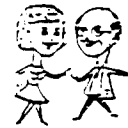


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(10/15-4/15) 6500 SE Hwy 60 #560, Apache Jct, AZ 85219 (602) 844-3560
Record: Windsor Ballroom Series 4-521 Adjust Speed For Comfort
Phase Rating: Round-A-Lab Phase VI Cha Cha
Release Date: March 1988
Sequence: INTRO AB A(9-16) C A TAG



INTRO

- 1-4 WAIT; FENCE LINE & TRN; CHA/CHA, POINT, --, --; TRN, CLOSE, SD/CHA, CHA;
1 BFLY Position M fcg wall wt on M's R & W's L with M's L & W's R pointed to sd twd LOD wait 1 meas;
2 XLIF in slight lunge, --, keeping wt on M's L & W's R trn RF (W LF) joined trail hds going up & over and joined lead hds going down ending in bk to bk pos, --;
3 Clo R/in pl L, point R to sd twd LOD, --, --;
4 Release M's L & W's R hds sd R trn RF (W LF), clo L to loose CP, sd R/clo L, sd R;

PART A

- 1-8 1/2 BASIC; FAN; ALEMANA;; SLO SWIVELS;; QK SWIVELS & CHA; SPOT TURN;
1 (1/2 Basic) Fwd L, recov R, sd L/clo R, sd L;
2 (Fan) Bk R, recov L, sml sd R/clo L, sd R (W fwd L, recov R trng LF fc RLOD, bk L/lock RIF, bk L);
3-4 (Alemana) Fwd L, recov R, in pl L/R, L (W clo R, fwd L, fwd R/lock LIB, fwd R to fc partner); Bk R, recov L, sd R/clo L, sd R (W XLIF trng RF 3/4 under joined lead hds fc RLOD, fwd R, fwd L trng 1/4 RF fc partner/clo R, sd L);
5-6 (Slo Swivs) Lead hds joined & trail hds on front of hip swvl LF (W RF) on R fwd twd LOD L, --, swvl RF (W LF) on L fwd twd RLOD R, --; Repeat action of Meas 5 with trail arms going out to sd & up leading with bk of hd on 1st swvl then trn palm in & bring down front of face & body returning to front of hip on 2nd swvl;
7 (Qk Swivs) Swvl LF (W RF) on R fwd twd LOD L, swvl RF (W LF) on L fwd twd RLOD R, swvl LF (W RF) on R fwd twd LOD L/lock RIF, fwd L lead hds still joined man now fcg DW & W fcg DC;
8 (Spot Trn) XRIF release hds trn LF (W RF) fc RLOD, fwd L, fwd R fc partner/clo L, sd R join lead hds;
Options: (Meas 2 Fan) Man Hip Twst Chasse - Bk R, recov L, XRIF/clo L, sd R;
(Meas 3 Alemana) Man Ronde Chasse - Fwd L, recov R, XLIB/sd R, sd L;

- 9-16 X BASIC SPIRAL TO LOP;; NEW YORKER; WHIP FC; FLEA HOPS;; SPOT TRN;
9-10 (X Basic Spiral LOP) Fwd L IF of R trng LF, recov bk R cont trn fc LOD, sd L/clo R, sd L (W spiral LF); Bk R, recov L, fwd R/clo L, fwd R (W fwd L trng LF, fwd R cont trn to LOP, fwd L/clo R, fwd L);
11 (New Yorker) Fwd L, recov R fc partner, sd L/clo R, sd L;
12 (Whip Fc) Trn 1/4 LF bk R, recov L trn 1/4 LF, sd R/clo L, sd R (W fwd L, fwd R trn 1/2 LF, sd L/clo R, sd L) release hds;
13-15 (Flea Hops) Hop twd L on R/clo L, --, hop twd R on L/clo R, --; Repeat action Meas 13; Hop twd L on R/clo L, hop twd R on L/clo R, hop twd L on R/tch L no wt, hop twd L on R/clo L;
16 (Spot Trn) XRIF trn LF (W RF) fc RLOD, fwd L, fwd R fc partner/clo L, sd R join M's & W's R hds; (3rd time thru to BFLY)
Options: (Meas 9 & 10 X Basic) Guapacha Timing - Hold ct 1 drawing L twd R with rt sd stretch doing 1st 2 steps on #2 cts. Lady twirl LF under joined hds on last 3 steps of 2nd meas to LOP.
(Meas 11 Hop NY with Hops) Hop on R/ fwd L, hop on L/recov R, hop on R trng LF/sd L fc ptrn, clo R/sd L;

PART B

- 1-8 BASIC ALEMANA TO TURKISH TOWEL;;; RK BK, RECOV, FWD, HOLD (W SPIN);
POINT BK & FLICK; BK BASIC M TRANSITION; SPOT TRN;
1 (Alemana Turkish Towel) Rk fwd L, recov R, sd L/clo R, sd L;
2 Rk bk R, recov L trng LF to fc DW, sd R/clo L, sd R (W XLIF of R trn RF under joined R hds, cont RF trn fwd R, moving around beh man fwd L/clo R, fwd L ending to M's left sd fcg DW) join L hds;
3 Rk bk L (W fwd R), recov R, sd L/clo R, sd L (W moving beh man ending to his right sd);
4 Rk bk R (W fwd L), recov L, sd R/clo L, sd R (W moving beh man ending to his left sd);
5 (Lady Spin) Retain handolds thruout figure rk bk L (W fwd R to fc wall), recov R (W cont trn fwd L twd RLOD) joined L hds will be betw partners at waist level and joined R hds will be betw partners slightly higher than W's head both partners looking thru window made by arms, fwd L to fc wall leading lady to spin RF by bringing R hd and then L hd over her head (W trn RF on L to fc LOD raise R leg straight fwd LOD approx knee high/cont spin to fc RLOD), as soon as lady is fcg RLOD bring R hd & then L hd down betw partners then fwd twd LOD trng to fc LOD (W bring R ft down beside L ankle cont spin to fc LOD);

