

Murio La Flor

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CD: Y Volvere – Exitos, Vol 1, Track 9 Artist: Los Angeles Negros Available: iTunes

Rhythm: Bolero RAL Phase V

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Bolero unless noted. Time @ 45 RPM: 3:24 Adjust for comfort Difficulty Level – Average

Sequence: Intro-A-A-B-C-D-B-C-End Released: August 15, 2014

Meas

INTRODUCTION

1 - - 4 WAIT LEAD NOTES; TRNG BASIC;; X BODY; LUNGE BRK;

1 CP Fcng WALL Wait 1 Meas;

2 - 3 [Trng Basic] Sd L, -, bk R trng 1/4 LF with slip pivot action, sd & fwd L trng 1/4 LF; sd R, -, fwd L with contra ck like action, bk R (Sd R, -, fwd L trng 1/4 LF with slip pivot action, sd & bk R trng 1/4 LF; sd L, -, bk R with contra ck like action, fwd L;) fc COH;

4 [X Body] Sd & bk L trng LF, -, bk R with slipping action trng LF, fwd L trng LF (Sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R;) fc Wall;

5 [Lunge Brk] Sd & fwd R w/body rise to LOP fcng, -, commence slight RF body trn lowering on R leading W bk extend L to sd & bk, commence slight LF body trn rising on R to rec (Sd & bk L w/body rise to LOP fcng, -, bk R w/contra ck like action, fwd L;);

6 - - 9 LFT PASS; HORSESHOE TRN;; BASIC END;

6 [Lft Pass] Fwd L to Sdcar commence to trn ptr RF, -, bk R with slipping action, fwd L trng LF (Fwd R trng 1/4 RF with bk to ptr, -, sd & fwd strong LF trn, bk R;) fc LOP/COH;

7 - 8 [Horseshoe Trn] Sd & fwd R with rt sd stretch to a "V" Position, -, slip thru L with a checking action continue to shape to ptr, rec R raising lead hnds; Fwd L commence LF trn, -, fwd R commence circle walk, fwd L complete circle walk to fc ptr (Sd & fwd L with lft sd stretch to "V" Position, -, slip thru R with checking action continue to shape to ptr, rec L raising lead hnds; Fwd R commence RF trn, -, fwd L continue RF circle walk under joined lead hnds, fwd R complete circle walk to fc ptr;) & Wall;

9 [Basic End] Sd R w/body rise, -, fwd L w/slipping action, bk R (sd L w/body rise, -, bk R w/slipping action, fwd L;);

PART A

1 - - 4 AIDA W/HIP RKS;; SWIVEL TO FC & SPOT TRN; HIP LIFT;

1 - 2 [Aida] Sd L to modified slight open "V" shape twd ptr, -, thru R, trng RF step sd L; continue RF trn bk R in Aida Line (Sd R to modified slight open "V" shape twd ptr, -, thru L, trng LF step sd R; continue LF trn bk L in Aida Line.),

[Hip Rks] Rk sd L rolling hip sd & bk, -, rec R with hip roll, -;

3 [Swivel to Fc & Spot Trn] Fwd L swiveling LF to fc ptr w/body rise commence LF body trn, -, XRIF twd LOD lowering & continue trn on Xing ft 1/2, fwd L complete trn 1/4 to fc ptr;

4 [Hip Lift] Sd R bringing L to R, -, w/slight pressure on L lift hip, lower hip;

5 - - 8 X BODY TO HND SHK; ½ MOON;; BRK BK W/W'S HEAD LOOP;

5 [X Body] Sd & bk L trng LF, -, bk R with slipping action trng LF, fwd L trng LF (Sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R;) join rt hnds fc COH;

6 - 7 [Half Moon] Sd R commence RF trn with rt sd stretch slight "V" shape twd ptr, -, continue trng RF slip fwd L shaping to ptr, rec bk R trng to fc ptr; trng 1/4 LF sd & fwd L with lft sd stretch, -, slip bk R shaping to ptr, fwd L continue trng 1/4 to fc ptr (Sd L commence LF trn with lft sd stretch slight "V" shape twd ptr, -, continue trng LF slip fwd R shaping to ptr, rec bk L trng to fc ptr; trng 1/4 RF sd & fwd R raising lft arm trng slightly away from ptr but looking at & shaping to ptr, -, slip fwd L in front of M trng LF 1/2, bk R continue trng 1/4 LF to fc ptr;) Wall;

