

NA ESTRADA



CHOREO: Doug & Cheryel Byrd (423) 619-6813
1443 Britt Lauren Way Soddy Daisy, TN 37379

dbyrdhouse@comcast.net

RHYTHM: Rumba **RAL PHASE:** IV+1 (Sweetheart)

DIFFICULTY: Average

MUSIC: Na Estrada **ARTIST:** John Fiddy Dance Band

ALBUM: Silver Stars

MUSIC PREVIEW: youtube.com/NaEstrada

DOWNLOAD: casa-musica.com/NaEstrada

FOOTWORK: Opposite except where indicated

TIME: 2:43

SEQUENCE: INTRO AB A(1-6) INTLD A(MOD) ENDING

RELEASED: June 2022

MEAS:

INTRO

1-4 WAIT 2 MEASURES; ; SHOULDER TO SHOULDER 2x; ;

1-2 BFLY WALL wt 2 meas ; ;

3-4 Fwd L to BFLY SCAR, rec R to fc, sd L, - ; fwd R to BFLY BJO, rec L to fc, sd R, - ;

PART A

1-4 OPEN BREAK; AIDA; SWITCH ROCK; FENCE LINE;

1-2 Rk apt strongly on L to LOP-FCG while xtndg free arm up w/ palm out, rec on R lowering free arm, sd L, - ; thru R trng RF, sd L cont RF trn, bk R to a "V" Bk-to-Bk Pos, - ;

3-4 Trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R, sd L, - ; X lun R thru w/ bent knee looking LOD, rec L trng to fc ptr, sd R, - ;

5-8 ALEMANA; ; CROSS BODY TO HNDSHK [COH]; ;

5-6 Fwd L, rec R, cl L ldg W to trn RF, - ; bk R, rec L, sd R, - ; (bk R, rec L, sd R comm RF swvl, - ; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L, - ;)

7-8 Blend to CP fwd L, rec R, sd L trng LF, - ; bk R cont LF trn, sm fwd L, sd & fwd R to HNDSHK COH, - ; (bk R, rec L, fwd R twd M staying on R sd ending in an L-shaped pos, - ; fwd L comm to trn L, fwd R trng ½ LF end w/ R ft bk, sd & d bk L, - ;)

9-12 SHADOW NEW YORKER; UNDERARM TURN; TRADE PLACES 2x; ;

9-10 Swvlg on R bring L thru w/ straight leg to fc LOD [M plc his L hnd on W's bk], rec R swvlg to fc ptr, sd L, - ; raising jnd R hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R, - (swvlg ¼ RF on ball of R stp fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L, - ;)

11-12 Rk apt L, rec R trng ¼ RF (LF) bhd W rel jnd R hnds to momentary TANDEM, trng ¼ RF (LF) to fc ptr sd & bk L to L HNDSHK WALL, - ; rk apt R, rec L trng ¼ LF (RF) bhd W rel jnd L hnds to momentary TANDEM, trng ¼ LF (RF) to fc ptr sd & bk R to R HNDSHK COH, - ;

13-16 OPEN BREAK; WHIP [WALL]; FLIRT; ;

13-14 Rk apt strongly on L while xtndg L arm out to sd, rec on R, sd L, - ; bk R comm ¼ LF trn, rec fwd L trng ¼ to comp trn, sd R to HNDSHK WALL, - (fwd L outsd M on his L sd, fwd R comm ½ LF trn, sd L, - ;)

15-16 Fwd L, rec R, sd L, - ; bk R, rec L, sd R, - ; (bk R, fwd L, fwd R trng LF to VARS, - ; bk L, rec R, sd L moving to her L ifo M to L VARS, - ;)

PART B

1-4 SWEETHEART 3x; ; (LADY TURN TO FACE); BEGIN THRU SERPIENTE;

1-2 Ck fwd L w/ R sd ld to contra ck like action, rec R straighten bdy, sd L, - ; ck fwd R w/ L sd ld to contra ck like action, rec L straighten bdy, sd R, - ; (bk R w/ L sd ld to contra ck like action, rec L straighten bdy, sd R, - ; bk L w/ R sd ld to contra ck like action, rec R straighten bdy, sd L, - ;)

3-4 Repeat meas 1 PART B except W trns RF to fc M to end BFLY WALL ; thru R, sd L, bhd R, fan L CCW (CW) ;

5-8 FINISH THRU SERPIENTE; FENCE LINE; HALF BASIC; FAN;

5-6 Bhd L, sd R, thru L, fan R CCW (CW) ; X lun R thru w/ bent knee looking LOD, rec L trng to fc ptr, sd R, - ;

7-8 Fwd L, rec R, sd L, - ; rk bk R, rec L, sd R to FAN, - (fwd L, trng LF sd & bk R making ¼ trn to L, bk L leaving R xtnded fwd w/ no wgt, - ;)

