

AMAME

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MUSIC: STAR 243 B "Amame Una Ves Mas" avail Palomino Records
FOOTWORK: Opposite unless indicated
RHYTHM: RUMBA RAL PHASE V + 2 [rope spin, mod three threes]
SEQUENCE: INTRO A A(MOD) B A END SPEED: 45 RPM Released: 9/07 Rev. 9/07

INTRO

- 1-4 WAIT; CUCA X 2;; HKY STK ENDG;
1 Both fcg WALL with trail feet free wait;
2-3 [CUCA X 2] sd R, rec L, cl R,-; sd L, rec R, cl L,-;
4 [HKY STK ENDG] bk R, rec L, cl R,-(W fwd L, fwd R trng 1/2 LF, bk L,-) end fcg ptr WALL with lead ft free;

PART A

- 1-6 ALEMANA TO DBLE ROPE SPIN;;;;;
1-6 [ALEMANA TO DBLE ROPE SPIN] Fcg ptr WALL with lead hnds jnd fwd L, rec R, cl L,-(W bk R, rec L, fwd R comm RF trn,-); bk R, rec L, cl R,-(W comm sharp RF trn fwd L, fwd R, fwd L completing 1 full trn with RF spiral on L to end on M's R sd,-); sd L, rec R, cl L,-(W fwd R, fwd L, fwd R CW arnd M,-); sd R, rec L, cl R,-(W fwd L, fwd R cont CW arnd M, fwd & sd L to end fcg ptr/COH on M's R sd,-); REPEAT MEAS 3 & 4 PART A (W spiral RF on last step of meas 3 to REPEAT MEAS 3 & 4 PART A) end fcg ptr WALL;;

NOTE: To modify dble rope spin can leave out first rope spin.

- 7-13 NATL OPENING OUT (W SPIRAL) TO FCG FAN;; THREE THREES WITH MOD ENDG TO;;; PROG WLKS;;
7 [NATL OPENING OUT (W SPIRAL)] Sd L ball of foot with R sd stretch, rec R lead W to CP, cl L to R,-(W bk R with R sd stretch, rec L trng LF 1/2 blend to CP, sd R spiraling LF,-);
8 [TO FCG FAN] bk R, rec L trng 1/4 LF, cl R,-(W fwd L, fwd R trng 1/2 LF, bk L,-) end fcg ptr LOD with lead ft free;
9-11 [THREE THREES W/MOD ENDG] fwd L, rec R, cl L,-(W bk R, fwd L, fwd R swiveling 1/2 RF,-); bk R, rec L, cl R,-(in plc L, in plc R, in plc L spin LF 1 full trn,-); sd & fwd L, rec R, cl L,-(sd & bk R, rec L, fwd R,-);
12-13 [PROG WLKS] moving twd LOD M bhd W fwd R, fwd L, fwd R,-(W fwd R, fwd L, fwd R,-); cont to LOD fwd L, R, L,-;
14-18 CUCA X 2;; HKY STK ENDG; FWD BASIC TO CHEST PUSH; HKY STK ENDG TO WALL;
14-15 [CUCA X 2] sd R, rec L, cl R,-; sd L, rec R, cl L,-;
16 [HKY STK ENDG] REPEAT MEAS 4 INTRO to end fcg ptr LOD;
17 [FWD BASIC TO CHEST PUSH] fwd L, rec R, cl L,-(W bk R, rec L, fwd R twd M placing R hnd on M's chest,-);
18 [HKY STK ENDG TO WALL] bk R, rec L trng 1/4 RF to fc WALL, cl R,-[W fwd L trng 1/4 LF to fc WALL, fwd R trng 1/2 LF to fc COH, bk L,-) end fcg ptr & WALL;

PART A(MOD)

1-16 ALEMANA TO DBLE ROPE SPIN;;;;; NATL OPENING OUT (W SPIRAL) TO FCG FAN;;THREE THREES WITH MOD ENDG TO ;; CUCA X 2;; HKY STK ENDG; FWD BASIC TO CHEST PUSH; HKY STK ENDG TO WALL;

1-11 REPEAT MEAS 1-11 PART A;;;;;;;

12-16 REPEAT MEAS 14-18 PART A ;;;;

NOTE: modification is to leave out the 2 progressive wlks after the first 3 meas of the three threes and go right to the cucarachas.

PART B

1-4 OPEN HIP TWIST TO FAN;; HKY STK (W SPIRAL ON 3) TO FC;;

1 [OP HIP TWIST] ck fwd L, rec R, cl L,-(W bk R, rec L, fwd R twd M with tension in R arm causing W to swivel 1/4 RF on count of "and",-);

2 [TO FAN] bk R, rec L, cl R,-(fwd L twd LOD, fwd R trng 1/2 LF, bk L,-) to end in L pos M fcg WALL & W fcg RLOD;

3-4 [HKY STK (W SPIRAL ON 3)] fwd L, rec R, raising jnd lead hnds cl L to R leading W to spiral,-(W cl R to L, fwd L, fwd R in frnt of M spiraling to fc RLOD,-); bk R, rec L, sd R,-(W fwd L, fwd R trng 1/2 LF under jnd lead hnds, cont LF trn sd L,-) end fcg ptr WALL;

5-8 NYR; CRAB WLKS TO AIDA;;;

5 [NYR] trng RF twd RLOD fwd L, rec R to fc ptr, sd L,-;

6-7 [CRAB WLKS] in BFLY pos XRIF of L, sd L, XRIF of L,-; sd L, XRIF of L, sd L,-;

8 [TO AIDA] thru R comm RF (W LF) trn, sd L cont RF (W LF) trn, bk R to "V" bk to bk pos RLOD,-;

9-12 SWITCH RK; AIDA; SWITCH RK; SPOT TRN;

9 [SWITCH RK] trng LF to fc ptr sd L bringing jnd hnds thru, rec R, sd L,-;

10 [AIDA] REPEAT MEAS 8 PART B;

11 [SWITCH RK] REPEAT MEAS 9 PART B;

12 [SPOT TRN] XR over L trng 1/2 LF, rec L, cont trn, sd R to fc ptr WALL,-;

13-16 1/2 BASIC TO BJO; TORNILLO WHEEL;; BK BASIC;

13 [1/2 BASIC TO LOOSE BJO] fwd L, rec R, cl L blending to BJO,-(W bk R, rec L, fwd R to M's R sd blending to BJO,-);

14-15 [TORNILLO WHEEL] wheel RF fwd R, fwd L, fwd R,-(W raise L ft up to R knee and stay on R toe throughout while M wlks around,-,-,-); cont wheel fwd L, R, L to make 1 full trn endg CP WALL,-;

16 [BK BASIC] bk R, rec L, cl R,-(W lower L foot stepping fwd L, rec R, cl L,-);

NOTE: To modify tornillo wheel can do bolero wheel in BJO.

REPEAT PART A

ENDING

1-12 1/2 BASIC TO BJO; TORNILLO WHEEL;; BK BASIC; NYR; ALEMANA ENDG TO DBLE ROPE SPIN;;;;; 2 SLOW HIP RKS; LUNGE & SIT LINE;

1-4 REPEAT MEAS 13-16 PART B;;;

5 REPEAT MEAS 5 PART B;

6-10 REPEAT MEAS 2-6 PART A;;;;;

11 [2 SLOW HIP RKS] rk sd L,-, rk sd R,-;

12 [LUNGE & SIT LINE] take wgt on R lower & extend L leg twd LOD,-,-,-(W bk R lowering and extending L fwd,-,-,-);