PART B (continued)

- 6 (Pt & Hold) Pt R bk twd RLOD (W pt R bk) flex L knee, -, -, flick R up in bk keeping head & shoulders bk;
 - 7 (Bk Basic M Trans) Rk bk R/flick L across R leg in Figure 4, recov L, fwd R, fwd L (W rk bk R/flick L across R leg in Figure 4, recov L, fwd R/clo L, fwd R);
 - 8 (Spot Trn) Repeat action of meas 8 Part A;
- Options: (Meas 3&4 Turkish Towel) Guapacha Timing - Hold ct 1 of each meas and and dance 1st 2 steps of each meas on &2 cts

PART C

- 1-8 HIP TWIST FREEZE; TRN LADY TO TRIPLE CHA FWD;; RK & TRIPLE CHA BK;; HOCKEY STICK TO LOP; NEW YORKER; SPOT TRN TO CP;
- 1 (Hip Twst Freeze) Fwd L, recov R, lead lady to move fwd twd M's R sd clo L/lead lady to trn by pushing R arm fwd swvl LF 1/4 on L (W bk R, recov L, fwd R twd M's R sd/swvl Rf 1/4 on R) both now fcg LOD R hds joined in front of lady L arms extended to sd with W's L arm beh man slight sway to R, -;
 - 2-3 (Trn Ldy to Trpl Cha) Bk R, recov L (W trn 1/2 LF L, R to end IF of man R hds joined), moving twd LOD with R shoulder leading fwd R/lk LIB, fwd R; Chg to L hds and L shoulder lead fwd L/lk RIB, fwd L, chg to R hds and R shoulder lead fwd R/lk LIB, fwd R;
 - 4-5 (Rk & Trpl Bk Cha) Fwd L, recov R, moving twd RLOD with L shoulder lead bk L/lk RIF, bk L; Chg to L hds and R shoulder lead bk R/lk LIF, bk R, chg to W's R hd & M's L hd man fcg wall W fcg RLOD XLIB/ sd R, sd L (W fwd R/lk LIB, fwd R nr M's L sd);
 - 6 (Hockey Stick) Bk R, recov fwd L twd RDW, sd & fwd R/clo L, fwd R to LOP fcg RLOD (W fwd L, fwd R trng LF under joined hds, sd L/clo R, fwd L to LOP);
 - 7 (New Yorker) Fwd L, recov R fc partner, sd L/clo R, sd L;
 - 8 (Spot Trn) Repeat action Meas 8 Part A to loose CP pos fcg wall;
- 9-16 ADVANCED HIP TWIST; LADY SPIRAL TO RUNAWAY; ZIG ZAG;;; NEW YORKER; NEW YORKER (LADY REV UNDERARM TRN); SPOT TURN TO CP;
- 9 (Adv Hip Twst) Fwd L body trng RF, recov R, slight ronde XLIB/ sml sd R, sd L (W trng RF bk R, recov L trng LF, fwd R outsd ptnr/clo L, swvl RF on L sd R fc LOD) man fcg DW;
 - 10 (Spiral Runaway) Release hold with M's R & W's L hds fwd R, fwd L (W fwd L, fwd R spiral LF under joined hds), fwd R/L, R end wrapped pos fcg DW;
 - 11-13 (Zig Zag) Fwd L, recov R, bk L/sd R fc wall, XLIF/sd R (W fwd R, recov L trng RF under joined M's L & W's R hds, fwd R fc ptnr/ sd L, XRIB/ sd L); BFLY XLIB/sd R, XLIF/sd R, XLIB/bk R fc LOD in OP M's R & W's L hds joined, point L fwd twd LOD (W XRIF/sd L, XRIB/sd L, XRIF/bk L fc LOD, point R fwd); Clo L/flick R bk & up, fwd R, fwd L/lk RIB, fwd L;
 - 14 (New Yorker) Fwd R, rec L fc ptnr, sd R/clo L, sd R join 1d hds;
 - 15 (NY Ldy Rev Underarm) Release trail hds fwd L twd RLOD, recov R fc wall, sd L/clo R, sd L (W XRIF trn 3/4 LF under joined hds, fwd L, fwd R fc ptnr/clo L, sd R);
 - 16 (Spot Trn) Repeat action Meas 8 Part A to CP;
- Option: (Meas 10 Runaway) W twrl LF under joined hds on last 3 steps to wrap

TAG

- 1-4 FENCE LINE; FENCE LINE & TURN; CHA/CHA, POINT, -, -: TURN, CLOSE, CHA, CHA/POINT;
- 1 (Fence Line) In BFLY cross ck thru L, recov R, sd L/clo R, sd L;
 - 2 (Fence & Trn) XRIF in slight lunge, -, keeping wt on M's R & W's L trn LF (W RF) joined lead hds joing up & over and joined trail hds going down ending in bk to bk pos, -;
 - 3 Clo L/in pl R, point L to sd twd RLOD, -, -;
 - 4 Release M's R & W's L hds sd L trn LF (W RF), clo R to loose CP, sd L, clo R/point L sd twd LOD looking twd LOD;