

AND I LOVE HIM

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RECORD: S.T.A.R. 195B flip "Bailamos" avail choreographer or Palomino Records
SEQUENCE: INTRO A A INTER B A INTER A END
FOOTWORK: opposite unless otherwise noted
PHASE: RAL phase IV+1 [horseshoe trn] + 1 unphased [cradle]
RHYTHM: bolero SPEED: slow for comfort revised 5/04

INTRO

- 1-4 WAIT; PREPARE AIDA; AIDA LINE & HIP RKS; SWVL & FC FOR FENCE LINE;
1 {WAIT} fcg ptr COH, bothl hnds jnd low BFLY lead ft free wait;
2 {PREPARE AIDA} sd L,-, thru R, sd L comm RF trn jn lead hnds;
3 {AIDA LINE & HIP RKS} bk R in "V" pos,-, rk fwd L, rec bk R;
4 {SWVL & FC FOR FENCE LINE} fwd L swvl 1/4 LF to fc ptr jn both hnds,-, XRIF of L lunge thru to RLOD, rec R;

PART A

- 1-4 HORSESHOE TRN;; NEW YORKER; STRT OP BOLERO WLKS;
1-2 {HORSESHOE TRN} sd and fwd R with R sd stretch to "V" pos,-, slip thru L with ckg action, rec R raising lead hnds; fwd L comm LF trn,-, fwd R strt circle wlk(W trns undr jnd lead hnds), fwd L cnt trn to fc ptr and WALL;
3 {NEW YORKER} sd R,-, XLIF of R to fc RLOD, bk R trng to fc ptr and WALL in momentary CP;
4 {STRT BOLERO WLKS} drop lead hnds trn 1/4 LF to 1/2 op pos fwd L,-, fwd R, fwd L;
5-7 FINISH OP BOLERO WLKS; TRNG BASIC;;
5 {FIN BOLERO WLKS} fwd R,-, fwd L, fwd R blnd to CP;
6-7 {TRNG BASIC} blnd to CP sd L slight RF upper bdy trn,-, bk R trng 1/4 LF with slipping action, sd & fwd L trng 1/4 LF (W sd R,-, fwd L trng 1/4 LF with slip pivot action, bk R trn 1/4 LF) end CP COH; sd R,-, fwd L contra ck action, rec R;
8-10 U/A TRN; HIP LIFT TWICE;;
8 {U/A TRN} sd L,-, XRIB of L lead W trn undr jnd lead hnds, fwd L end CP COH;
9 {HIP LIFT} sd R tch L ft to R ft,-, w/sl pressure on L ft lift hip, lower hip;
10 {HIP LIFT} sd L tch R ft to L ft,-, w/sl pressure on R ft lift hip, lower hip;

REPEAT PART A

INTERLUDE

- 1-4 OPEN BREAK; L PASS; NYR; U/A TRN;
1 {OP BRK} sd and fwd R with bdy rise to L op fcg,-, bk L lowering, fwd R;
2 {L PASS} fwd L to contra SCAR lead ptr to trn RF,-, bk R with slipping action, fwd L trng LF fc ptr/WALL (W fwd R trng 1/4 RF with bk to ptr,-, sd and fwd strong LF trn, bk R);
3 {NYR} sd R with bdy rise,-, fwd L with slipping action lowering and trng 1/4 RF to fc RLOD in sd by sd pos, bk R trng to fc ptr;
4 {U/A TRN} sd L,-, XRIB of L leading W to trn under jnd lead hnds, fwd L;
5-8 OPEN BREAK; L PASS; NYR; U/A TRN;
5-8 REPEAT MEAS 1-4 INTERLUDE START FCG WALL & END FCG PTR/COH;;;

PART B

- 1-4 LUNGE BREAK; CRADLE L & R;; SHADOW FENCE LINE;
1 {LUNGE BRK} sd and fwd R,-, lower into R knee ext L leg sd and bk, hld (W sd L,-, ck bk R, rec L);
2-3 {CRADLE L} hld rise and draw L leg in for trans to similar ft work lead W to R sd wrap both fc COH,-, ck bk L, rec R trn 1/2 RF (W fwd R trng LF to wrap pos,-, ck bk L, rec R trn 1/2 RF to shad wrap); both fcg wall in L sd wrap sd L,-, ck bk R, rec fwd L releasing hands to end in shadow pos fcg WALL;
4 {SHAD FENCE LINE} sd R,-, XLIF of R lunge thru RLOD, rec R (W same ft work);
5-8 SHADOW HIP RKS; SHADOW FENCE LINE; HIP RK TRANS TO SPOT TRN (L LARIAT WITH BDY CARESS));;
5 {SHAD HIP RKS} hnds on W hips rk sd L,-, rk sd R, rk sd L (W same ft wk as M bringing arms in up and out and down during hip rks);
6 {SHAD FENCE LINE} REPEAT MEAS 4 PART B;
7-8 {HIP RK TRANS TO SPOT TRN (L LARIAT WITH BDY CARESS)} rk sd L,-, rk sd R,-(W sd and fwd L trng LF to begin moving ccw arnd M caressing M's shldr,-, cnt circ ccw arnd M fwd R, fwd L); sd R,-, XRIF trng 1/2 LF, rec R (W cnt ccw arnd M fwd R,-, fwd L, fwd R fc ptr blind to CP) end CP COH;
9-10 HIP LIFT TWICE;;
9-10 REPEAT MEAS 9 & 10 PART A;;

REPEAT PART A
REPEAT INTERLUDE
REPEAT PART A

END

- 1-4 NYR; PREPARE AIDA; AIDA LINE & HIP RKS; SWVL & FC FOR FENCE LINE;
1 {NYR} REPEAT MEAS 3 PART A;
2-3 {PREPARE AIDA} REPEAT MEAS 2 & 3 INTRO;;
4 {SWVL & FC FOR FENCE LINE} REPEAT MEAS 4 INTRO and hold;