

Choreog John & Valerie Pinks, 11 MacDonald Point Road, Seabright, N.S. Canada B3Z 2Y2
Tel/F ax (902) 823-2230 e-mail jandvpinks@cs.com

Record STAR 200A

Rhythm Rumba

Level Roundalab Phase 4 + 1 (Cuddle)

Footwork Directions for man, lady opposite footwork except as otherwise noted

Sequence Intro A B C B End

Recommended Speed 45 rpm

ONE MOMENT IN TIME

4337
PALOMINO RECORDS, INC.
1404 WEAVERS RUN RD.
WEST POINT, KY 40177
800-328-3800

RECEIVED
AUG - 2003

INTRODUCTION

1-4 OP FCG PTR & WALL WAIT 2 MEAS;; CUCARACHA TWICE;;
(1-4) In OP fcg ptr & wall wait 2 meas;; sd L, rec R, clo L, - ; sd R, rec L, clo R, - to BFY;

PART A

1-8 FULL BASIC;; SD WALK 6;; CUCA; SPOT TRN; HND TO HND; THRU FC CLOSEUP;
(1-4) Fwd L, rec R, sd L, - ; bk R, rec L, sd R, - ; sd L, clo R, sd L, - ; clo R, sd L, clo R, - ;

(5-6) Sd L, rec R, clo L, - ; XRIF trn 1/2 LF, rec L cont trn to fc ptr, sd R, - to BFY;
(7-8) XLIB trng to sd by sd pos, rec R to fc, sd L, - ; swvl LF on L XRIF, sd L to fc, clo R, - ;

9-16 CUDDLE THREE TIMES ;; THRU FC CLO; ALEMANA;; LARIAT;;

(9) Giving W slight L sd lead sd L with L sd stretch, rec R, clo L with right sd stretch placing L hnd on W's R shldr blade leadin her to CP, - (with slight L sd stretch trng 1/2 RF bk R with R sd stretch R arm out to the side, rec L with L sd stretch, fwd R with L sd stretch place R hnd on M's L shldr trng LF 1/2 blending to CP);

(10) Repeat meas 9 of Part A but with opposite foot, direction and stretch ;

(11-12) Repeat meas 9 of Part A; Repeat meas 8 of Part A except end in BFY ;

(13-16) Fwd L, rec R, clo L (bk R, rec L, sd R comm RF swvl); bk R, rec L, sd R (cont RF trn under jnd lead hnds fwd L, cont trn fwd R, sd L to right sd of ptr); In plc L, R, L, - ; R, L, R, - (circ around M fwd R, L, R, - ; L, R, L, - to BFY pos);

PART B

1-8 1/2 BAS TO A FAN;; HKY STK;; SHLDR TO SHLDR TWICE;; FWD DEVELOPE; BK FC CLO;

(1-2) Fwd L, rec R, sd L, - ; bk R, rec L, sd R (BK R, rec L, sd R, - ; fwd L, trng 1/4 LF sd & bk R, bk L leave R extended no wt);

(3-4) Fwd L, rec R, clo L, - ; bk R, rec L, fwd R follow W to BFY pos DRW (clo R, fwd L, fwd R, - ; fwd L, fwd R trng LF to fc ptr, bk L, -);

(5-6) Fwd L in BFY SCAR, rec R, sd L, - ; fwd R in BFY BJO, rec L, sd R, - ;

(7) Fwd L in SCAR, hold , - ; (bk R, - , bring L ft up R leg to knee then extend fwd, -);

(8) Bk R, sd L, clo R, - ;

9-16 1/2 BAS ; AIDA ; SWITCH RK ; SPOT TRN ; HND TO HND ; THRU FC CLO ; CUCA TWICE ;;

(9-10) Repeat meas 1 Part B; swvl LF on L thru R trng RF, sd L cont trn, bk R in V bk to bk pos ;

(11-12) Trng LF to fc ptr sd & bk L bring lead hnds thru, rec R, sd L, - ; Repeat meas 6 Part A;

(13-14) Repeat meas 7 & 8 of Part A;

(15-16) Sd L, rec R, clo L, - ; sd R, rec L, clo R, - ;

PART C

1-8 1/2 BAS; WHIP; NEW YORKER; CRAB WALK 6;; SPOT TRN; 1/2 BAS; WHIP;

(1-2) Repeat meas 1 of Part B ; bk R trn 1/4 LF, rec fwd L cont trn 1/4, sd R, - (fwd L outsd M's L sd ; fwd R trng 1/2 LF, sd L, - ;

(3-4) Thru L straight leg to sd by sd pos, rec R to fc , sd L, - ; XRIF sd L, XRIF, - ;

(5-6) sd L, XRIF, sd L, - ; repeat meas 12 of Part B ;

(7-8) Repeat meas 1 & 2 of Part C ;;

END

1-8 1/2 BAS; FAN; HKY STK;; SHLDR TO SHLDR TWICE;; FWD DEVELOPE; BK SD HOLD (W AIDA)

(1-6) Repeat meas 1-6 of Part B (7) Bk R, sd L, hold extending L hnd beh W's bk to support her partial wt and look into her eyes , - (fwd L trng LF, sd R, cont trn, bk L to fc DRW leaning bk into M's L arm looking into his eyes);

ABC B

	WAIT CUCARACHA TWICE	WAIT ----
A	BASIC SIDE WALKS CUCARACHA HAND TO HAND 3 CUDDLES ---- ALEMANA LARAIT	---- ---- SPOT TURN THRU FACE CLOSE ---- THRU FACE CLOSE ---- ----
B	1/2 BASIC HOCKEY STICK SHOULDER TO SHOULDER TWICE FWD LADY DEVELOPE 1/2 BASIC SWITCH ROCK HAND TO HAND CUCARACHA TWICE	FAN ---- ---- BACK FACE CLOSE AIDA SPOT TURN THRU FACE CLOSE ----
C	1/2 BASIC NEW YORKER ---- 1/2 BASIC	WHIP FC COH CRAB WALKS SPOT TURN WHIP FC WALL
END	1/2 BASIC HOCKEY STICK SHOULDER TO SHOULDER TWICE FWD LADY DEVELOPE	FAN ---- ---- BACK SIDE LADY AIDA

ONE MOMENT IN TIME (PINKS) 4337
(OP-FCG WALL LEAD FOOT FREE)