8 [Brk Bk w/W's Headloop] Retaining rt hndhold sd R w/body rise, -, swiveling 1/4 on rt ft to OP allowing joined rt hnds to pass over W's head to Shadow stp bk L lowering, fwd R to ½ OP/LOD;

PART B

1 - - 4 PROG WK; OP IN & OUT RUNS;; MANUV, PIVOT 2 CP WALL;

1 [Prog Wk] In ½ OP/LOD fwd L w/body rise, - fwd R lowering, fwd L;

2 - 3 [In & Out Runs] Fwd R commence RF trn in frnt of ptr, - continue RF trn sd L across LOD, continue RF trn sd & fwd R to lft ½ OP; Fwd L, - fwd R, fwd L to ½ OP/LOD (Fwd L, -, fwd R, fwd L; Fwd R commence RF trn in frnt of ptr, - continue RF trn sd L across LOD, continue RF trn sd & fwd R to ½ OP;);

- 4 [Manuv, Pivot 2] Fwd R commence RF trn to fc ptr & RLOD, -, continue RF upper body trn bk L toe trng on ball of foot approximately ½ RF, fwd R bet W's feet heel to toe continuing RF trn to end CP Wall, -(Small fwd L, -, commence RF upper body trn fwd R bet M's feet heel to toe trng approximately ½ RF, -, bk L toe trng on ball of foot continuing RF trn to end CP/COH , -);
- 5 - - 8 **HIP RKS 2X;; DIP BK & HOLD; REC, TCH;**
- 5-6 [Hip Rks] Rk sd L rolling hip sd & bk, -, rec R with hip roll, rec L with hip roll; Rk sd R rolling hip sd & bk, -, rec L with hip roll, rec R with hip roll;
- S 7 [Dip Bk & Hold] With slight LF rotation bk L w/relaxed knee, -, -, -;
- SS 8 [Rec, Tch] Rec fwd R, -, tch L to R, -;

PART C**1 - - 4 RIFF TRN; AIDA W/ SWITCH LUNGE;; FENCELINE;**

- 1 [Riff Trn] Sd L raise lead hnds to start W into RF spin, close R to L as W completes spin, sd L keeping lead hnds up start W into RF spin, close R to L as W completes spin; (Sd & fwd R spin RF completing one full trn under joined lead hnds, close L to R, sd & fwd R spin RF completing one full trn under joined lead hnds, close L to R;
- SQQ 2-3 [Aida w/Switch Lunge] Sd L to modified slight open "V" shape twd ptr, -, thru R, trng RF step sd L; continue RF SS trn bk R in Aida Line (Sd R to modified slight open "V" shape twd ptr, -, thru L, trng LF step sd R; continue LF trn bk L in Aida Line.), trng LF to fc ptr sd L checking bringing joined hnds thru, -;
- 4 [Fenceline] In BFLY sd R w/body rise, -, X lunge thru L w/bent knee looking lft, bk R to fc ptr;
- 5 - - 8 **X BODY LOP/LOD; FWD, M X; FWD W X; FWD, FC, CL COH;**
- 5 [X Body] Sd & bk L trng LF, -, bk R with slipping action trng LF, fwd L trng LF (Sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R;) release trailing hnds trng to LOP/LOD;
- 6-7 [Fwd M X] Fwd R, - commence LF trn fwd L in frnt of ptr, continue LF trn bk & sd R to ½ OP/LOD (Fwd L, - small fwd R, fwd L);
- 7 [Fwd W X] Fwd L, - small fwd R, fwd L (Fwd R, - commence LF trn fwd L in frnt of ptr, continue LF trn bk & sd R;) to lft ½ OP/LOD;
- 8 [Fwd, Fc, Cl] Fwd R, -, fwd L trng Lf to fc ptr, cl R;

9 - - 12 CONTRA CK & HOLD; REC TO HIP RKS BFLY; DBL HND HOLD OPENING OUT;;

- S 9 [Contra Ck] Comm LF upper body trn flexing knees with strong rt sd lead check fwd L in CBMP, -, -, -;
- 10 [Rec to Hip Rks] Rec R rolling hip sd & bk, -, sd L with hip roll, rec R with hip roll to BFLY;
- 11-12 [Dbl Hnd Hold Opening Out] BFLY sd & fwd L with body rise commence LF body rotation, -, lower on L complete upper body trn & extend R to sd, rise & rotate to BFLY Position (BFLY sd & bk R with body rise commence LF rotation to match ptr, -, cross L in bk lowering, fwd R to BFLY); Cl R w/body rise commence RF rotation, -, lower on R complete upper body trn & extend L to sd, rise & rotate to BFLY (BFLY sd & bk L with body rise commence RF rotation to match ptr, -, cross R in bk lowering, fwd L to BFLY);

