

465-6

SOLAMENTE UNA VEZ

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Solamente Una Vez -Luis Miguel

Bolero, Phase III+2

INTRO, A, A, B, ENDING

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\$.99 download Music Match

Album: Mis Boleros Favoritos Track 7

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INTRO

1-4 WAIT;; MAN WALK 4 TOWARD LADY;;

SSSS 1-2 {Wait} Wait 2 meas fcng ptr & wall 4 ft apt lead ft free;;
 (W----) 3-4 {Man Walk 4} Walk fwd L,-, R,-; L,-, R (W hold 2 meas) end in low BFLY,-;

5-8 SLOW HIP ROCKS; NEW YORKER TWICE;; SPOT TRN;

SS 5-6 {Slow Hip Rocks} Rk sd twd LOD L,-, recov to R,-; {New Yorker} Sd L with body rise,-, open up to LOD fwd R lower to sd by sd pos, recov bk L to fc ptr;
 SQQ 7-8 {New Yorker} Sd R with body rise,-, open up to RLOD fwd L lower to sd by sd pos, recov bk R to fc ptr; {Spot Trn} Sd L with body rise,-, XRIF of L lowering & trning LF ¾, fwd L cont trn ¼ to fc ptr and wall;

9 FWD BREAK;

SQQ 9 {Fwd Break} Sd & fwd R with body rise to LOP fcng,-, fwd L with checking action, bk R to BFLY;

PART A

1-4 FULL BASIC;; CRAB WALKS;;

SQQ 1-2 {Basic} Sd L with body rise,-, bk R with slipping action, fwd L; Sd R with body rise,-, fwd L with slipping action, bk R;
 SQQ 3-4 {Crab Walks} Sd L with body rise,-, XRIF of L as lower in knees, sd L; XRIF of L with body rise,-, sd L as lower in knees, XRIF of L;

5-8 LUNGE AND CRAB WALK REV; HIP LIFT; UNDERARM TRN; REV UNDERARM TRN MAN FC RLOD;

SQQ 5-6 {Lunge & Crab Walk} Sd L with body rise,-, recov R twd RLOD as lower in knee, XLIF of R; {Hip Lift} Sd R with body rise bring L ft to R & lower L hip,-, with no wgt chg lift L hip up, lower left hip down still in BFLY;
 SQQ 7-8 {Underarm Trn} Sd L with body rise,-, XRIB of L & lower, recov fwd L (W sd R with body rise,-, XLIF of R to trn RF ¾ under joined lead hnds, recov fwd R trn ¼ to fc ptr); {Rev Underarm Trn} Sd R with body rise,-, XLIF of R with body trn to fc RLOD & ptr, recov bk R (W sd L with body rise,-, XRIF of L to trn ¾ LF under lead arms, recov fwd L to fc ptr & LOD);

9-12 BK WALKS WITH ARMS;; BK ROCKS;;

SQQ 9-10 {Bk Walks} Bk L to LOD swing trailing arms fwd & up,-, bk R,
SQQ bk L bring arms down & then up btwn ptrs waist level; Bk R
swing trailing arms fwd & up,-, bk L, bk R bring arms down;
SQQ 11-12 {Bk Rocks} Trn body LF to step bk on L fcng DRW CP,-, recov
SQQ fwd R, bk L; Cont rocks fwd R,-, bk L, fwd R;

13-16 CROSS BODY FC LINE; LUNGE BRK; RIGHT PASS; FWD BREAK;

SQQ 13-14 {Cross Body} Sd & bk L with body rise to fc wall,-, bk R with
S-- slipping action trn LF, fwd L LOD (W fwd R,-, fwd L XIF of
(W SQQ) man trning LF, bk R); {Lunge Brk} Sd R with body rise,-, lower
in R pt L sd no wgt, rise slgtly in R knee (W sd L with body
rise,-, brk bk R lowering with slipping action, fwd L);
SQQ 15-16 {Right Pass} Fwd & sd L with body rise start RF trn raise lead
SQQ hnds,-, XRIB of L cont RF trn. fwd L twd RLOD but end fcng
ptr (W fwd R,-, fwd L start LF trn, bk R cont LF trn under lead
hnds fc ptr & COH); {Fwd Break} Sd & fwd R with body rise to
LOP fcng,-, fwd L with checking action, bk R to BFLY;

REPEAT A

PART B

1-4 SERPIENTE;; SWIVEL TO FENCE LINE; FENCE LINE;

