

Crushed Flowers In My Lei

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CD: A Place Called Hawaii 2, Track 7 Artist: Teresa Bright Available: Amazon.com & others

Rhythm: Rumba RAL Phase V +2 + 1 (Ropespin, Adv Alemana) (Alternative Basic)

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

Timing: Standard RAL Rumba unless noted. Time @ 45 RPM: 2:34 Adjust for comfort Difficulty Level – Average

Sequence: Intro-A-B-A-B-C-End Released: July 1, 2015

Meas

INTRODUCTION

1 - - 4 BFLY WALL WAIT 2;; ALTERNATIVE BASICS 2X;;

1 - 2 BFLY Fcng WALL Wait 2 Meas Lead ft free pointed LOD;;

3 - 4 [Alternative Basic] Cl L to R in pl, cl R to L in pl, sd L, -; Cl R to L in pl, cl L to R in pl, sd R, -;

PART A

1 - - 4 FENCELINE; CRAB WKS;; X BODY END;

1 [Fenceline] In BFLY X lunge thru L w/bent knee looking in RLOD, rec R trng to fc ptr, step sd L, -;

2 - 3 [Crab Wks] In BFLY with upper body fcng ptr XRIF, sd L, XRIF,-; Sd L, XRIF, sd L, -;

4 [Cross Body End] Bk R commence LF trn, rec L complete ½ trn to fc COH, sd R, - (fwd L commence to trn LF, fwd R complete trng ½ LF, sd & bk L, -;) to BFLY;

5 - - 8 CRAB WKS;; FENCELINE; X BODY END;

5 - 6 [Crab Wks] In BFLY with upper body fcng ptr XRIF, sd L, XRIF,-; Sd L, XRIF, sd L, -;

7 [Fenceline] In BFLY X lunge thru L w/bent knee looking in RLOD, rec R trng to fc ptr, step sd L, -;

8 [Cross Body End] Bk R commence LF trn, rec L complete trn to fc COH, sd R, - - (fwd L commence to trn LF, fwd R complete trng ½ LF, sd & bk L, -;) to BFLY;**9 - - 12 ALEMANA;; ROPEPIN;;**

9 - 12 [Alemana to Ropespin] Fwd L, rec R, cl L leading W to trn RF, -; Bk R, rec L, cl R leading W to pass on rt sd, - (Bk R, rec L, fwd R comm RF swivel, -; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, fwd L commence RF spiral to M's rt sd, -); Rk sd L, rec R, cl L, - (Commence to circle M clockwise with joined ld hnds fwd R, fwd L, fwd R, -); Rk bk R, rec L, cl R, - (Continue clockwise circle fwd L, fwd R, fwd & sd L trng to fc ptr, -;) to Bfly;

PART B

1 - - 4 NAT OPENING OUT; FAN; HOCKEY STICK TO LFT HND STAR;;

5 [Nat Opening Out] Giving W a slight lft sd ld with rt sd stretch to open her out sd L inside edge onto ball of ft with pressure into floor, rec R with slight rt sd ld to ld W to CP, cl L to R, - (With slight lft sd stretch trng 1/2 RF bk R with rt sd stretch, rec L with lft sd stretch trng LF 1/2 blending to CP, sd R, -);

6 [Fan] Bk R, rec L, sd R, - (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L leaving R extended fwd w/no weight);

7 - 8 [Hockeystick] Fwd L, rec R, cl L, - (Cl R, fwd L, fwd R, -); bk R, rec L, fwd R, - (fwd L, fwd R trng lft to fc ptr, bk L on a diagonal, -;) blnd to Lft Hnd Star;

5 - - 8 UMBRELLA TRN TO BFLY;;;

5 - 8 [Umbrella Trn] In lft hnd star position fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; fwd L, rec R, bk L, -; bk R, rec L trn LF 1/4 to fc ptr, sd R, (Bk R, rec L, fwd R, -; fwd L trng 1/2 RF under joined lft hnds, rec R, fwd L, -; fwd R trng 1/2 LF under joined lft hnds, rec L, fwd R, -; fwd L trng 1/2 RF under joined lft hnds, rec R continue trn to fc ptr, sd L, -;) to BFLY/WALL;

Repeat A

Repeat B

PART C

1 - - 4 ADV ALEMANA OVERTURNED TO TANDEM;; SOLO FENCELINES TO FC;;