13-16 CONT DBL HND HOLD OPENING OUT TO CP/COH;; HIP LIFT L & R;;

- 13-14 [Dbl Hnd Hold Opening Out] BFLY Cl L with body rise commence LF body rotation, -, lower on L complete upper body trn & extend R to sd, rise & rotate to BFLY Position (BFLY sd & bk R with body rise commence LF rotation to match ptr, -, cross L in bk lowering, fwd R to BFLY); Cl R w/body rise commence RF rotation, -, lower on R complete upper body trn & extend L to sd, rise & rotate to BFLY (BFLY sd & bk L with body rise commence RF rotation to match ptr, -, cross R in bk lowering, fwd L to BFLY);
- 15-16 [Hip Lifts] Sd L bringing R to L, -, w/slight pressure on R lift hip, lower hip; Sd R bringing L to R, -, w/slight pressure on L lift hip, lower hip;

PART D**1 - - 4 TRNG BASIC;; X BODY; LUNGE BRK;**

- 1-2 [Trng Basic] Repeat Meas 2 & 3, Intro;
- 3 [X Body] Repeat Meas 4, Intro;
- 4 [Lunge Brk] Repeat Meas 5, Intro;
- 5 - - 8 **LFT PASS; HORSESHOE TRN;; BASIC END;**
- 5 [Lft Pass] Repeat Meas 6, Intro;
- 6-7 [Horseshoe Trn] Repeat Meas 7 & 8, Intro;;
- 8 [Basic End] Repeat Meas 9, Intro;

REPEAT PART C Fcng COH;

END**1 - - 4 CONTRA CK & HOLD; REC TO HIP RKS BFLY; DBL HND HOLD OPENING OUT;;**

S 1 - 2 [Contra Ck & Hold] Repeat Meas 9, Part C; [Rec to Hip Rks] Repeat Meas 10, Part c;

3 - 4 [Dbl Hnd Hold Opening Out] Repeat Meas 11 & 12, Part C;;

5 - - 8 HIP RKS;; PROM SWAY; OVERSWAY;

5 - 6 [Hip Rks] Repeat Meas 5 & 6, Part B;;

S 7 [Prom Sway] Sd & fwd L trng to SCP & stretching lft sd of body slightly upward to look over joined ld hnds, -, relax lft knee, -, (Sd & fwd R trng to SCP & stretching rt sd of body slightly upward to look over joined ld hnds, -, relax rt knee, -);

S 8 [Oversway] Stretching lft sd of body w/slight LF trn & looking at ptr (Still relaxing rt knee leaving lft leg extended continue stretching rt sd looking well to the lft.), -, -, -;

Head Cues**Murio La Flor****(Phase V – Bolero)****(Weiss)**

- Intro** Lead Notes; Trng Basic;; X Body; Lunge Brk;
Lft Pass; Horseshoe Trn;; Basic End;
- A** Prep Aida; Aida Line Hip Rks; Swivel to Fc, Spot Trn; Hip Lift;
X Body to Hnd Shk; ½ Moon;; Brk Bk W's Head Loop ;
- B** Prog Wk; Op In & Out Runs;; Manuv, Pivot 2 CP Wall;
Hip Rks SQQ 2X;; Dip Bk & Hold; Rec, Tch;
- C** Riff Trns; Prep Aida; Aida Line Switch Lunge; Fenceline;
X Body to LOP LOD; Fwd M X; Fwd W X; Fwd, Fc Cl COH;
Contra Ck & Hold; Rec to Hip Rks BFLY; Dbl Hnd Hold Open Out;;
Dbl Hnd Hold Open Out to CP;; Hip Lift L & R;;
- D** Trng Basic;; X Body; Lunge Brk;
Lft Pass; Horseshoe Trn;; Basic End;
- C** Riff Trns; Prep Aida; Aida Line Switch Lunge; Fenceline;
X Body to LOP RLOD; Fwd M X; Fwd W X; Fwd, Fc Cl WALL;
Contra Ck & Hold; Rec to Hip Rks BFLY; Dbl Hnd Hold Open Out;;
Dbl Hnd Hold Open Out to CP;; Hip Lift L & R;;
- End** Contra Ck & Hold; Rec to Hip Rks BFLY; Dbl Hnd Hold Open Out to CP;;
Hip Rks;; Prom Sway; Oversway;