

FALLING

Choreographer: Sandi Kremer 1550 Frontera Way, Millbrae California USA 94030

email: sandradee312@gmail.com

iTunes: Artist Lenny LeBlanc & Noel Monroe Album: Readers Digest, Hearts Together

Footwork: Opposite unless noted <https://youtu.be/nUSWQPjI56I>

Rhythm: Bolero Phase IV + 0 + 2 (Wheel & Cross Lunge)

Suggested Speed: 43- 45rpm

Difficulty: Average

Time: 2:55

SEQUENCE: INTRODUCTION, A, B, A, B, C, B, B, END

INTRO: BFLY WALL WAIT 2 MEASURES ;;

PART A: 8 MEASURES

1-4 BASIC ;; SHLD TO SHLD 2X ;;

[Basic] Sd L,-, bk R(W fwd), fwd L; sd R,-, fwd L(W bk), bk R;

{Shoulder to Shoulder 2X} BFLY WALL Sd L w/ bdy rise, -, XRif to BFLY BJO lowering, bk L trn to BFLY WALL (W sd R w/ bdy rise, -, XLib to BFLY BJO lowering, fwd R trn to BFLY); BFLY WALL Sd R w/ bdy rise, -, XLif to BFLY SCAR lowering, bk R trn to BFLY WALL ;

5-8 NEW YORKER ; REVERSE UNDERARM TURN ; HAND TO HAND 2X ;;

[New Yorker] Bfly Sd L body rising,-, twd LOD thru R lowering to OP, rec bk L to BFLY WALL;

[Reverse Underarm Turn] Sd R w/ bdy rise, - XLib lowering, fwd R (W sd L w/ bdy rise stg RLF trn under ld hnds, -, XRif lowering & cont 1/2 LF trn, fwd L comp LF trn to fc M);

[Hand to Hand 2X] Sd L twd LOD,-, trng RF to fc RLOD bk R to LOP w/ trailing arms out to sd L trng LF to fc ptr & WALL in BFLY pos; Sd R twd RLOD,-, trng LF to fc LOD bk L to OP w/ trailing arms out to sd, rec R to fc CP/WALL;

PART B: 8 MEASURES

1-4 TURNING BASIC ;; SPOT TURN ; NEW YORKER ;

{Turning Basic fc COH} CP WALL Sd L, -, bk R trn 1/4 LF w/ slip pivot action, sd & fwd L trn 1/4 LF to fc COH (W sd R, -, fwd L trn 1/4 LF w/ slip pivot action, sd & bk R trn 1/4 LF); Sd R, -, fwd L w/ contra ck action, bk R to CP COH (W sd L, -, bk R w/ contra ck action, fwd L); **{Spot Turn}** BFLY WALL Sd L w/ bdy XRif lowering & cont 1/2 LF trn on L ; **[New Yorker]** Sd R body rising,-, twd LOD thru R lowering to OP, rec bk L to CP COH;

5-8 TURNING BASIC ;; UAT ; BASIC ENDING;

{Turning Basic fc Wall} CP COH Sd L, -, bk R trn 1/4 LF w/ slip pivot action, sd & fwd L trn 1/4 LF to fc COH (W sd R, -, fwd L trn 1/4 LF w/ slip pivot action, sd & bk R trn 1/4 LF); Sd R, -, fwd L w/ contra ck action, bk R to CP WALL (W sd L, -, bk R w/ contra ck action, fwd L); **[Underarm Turn]** LOP-FCG WALL Sd L w/ bdy rise, - XRib lowering, fwd L (W sd R w/ bdy rise stg RF trn under ld hnds, -, XLif lowering & cont 1/2 RF trn, fwd R comp RF trn to fc M);

{Basic Ending} BFLY WALL Sd R w/ bdy rise, -, fwd L w/ slipping action, bk R (W sd L w/ bdy rise, -, bk R w/ slipping action, fwd L);

REPEAT PART A 8 MEASURES

REPEAT PART B: 8 MEASURES

PART C: 8 MEASURES

1-4 NYER 2x ;; UAT ; TIME STEP ;