1 - 2 [Advanced Alemana] Fwd L, rec R, trng ¼ RF sd L, - (W Bk R, rec L, fwd R swvl RF to fc M, -); XRIB trn RF, sd L completing ¼ RF trn, cl R, - (continue RF trn under joined lead hnds fwd L, continuing RF trn fwd R, continuing trn overturn fwd L to fc COH, -;) to fc Tandem COH;

- 3 - 4 **[Solo Fencelines]** X Lunge thru L w/bent knee looking rt, rec R to fc COH sd L, - (X Lunge thru R w/bent knee looking lft, rec L to fc COH, sd R, -); X Lunge thru R w/bent knee looking lft, rec L to fc COH, sd R, - (X Lunge thru L w/bent knee looking rt, rec R commence LF trn, fwd L to fc ptr, -);
- 5 - - 8 **½ BASIC TO; FULL NAT TOP;;;**
- 5 **[1/2 Basic]** Rk fwd L, rec R, sd & fwd L commence RF trn prep stp for, -;
- 6 - 8 **[Nat Top]** In CP Comm RF rotation XRIB, sd L, XRIB, - (Comm RF Rotation sd L, XRIF, sd L, -); sd L, XRIB, sd L, - (XRIF, sd L, XRIF, -); XRIB, sd L, sd R, - (sd L, XRIF, sd L, -) to CP/COH;
- 9 - - 12 **ADV ALEMANA OVERTRND TO TANDEM;;; SOLO FENCELINES TO FC;;;**
- 9 - 10 **Fcng COH Repeat Meas 1 & 2, Part C to Tandem Wall;;**
- 11 - 12 **Repeat Meas 3 & 4, Part C to BFLY/Wall ;;**

END

1 - - 4 CUCARACHA; SD WK ½; BRK BK TO OP/LOD; START OP IN & OUT RUNS;

- 1 **[Cucaracha]** Sd & slightly bk L with partial weight, rec R, cl L, -;
- 2 **[Sd Wk 1/2]** Twd RLOD Sd R, cl L, sd R, -;
- 3 **[Brk Bk to ½ OP]** Swiveling sharply ¼ on rt ft stp bk L to OP/LOD, rec R, fwd L, -;
- 4 **[Start Op In & Out Runs]** Fwd R starting RF trn, sd & bk DLW on L to CP, bk & sd R continue RF trn to ½ LOP/LOD, - (Fwd L, fwd R between M's feet, fwd L outside the man in ½ LOP, -);

5 - - 8 FINISH OP IN & OUT RUNS; THRU, SD, CL; ½ BASIC; FAN OVERTRN TO LOP M IN 2;

- 5 **[Finish Op In & Out Runs]** Small fwd R, small fwd L, fwd R, - (using CBM fwd R starting RF trn, fwd & sd L continuing RF trn, fwd R -;) to ½ OP/LOD;
- 6 **[Thru, sd, cl]** Thru R, fwd & sd L to fc ptr, cl R, -;
- 7 **[1/2 Basic]** Rk fwd L, rec R, sd & bk L, -;

QQ 8 **[Fan Overtrm M in 2]** Bk R, rec L, pt R to sd, - (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L continue (QQS) LF trn to LOP Wall leaving rt foot extended to sd, -);

9 - - 10 X CK, REC, PT; X CK & HOLD;

- QQ 9 **[X Ck, Rec, Pt]** On Same footwork XRIF ckng fwd action, rec L to fc wall, pt R twd RLOD, -;
- S 10 **[X Ck & Hold]** Still on same footwork XRIF, hold & extend, -, -;

Head CuesCrushed Flowers In My Lei

(Phase V + 2 + 1 - Rumba)

(Ropespin, Adv Alemana)

(Alternative Basic)

(Weiss)

Intro Bfly Wait 2;; Alternative Basics 2X;;

**A Fenceline; Crab Wks;; X Body;
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Op Hip Twist; X Swivels 4X;; Fan;
Alemana;; Ropespin;;**

**B Nat Opening Out; Fan; Hockey Stick;;
Lft Hnd Star Umbrella Trn;;;;**

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**B Nat Opening Out; Fan; Hockey Stick;;
Lft Hnd Star Umbrella Trn;;;;**

**C Adv Alemana Overtrn to Tandem COH;; Solo Fencelines to Fc;;
½ Basic to; Nat Top;;;;
Adv Alemana Overtrn to Tandem Wall;; Solo Fencelines to Fc;;**

**End Cucaracha; Sd Wk ½; Brk Bk to OP; OP In & Out Runs;;
Thru Sd, Cl CP/Wall; ½ Basic; Fan Overtrn to Lft Op M in 2;
X Ck, Rec, Pt; X Ck & Hold;**