL WAIT 2 MEAS;; SD WLK 6;;
(Sd Wlk 6) Sd L, clo R, sd L-; clo R, sd L, clo R-;

PART A

1 – 6 ½ BASIC TO A FAN;; ALEMANA FRM THE FAN;; TO RVS AIDA; SWITCH;
(1/2 Basic to a Fan) Fwd L, rcvr R, bk L; bk R, rcvr L, fwd R-; (Woman bk R, rcvr L, fwd R swiveling ¼ rt fc to fc LOD-; fwd L, trng ½ lft fc sd R, bk L to FAN POSITION-;)
(Alemana from the Fan) Fwd L, rcvr R, sd L-; rlsng trail hnds cross R bhnd L, rcvr L, sd R to BTFY/WALL-; (Woman clo R to L, fwd L, trng ¼ rt fc fwd R to fc Man-; undr jn'd lead hnds trng full rt fc trn sd L, rcvr R, sd L to BTFY-;) (To Rvs Aida) Crossing lead hnds ovr trail hnds trng ¼ rt fc cross thru L, rlsng lead hnds trng 5/8 lft fc bk R to "V" bk to bk position, bk L to fc LOD-; (Switch) Arching trail hnds up twds RLOD trng 5/8 lft fc sd R to BTFY, rcvr L, twds LOD thru R-;

7 - 10 BASIC;; HND TO HND (X2);;
(Basic) Fwd L, rcvr R, diag in bk L-; bk R, rcvr L, diag out fwd R-; (Hnd to Hnd Twice)
Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L, sd R to BTFY-;

PART B

1 – 6 OPN BRK; WHIP TO CTR; FNCLINE (X2);; OPN BRK; WHIP TO WALL;
(Opn Brk) Rlsng trail hnds bk L shooting rt arm straight upward, rcvr R, sd L to BTFY-;
(Whip to Ctr) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc rcvr L, sd R to BTFY/CTR-; (Fncline Twice) Thru-lunge L, rcvr R, sd L-; thru-lunge R, rcvr L, sd R-;
(Opn Brk) Rlsng trail hnds bk L shooting rt arm straight upward, rcvr R, sd L to BTFY-;
(Whip to Wall) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc rcvr L, sd R to BTFY/WALL-;

7 – 10 SHLDR TO SHLDR; SPT TRN TO BTFY; DOOR (X2);;
(Shldr to Shldr) Cross L in fnt of R, (Woman cross bhnd) rcvr R, sd L-; (Spt Turn to Btfy)
Rlsng hnds trng ½ lft fc trn sd R, trng ½ lft fc trn rcvr L, sd R to BTFY/WALL-; (Door Twice)
Sd L, rcvr R, thru -L; sd R, rcvr L, thru R-;

PART C

- 1 – 8 CHASE WITH PEEK-A-BOO;;; N-YRKR (X2);; FNCLINE; SPT TRN TO BTFY;**
(Chase with Peek-A-Boo) Rlsng hnds trng ½ rt fc sd L, rcvr R to fc CTR, fwd -L; sd R look
 ovr lft shldr at Woman, rcvr L, clo R-; sd L look ovr rt shldr at Woman, rcvr R, clo L-;
 trng ½ lft fc sd R, rcvr L, fwd R to BTFY/WALL **(Woman no trn through out rlsng hnds**
bk R, rcvr L, fwd R-; sd L, rcvr R, clo L-; sd R, rcvr L, clo R-; bk L, clo R, bk L to BTFY-;)
(N-yrkr Twice) Rlsng trail hnds trng ¼ rt fc fwd L, trng ¼ lft fc rcvr R to BTFY, sd L-;
 rlsng lead hnds trng ¼ lft fc fwd R, trng ¼ rt fc rcvr L to BTFY, sd R-; **(Fncline)** Thru-lunge L,
 rcvr R, sd L-; **(Spt Turn to Btfy)** Rlsng hnds trng ½ lft fc trn sd R, trng ½ lft fc trn rcvr L, sd R
 to BTFY/WALL-;

REPEAT PART “A”

PART C (MOD)

