

AMAPOLA

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Record: STAR-131A (Flip "The First Day of Spring")

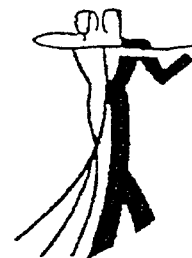
Available thru Palomino Records

Sequence: INTRO AB AB A ENDING

Cuesheet revised 4/14/00

Phase Rating: Rumba, Phase VI

Recommended speed: 45 RPM's



INTRO

1 - 4 WT; AIDA; SLOW HIP RKS; SYNCO SD WLK TO FC;

1. In OP LOD with M's R & W's L ft free wt 1 meas;
2. Thru R LOD commencing to trn RF (W LF), sd L LOD cont trn to fc RLOD chg hnd hold to M's L & W's R, fcg RLOD stp sd & bk R to bk-to-bk "V" pos,-;
3. Leaving L ft xtnded fwd to RLOD rk fwd L rolling hips fwd twd RLOD while sweeping free arm acrs bdy twd ptr,-,rec R rolling hips bk twd LOD while pulling free arms acrs bdy and xtnding them bk & sd,-;
4. Stp thru L RLOD trng LF (W RF) to LOP fcg pos fcg ptr & Wall, sd R RLOD/cl L, sd R lowering jnd ld hnds to prep for PART A,-;

PART A

1 - 4 OP HIP TWIST; FAN; ALEMANA;;

1. In LOP fcg pos rk fwd L, rec R, cl L to R (W bk R, rec L, fwd R twd M then swvl 1/4 RF to fc LOD),-;
2. Rk bk R leading W twd LOD, rec L, fwd & sd R DRW (W fwd LOD L, fwd R trng 1/2 LF to fc RLOD, bk & sd L) to end M fcg Wall & W fcg RLOD,-;
- 3-4. Fwd L, rec R, cl L raising jnd hnds to ld W to trn RF (W cl R, fwd L, fwd R trng RF to fc M),-; Bk R, rec L, sm fwd R (W XLIF of R trn RF trng undr jnd ld hnds, fwd R cont RF trn, fwd L to M's R sd ,-;

5 - 8 CIR HIP TWIST;;; FAN;

5. Fwd L with bdy trn RF, rec R to fc Wall, bk L press line (W swvl 1/2 RF to stp bk R, rec L swvl 1/2 LF, fwd R press line twd M's R sd),-;
6. Trng LF and leading W to twist stp sd R, bk L, sd R (W swvl RF fwd L, swvl LF cl R, swvl RF fwd L),-;
7. Cont trng LF bk L, sd R, cl L to fc Wall (W swvl LF cl R, swvl RF fwd L, swvl LF cl R),-;
8. Rk bk R leading W twd LOD, rec L, fwd & sd R DRW (W swvl 1/4 RF to fc LOD and stp fwd LOD L, fwd R trng 1/2 LF to fc RLOD, bk & sd L) to end M fcg Wall & W fcg RLOD,-;

9 -12 STOP & GO HKY STK; W FWD & SWVL TO SM FT SIT LINE;

W U/A SWVL TO LUNGE & SIT LINE; W SPRL TO SHDW;

9. Rk fwd L, rec R raising M's L & W's R arms, trng W LF undr jnd ld arms stp sm sd LOD L in M's lunge line catchg W with R hnd on W's L shldr blade at end of stp and looking at W (W cl R, fwd L, fwd R trng 1/2 LF undr jnd hnds to end in sit line at M's R sd),-;
10. Rec R leading W to stp fwd twd LOD,-/on & ct swvl sharply on 1/4 LF on R to fc LOD causing W to swvl LF to fc LOD, lower into sit line on R leg leaving L ft pointed fwd while joining R hnds and xtnding L arms to sd (W stp fwd L LOD leaving ld hnds low, fwd R LOD stepping her own R arm/on & ct swvl sharply 1/2 LF on R ft to fc RLOD slightly to R of M, lower into sit line on R leg leaving L ft pointed fwd),-;
11. Rec L swvlg 1/4 RF to fc Wall,-/on & ct trn W LF undr jnd R hnds, keeping wt on L lower into L leg in lunge line while looking at W and xtnding L arm sd twd LOD (W stp fwd L RLOD, fwd R RLOD/on & ct swvl sharply 1/2 LF on R ft to fc LOD, lower into sit line on R leg leaving L ft pointed fwd), to end M fcg Wall and W fcg LOD with R hnds jnd,-;

AMAPOLA (cont)

12. Draw R twd L, cl R to L, stp sd & fwd L LOD (W fwd L LOD, fwd R LOD then sprl 7/8 LF releasing jnd R hnds at end of sprl to end in Shdw DW with M's R hnd at W's R hip and all other arms xtnded to sd, sd & fwd LOD L),-;
- 13-16 (R FT) SHDW WLKS; W SPT TRN WITH M'S HEAD LOOP (M TCH); CUDDLE (2X);:**
13. In Shdw pos and with identical footwork XRIF of L, sd & fwd LOD L, XRIF of L joining L hnds,-;
14. Rk sd & fwd L LOD raising jnd L hnds to ld W's RF trn, rec R trng W RF while taking jnd L hnds ovr W's head and preparing to take L hnds ovr M's head, tch L to R taking jnd L hnds ovr M's head and resting them behnd M's neck while placing M's R hnd arnd W in a normal CP hold (W rk sd L LOD commencing to trn RF, rec R cont trng RF undr jnd L hnds to fc ptr & COH, sm sd L RLOD taking jnd L hnds ovr M's head),-;
- 15-16. Releasing jnd L hnds cuca sd L to 1/2 OP, rec R, cl L (W trn 3/8 RF to OP Wall stp sd & bk R, rec L trn LF, sd R in frnt of M) bth arms arnd W's waist and W's arms bhd M's neck,-; Cuca sd R to LHOP, rec L, cl R (W trn 3/8 LF to LHOP Wall stp sd & bk L, rec R trn RF, sd L in frnt of M) to end in Cuddle pos with M's arms arnd W's waist and W's arms bhd M's neck,-;