SQQ 1-2 {Serpiente} Sd L trning body slgt LF with body rise,-, XRIF of L
SQQ while lowering, sd L; XRIB of L with body rise and ronde of L f
CCW,-, XLIB of R while lowering, sd R twd RLOD;
SQQ 3-4 {Swvl Fence Line} XLIF of R with body rise & ronde R CCW to
SQQ swvl LF,-, XRIF of L in BFLY while lowering, recov L to fc ptr
& wall; {Fence Line} Sd R with body rise,-, XLIF of R while
lowering, recov R to fc ptr;

**5-8 SPOT TRN; DBL HAND HOLD OPENING OUT; UNDERARM TRN;
REV UNDERARM TRN TO FC RLOD;**

SQQ 5-6 {Spot Trn} Sd L with body rise,-, XRIF of L lowering & trning
S-- LF ¾, fwd L cont trn ¼ to fc ptr and wall in BFLY; {Dbl Hnd
(W SQQ) Hold Opening Out} Sd R with body rise trn body RF to lead W
to step bk on diag,-, lower on R to pt L DW, rise slgtly to lead the
W bk to fc (W sd L trn RF,-, bk R to DRW, recov L to fc ptr);
SQQ 7-8 {Underarm Trn} Sd L with body rise,-, XRIB of L & lower,
SQQ recov fwd L (W sd R with body rise,-, XLIF of R to trn RF ¾
under joined lead hnds, recov fwd R trn ¼ to fc ptr); {Rev
Underarm Trn} Sd R with body rise,-, XLIF of R with body trn
to fc RLOD & ptr, recov bk R (W sd L with body rise,-, XRIF of
L to trn ¾ LF under lead arms, recov fwd L to fc ptr & LOD);

9-12 BK WALKS WITH ARMS;; BK ROCKS;;

SQQ 9-10 {**Bk Walks**} Bk L to LOD swing trailing arms fwd & up,-, bk R,
SQQ bk L bring arms down & then up btwn ptrs waist level; Bk R
swing trailing arms fwd & up,-, bk L, bk R bring arms down;
SQQ 11-12 {**Bk Rocks**} Trn body LF to step bk on L fcng DRW,-, recov fwd
SQQ R. bk L; Cont rocks fwd R,-, bk L, fwd R;

**13-16 CROSS BODY; LUNGE BREAK; RECOV TO CLOSED WITH HIP
ROCKS; LUNGE BREAK;**

SQQ 13-14 {**Cross Body**} Sd & bk L with body rise to fc wall,-, bk R with
S-- slipping action trn LF, fwd L LOD (W fwd R,-, fwd L XIF of
(W SQQ) man trning LF, bk R); {**Lunge Brk**} Sd R with body rise,-, lower
in R pt L sd no wgt, rise slgtly in R knee (W sd L with body
rise,-, brk bk R lowering with slipping action, fwd L);
SQQ 15-16 {**Recov Hip Rocks**} As music slows step bk L as bring W fwd to
S-- CP L sd bk,-, rk fwd R, recov L; {**Lunge Brk**} Sd & fwd R with
(W SQQ) body rise,-, lower in R pt L sd no wgt, rise slgtly in R knee (W sd
& bk L with body rise,-, brk bk R lowering with slipping action,
fwd L);

17-18 RIGHT PASS; FWD BREAK;

SQQ 17-18 {**Right Pass**} Fwd & sd L with body rise start RF trn raise lead
SQQ hnds,-, XRIB of L cont RF trn, fwd L twd RLOD but end fcng
ptr (W fwd R,-, fwd L start LF trn, bk R cont LF trn under lead
hnds fc ptr & COH); {**Fwd Break**} Sd & fwd R with body rise
to LOP fcng,-, fwd L with checking action, bk R;

ENDING

1-3 FWD TO BOLERO WHEEL RUNAROUND END IN CUDDLE POS;;

SQQ 1-2 {**Fwd to BJO Bolero Wheel Runaround**} Fwd & sd L to BJO
QQQQ with body rise (W fwd R to BJO),-, R arms arnd waists and L
arms out run around R, L; R, L, R, L;
QQS 3 {**Cont Runaround to Cuddle Pos**} Run fwd R to fc ptr & wall,
draw L to R having completed 1 or 2 revolutions, wrap arms arnd
W as she puts head down on his R shoulder head trned twd LOD
and down he puts head down on her head,-;