- 1 – 8 CHASE WITH PEEK-A-BOO;;; N-YRKR (X2);; FNCLINE; SPT TRN TO BTFY;**
(Chase with Peek-A-Boo) Rlsng hnds trng ½ rt fc sd L, rcvr R to fc CTR, fwd -L; sd R look
 ovr lft shldr at Woman, rcvr L, clo R-; sd L look ovr rt shldr at Woman, rcvr R, clo L-;
 trng ½ lft fc sd R, rcvr L, fwd R to BTFY/WALL **(Woman no trn through out rlsng hnds**
bk R, rcvr L, fwd R-; sd L, rcvr R, clo L-; sd R, rcvr L, clo R-; bk L, clo R, bk L to BTFY-;)
(N-yrkr Twice) Rlsng trail hnds trng ¼ rt fc fwd L, trng ¼ lft fc rcvr R to BTFY, sd L-;
 rlsng lead hnds trng ¼ lft fc fwd R, trng ¼ rt fc rcvr L to BTFY, sd R-; **(Fncline)** Thru-lunge L,
 rcvr R, sd L-; **(Spt Turn to Btfy)** Rlsng hnds trng ½ lft fc trn sd R, trng ½ lft fc trn rcvr L, sd R
 to BTFY/WALL-;
- 9 – 10 OPN BRK; UNDRARM TRN;**
(Opn Brk) Rlsng trail hnds bk L shooting rt arm straight upward, rcvr R, sd L to BTFY-;
(Undrarm Turn) Rlsng trail hnds cross R bhnd L, rcvr L, sd R to BTFY-; **(Woman undr jn’d**
lead hnds pvt’ng ½ rt fc sd L, pvt’ng ½ rt fc rcvr R, sd L to BTFY;)

PART D

- 1 – 4 BRK BK TO OPN; KIKI WLK 3; SLIDING DOOR; RK APT-RCVR STEP FWD;**
(Brk Bk to Opn) Rlsng lead hnds trng ¼ lft fc bk L, rcvr R to OPN/LOD fwd L-; **(Kiki Wlk 3)**
 With swivel action fwd R, fwd L, fwd R-; **(Sliding Door)** Sd L, rcvr R, bhnd Woman cross L
 in frnt to LOPN/LOD-; **(Rk Apt-Rcvr Step Fwd)** Sd R, rcvr L, fwd R -;
- 5 – 7 FWD TRN IN STEP BK; BK ½ BASIC; SLIDING DOOR;**
(Fwd Trn In Step Bk) Fwd L, rlsng lead hnds trng ½ lft fc bk R joining trail hnds to OPN fcng
 RLOD, bk L-; **(Bk ½ Basic)** Bk R, rcvr L, fwd R-; **(Sliding Door)** Sd L, rcvr R, bhnd Woman
 cross L in frnt to LOPN/LOD-;
- 8 – 10 RK APT-RCVR STEP FWD; FWD TRN IN STEP BK; CUCARACHA TO BTFY;**
(Rk Apt-Rcvr Step Fwd) Sd R, rcvr L, fwd R -; **(Fwd Trn In Step Bk)** Fwd L, rlsng lead hnds
 trng ½ lft fc bk R joining trail hnds to OPN fcng RLOD, bk L-; **(Cucaracha to Btfy)** Sd R, rcvr L
 trng ¼ lft fc fwd R TO BTFY/WALL-;

END

- 1 – 5 **BRK BK TO OPN; KIKI WLK 3; CIR AWY 3; BK TOG 3 TO CP; SD-CLO (X2);**
(Brk Bk to Opn) Rlsng lead hnds trng $\frac{1}{4}$ lft fc bk L, rcvr R to OPN/LOD fwd L-; **(Kiki Wlk 3)**
With swivel action fwd R, fwd L, fwd R-; **(Cir Awy 3)** Rlsng hnds trng $\frac{3}{8}$ lft fc fwd L, clo R,
fwd L-; **(Bk Tog 3 to Cp)** Trng $\frac{3}{8}$ lft fc fwd R, clo L, fwd R to CP/WALL-; **(Sd-Clo Twice)**
Sd L, clo R to L, sd L, clo R to L;
- 6 **APT PNT;**
(Apt Pnt) Rlsng lead hnds bk L-, pnt R twds Ptnr-;