{New Yorker 2x} BFLY WALL Sd L w/ bdy rise, -, fwd R w/ slipping action lowering & stg LF trn to OP LOD, bk L stg RF trn to BFLY WALL (W sd R w/ bdy rise, -, fwd L w/ slipping action lowering & stg RF trn to OP LOD, bk R stg LF trn to BFLY); BFLY WALL Sd R w/ bdy rise, -, fwd L w/ slipping action lowering & stg RF trn to LOP RLOD, bk R stg LF trn to BFLY WALL (W sd L w/ bdy rise, -, fwd R w/ slipping action lowering & stg LF trn to LOP RLOD, bk L stg RF trn to BFLY) **{Underarm Turn}** LOP-FCG WALL Sd L w/ bdy rise, - XRib lowering, fwd L (W sd R w/ bdy rise stg RF trn under ld hnds, -, XLif lowering & cont 1/2 RF trn, fwd R comp RF trn to fc M); **{Time Step}** sd R, -, XLIB of R, recov R;

PREP AIDA ; AIDA LINE AND HIP ROCKS ; SWITCH ROCK ; HIP ROCKS ;

{Prep Aida} Sd L to modified slight open "V" shape twd ptr, -, thru R, trng RF stp sd L to LOP/LOD;
{Aida Line w/Hip Rks} Bk R to slight "v" bk to bk, -, rk sd L rolling hip sd & bk, rec R with hip roll;
{Switch Rock} Turning left face to face partner side L checking bringing joined hands thru, -, recover Right, side and forward Left; **{Hip Rocks}** Rock side R, rolling hip side and back L, -, recover R with hip roll, CP WALL ;

REPEAT B: 8 MEASURES

REPEAT B: 8 MEASURES

END : 1-7 MEASURES

IN BJO WHEEL 9 BFLY WALL ;;; HIP ROCK 2 ;

THRU AIDA ; SWITCH ROCK ; STEP THRU TO A CROSS LUNGE AND HOLD ;

{Wheel 9} In BJO Position begin right face turn forward left, right, forward left, -, forward right, left, forward right, forward left, right, forward left ; **{Slow Hip Rock 2 }** BFLY WALL Rk sd R rolling hip sd & bk, -, rec L w/ hip roll (W rk sd L rolling hip sd & bk, -, rec R w/ hip roll), -;
{Thru Aida} thru right, turning right face step side left; continue right face turn back right in Aida Line to LOD; **{Switch Rock}** Turning left face to face partner side L checking bringing joined hands thru, -, recover Right, side and forward L ; **{Cross Lunge & Extend}** Step thru with the R foot in front of the L foot in lunging action ;

Warning: This Dance Can be Extremely Romantic 😊

FALLING (QUICK CUES) Choreographer: Sandi Kremer

Rhythm: Bolero Phase IV Phase IV + 0 + 2 (Wheel & Cross Lunge)

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INTRO: BFLY WALL WAIT 2 MEASURES ;;

A:

BASIC ;; SHLD TO SHLD 2X;;

NEW YORKER; RUAT; HAND TO HAND 2X;;

B:

TURNING BASIC COH ;; SPOT TURN ; NEW YORKER ;

TURNING BASIC WALL ;; UAT ; BASIC ENDING ;

A:

BASIC ;; SHLD TO SHLD 2X;;

NEW YORKER; RUAT; HAND TO HAND 2X;;

B:

TURNING BASIC COH ;; SPOT TURN ; NEW YORKER ;

TURNING BASIC WALL ;; UAT ; BASIC ENDING ;

C:

NYER 2X ;; UAT ; TIME STEP ;

PREP AIDA ; AIDA LINE & HIP ROCKS ; SWITCH ROCK ; HIP ROCKS;

B:

TURNING BASIC COH ;; SPOT TURN ; NEW YORKER ;

TURNING BASIC WALL ;; UAT ; BASIC ENDING ;

B:

TURNING BASIC COH ;; SPOT TURN ; NEW YORKER ;

TURNING BASIC WALL ;; UAT ; BASIC ENDING ;

END:

WHEEL 9 BFLY ;;; HIP ROCK 2 ;

THRU AIDA ; SWITCH ROCK ; CROSS LUNGE & EXTEND ;