

AND I LOVE HIM

4240

PG 1 OF 3

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RECORD: S.T.A.R. 195B flip "Bailamos" avail choreographer or
Palomino Records
SEQUENCE: INTRO A A(MOD) INTER B A(MOD) INTER A END
FOOTWORK: opposite unless otherwise noted
PHASE: RAL phase IV+1 [horseshoe trn] + 1 unphased [cradle]
RHYTHM: bolero released 9/02

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INTRO

1-4 WAIT;; PREPARE AIDA; AIDA LINE & SWITCH;

- 1-2 fcg ptr COH, lead hnds jnd lead ft free wait;;
- 3 sd L,-, thru R, sd L comm RF trn;
- 4 bk R in "V" pos,-, trng LF to fc ptr sd L bring jnd hnds thru,-;

PART A

1-4 HORSESHOE TRN;; NEW YORKER; STRT BOLERO WLKS;

- 1-2 sd & fwd R w/R sd stretch to "V" pos,-, slip thru L w/ckg action, rec R raising id hnds; fwd L comm LF trn,-, fwd R strt circle wlk(W trns undr jnd lead hnds), fwd L cnt trn to fc ptr & WALL;
- 3 sd R,-, XLIF of R to fc RLOD, bk R trng to fc ptr & WALL in momentary CP;
- 4 drop lead hnds trn ¼ LF to ½ op pos fwd L,-, fwd R, fwd L;

5-7 CNT BOLERO WLKS; PREP AIDA; AIDA LINE & SWITCH RK;

- 5 fwd R,-, fwd L, fwd R;
- 6 fwd L,-, thru R, sd L comm RF trn;
- 7 bk R in "V" pos,-, trng LF to fc ptr sd L bringing jnd lead hnds thru, rec R fc ptr/WALL;

8-10 U/A TRN; HIP LIFT TWICE;;

- 8 sd L,-, bk R leading W to trn RF under jnd lead hnds, rec L;
- 9 sd R tch L ft to R ft,-, w/sl pressure on L ft lift hip, lower hip;
- 10 sd L tch R ft to L ft,-, w/sl pressure on R ft lift hip, lower hip;

PART A MODIFIED

1-10 HORSESHOE TRN;; NYR; OP BOLERO WLKS;; PREP AIDA; AIDA LINE & SWITCH RK; U/A TRN; HIP LIFT TWICE;;

- 1-10 REPEAT MEAS 1-10 PART A RLOD end fcg ptr/COH;;;;;;;;;

INTERLUDE

1-4 OPEN BREAK; L PASS; NYR; U/A TRN;

- 1 sd & fwd R w/bdy rise to L op fcg,-, bk L lowering, fwd R;
- 2 fwd L to contra SCAR leading ptr to trn RF,-, bk R w/slipping action, fwd L trng LF to fc ptr/WALL (W fwd R trng ¼ RF w/bk to ptr,-, sd & fwd strong LF trn, bk R);
- 3 sd R w/bdy rise,-, fwd L w/slipping action lowering & trng ¼ RF to fc RLOD in sd/sd pos, bk R trng to fc ptr;
- 4 sd L,-, XRIB of L leading W to trn under jnd lead hnds, fwd L;

5-8 OPEN BREAK; L PASS; NYR; U/A TRN;

- 5-8 REPEAT MEAS 1-4 INTERLUDE START FCG WALL & END FCG PTR/COH:::

PART B

1-4 LUNGE BREAK; CRADLE L & R;; SHADOW FENCE LINE;

- 1 sd & fwd R,-, lower into R knee ext L leg sd & bk, hld pos (W sd L,-, ck bk R, rec L);**
- 2 hld rise & draw L leg in for trans to similar ft work leadg W to R sd wrap both fc COH,-, ck bk L, rec R trn ½ RF (W fwd R trng LF to wrap pos,-, ck bk L, rec R trn ½ RF to shad wrap);**
- 3 both fcg wall in L sd wrap sd L,-, ck bk R, rec fwd L releasing hands to end in shadow pos fcg WALL;**
- 4 sd R,-, XLIF of R Inge thru RLOD, rec R (W same ft work);**

5-6 SHADOW FENCE LINE; SPOT TRN TO FC; LARIAT W/ BDY CARESS M TRANS;;

- 5 sd L,-, XRIF of L Inge thru LOD, rec L (W same ft work);**
- 6 sd R,-, XLIF of R trng RF ½, fwd R cnt trn ½ fc ptr/WALL (W sd R,-, XLIF of R trng RF ½, sm stp fwd R to M's L sd);**
- 7 in plc L,-, in plc R,- (W fwd L caressing M's shldr,-, cnt circ cw arnd M fwd R, fwd L);**
- 8 in plc L,-, tch R,- (W cnt cw arnd M fwd R,-, fwd L, fwd R fc ptr & COH blind to CP);**

9-10 HIP LIFT TWICE;;

9-10 REPEAT MEAS 9 & 10 PART A;;

REPEAT PART A MODIFIED

REPEAT INTERLUDE

REPEAT PART A

END

1-4 NYR; CROSS BODY; LUNGE BREAK; CRADLE WRAP;

- 1 REPEAT MEAS 3 PART A;**
- 2 sd & bk L trng LF,-, bk R w/slipg action lead W to cross in frnt of M twd COH, fwd L trng LF to fc ptr & COH (W sd & fwd R to M's L sd,-, fwd L crossing in frnt of M trng LF, sm sd R fc ptr & WALL);**
- 3 REPEAT MEAS 1 PART B;**
- 4 rise & draw L leg in for trans to similar ft work leadg W to R sd wrap,-, hld,-;**

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