9-12 HOCKEY STICK; ; ALEMANA TO LADY'S TAMARA; ;

9-10 Fwd L, rec R, cl L, - ; bk R, rec L, fwd R following the W, - ; (cl R, fwd L, fwd R, - ; fwd L, fwd R trng LF to fc ptr, sd & bk L, - ;)

11-12 Fwd L, rec R, cl L ldg W to trn RF bringing jnd ld hnds up to Palm-to-Palm Pos, - ; bk R, rec L, sd R to W's TAMARA, - ; (bk R, rec L, sd R comm RF swvl, - ; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L to W's TAMARA, - ;)

PART B (Cont)

13-14 Comm RF trn fwd L, fwd R, fwd L to fc COH, - ; raising jnd ld hnds & ldg W to unwind comp RF trn fwd R, fwd L, fwd R to BFLY WALL, - (comp RF trn & unwind LF L, R, L to end in BFLY, -) ;

15-16 Swvlg on R ft bring L thru w/ straight leg to LOP-RL0D, rec R swvlg to fc ptr, sd L, - ; swvlg $\frac{1}{4}$ on L stp fwd R trng $\frac{1}{4}$ LF (RF), rec L cont trng $\frac{1}{4}$ to fc ptr, sd R, - ;

INTLD

1-2 Swvlg sharply on R stp bk L to HALF OP LOD, rec R, fwd L, - ; fwd R, fwd & acrs W L trng RF, cont trn to fc LOD fwd R to L HALF OP, - (fwd L, R, L, -) ;

3-4 Fwd L, R, L to HALF OP, - (fwd R, fwd & acrs M L trng RF, cont trn to fc LOD fwd R to HALF OP, -) ; thru R, fc L, cl R, - ;

1-14 OPEN BREAK; AIDA; SWITCH ROCK; FENCE LINE; ALEMANA; ; CROSS BODY TO HNDSHK [COH]; ; SHADOW NEW YORKER; UNDERARM TURN; TRADE PLACES 2x; ; OPEN BREAK; WHIP [WALL];

1-14 Repeat meas 1-14 PART A ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;

15-16 Swvlg on R bring L thru w/ straight leg to fc RLOD [M plc his L hnd on W's bk], rec R swvlg to fc ptr, sd L, - ;
swvlg ¼ on ball of L ft stp fwd R trng ½ LF (RF), rec L trng ¼ LF (RF) to fc ptr, sd R to BFLY, - ;

ENDING

1-2 Swvlg sharply $\frac{1}{4}$ on R stp bk L to OP LOD, rec R trng $\frac{1}{4}$ to fc ptr, sd L, - ; XRif (XLif), sd L, XRif (XLif), - ;
3-4 Raise jnd ld hnds sd L, XRib, sd L, - (sd & fwd R trng $\frac{1}{2}$ RF undr jnd hnds, sd & bk L trng $\frac{1}{2}$ RF, sd R, -) ;
repeat meas 2 PART A ;

5 Trng LF (RF) to fc ptr sd L ckg bringing ind hnds thru, rec R, XLif (XRif), -;

QQ&Q- 6 Rk sd R, rec L/cl R, pt L twd LOD, - ;

SEQUENCE: INTRO AB A(1-6) INTLD A(MOD) ENDING

BFLY WALL Wt 2 Meas ; ; Shldr-Shldr 2x ; ;

Op Brk ; Aida ; Swch Rk ; Fnc Line ;
 Alemana [CP] ; ; X Bdy to HND SHK [COH] ; ;
 Shdw NY ; Undrm Trn ; Trade Plcs 2x [Keep HND SHK] ; ;
 Op Brk ; Whp [WALL] ; Flirt ; ;

Swrht 3x ; ; (W Trn to Fc) ; Thru Serp ;
 ; Fnc Line ; 1/2 Bas ; Fan ;
 Hky Stk ; ; Alemana to W's TAMARA ; ;
 Whl 3 ; Whl & Unwind ; NY ; Spt Trn ;

NA ESTRADA

PART A (1-6)

Op Brk ; Aida ; Swch Rk ; Fnc Line ;
Alemana [CP] ; ;

INTLD (4 Meas)

Brk Bk to 1/2 OP ; Op I/O Runs ; ; Thru Fc Cl ;

PART A (Mod)(16 Meas)

Op Brk ; Aida ; Swch Rk ; Fnc Line ;
Alemana [CP] ; ; X Bdy to HNDSHK [COH] ; ;
Shdw NY ; Undrm Trn ; Trade Plcs 2x [Keep HNDSHK] ; ;
Op Brk ; Whp [WALL] ; Shdw NY ; Spt Trn ;

ENDING (6 Meas)

Hnd-Hnd ; Crb Wlk ; Twrl Vin 3 ; Aida ;
Swch X ; Rk Sd, Rec/Cl, Pt, - ;