PART B

1 - 4 FWD BASIC & CK; HIP RK 3 (W SLIDE OUT); R HND BRK & PASS; L HND BRK & PASS;

1. In Cuddle pos Wall rk fwd L, rec R, bk L taking L sd bk (W R sd fwd) and ckg motion,-;
2. Staying in Cuddle pos shift wgt to R while moving hips fwd leading with R hip, shift wgt to L while moving hips bk leading with L hip, shift wgt to R while moving hips fwd leading with R hip and releasing W (W stp bk L on 3rd bt moving away from M) releasing partner and preparing to jn M's R & W's R hnds,-;
3. Joining R hnds rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & COH stepping sd & bk L twd Wall (W rk apt R, rec L trng ¼ LF to fc RLOD IF of M then rel jnd R hnds, cont LF trn to fc ptr & Wall stepping sd & bk R twd COH) joining M's L & W's L hnds,-;
4. With L hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & Wall stepping sd & bk R twd COH (W rk apt L, rec R trng ¼ RF to fc RLOD IF of M then rel jnd L hnds, cont RF trn to fc ptr & Wall stepping sd & bk L twd Wall) joining M's R & W's R hnds,-;
- 5 - 8 R HND BRK & PASS TO SHDW; WHL TO FC LOD; OPPOSITION BRK TO 3-3'S ENDG;:**
5. With R hnds jnd rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd R hnds, sm sd L Wall to fc RLOD placing M's R hnd on top of W's R shldr and xtnding L arm to sd (W rk apt R, rec L trng ¼ LF to fc RLOD IF of M then rel jnd R hnds, sm sd R COH) to Shdw RLOD with M's R hnd on top of W's R shldr and M's L arm xtnded to sd and W's L hnd resting on top of M's L forearm and W's R arm xtnded to sd,-;
6. Whl ½ RF stepping fwd R,L,R (W bk L,R,L) to fc LOD,-;
7. Rk fwd L LOD, rec R releasing W, cl L (W rk bk & sd R, rec L, fwd LOD R stepping away from M then trng ½ RF on R to fc ptr & RLOD),-;
8. Rk bk & sd R, rec L, sm fwd LOD R joining R hnds (W fwd L RLOD trng ½ RF to fc LOD, fwd R trng ½ RF to fc ptr & RLOD, fwd L stepping twd M's R sd),-;
- 9 - 12 (R HND) ADV HIP TWIST; W ACRS TO COH; AIDA & STP APT; OBLIQUE LINE;**
9. Rk fwd L LOD on ball of ft with slight RF bdy trn keeping R elbow in twd bdy, rec R, bk L in back of R (W swvl ½ RF on L ft to fc LOD and rk bk R twd RLOD, rec L swling ½ LF to fc RLOD, stp fwd R twd M's R sd then swvl ¼ RF to fc COH),-;
10. Rk bk R, rec L trng slightly LF, sd & fwd R LOD (W stp fwd L acrs frnt of M twd COH, fwd R trng ½ LF to fc ptr & Wall, sd & fwd L LOD) to LOP fcg pos fcg ptr & slightly LOD,-;

AMAPOLA (cont)

11. Fwd LOD L trng LF (W RF) to fc ptr, sd LOD R to BFLY COH, trn LF (W RF) to fc RLOD stp sd L Wall to fc RLOD with ft apt leaving wt equally distributed between both ft (W stp sd R COH putting full wgt on R ft) to end both fcg RLOD in OP with free arms xtnded to sd,-;
 12. M holds entire meas while looking at W bringing free L arm acrs frnt of bdy twd W then pulling it bk acrs bdy and out to sd while maintaining strong R arm to give W support for her line (W rises ovr R leg while pulling L ft to cross IF of R with pressure on toes of both feet while xtnding R hip well twd COH stretching R oblique muscles and using L hnd grip on M's R hnd for support while leaning upper bdy twd M and sweeping free R arm CCW up then twd Wall then acrs bdy and out to sd finally straightening from lean at end of meas);
- 13-16 W SYNCO ROLL IN, M TRN HER AWY; HKY STK ENDING TO COH;**
FCG HKY STK (W'S HND ON CHEST);;
13. M hold entire meas leaving both arms xtnded to sds without making any contact with W until bt 3 when he places his hnds on W's hips and then trns her slightly LF (W roll 1 ½ LF twd M L/R,L,R raising both arms straight up during roll to end fcg M/on & bt M places both hnds on W's hips and trns her LF to fc COH),-;
 14. Shift entire wgt to R, cl L, sd & fwd R trng ¼ RF to fc ptr & COH (W fwd L COH, fwd R COH trng ½ LF to fc ptr & Wall bringing both arms dwn side of bdy, sd & bk L DC joining M's L & W's R hnds),-;
 15. Rk fwd L, rec R, sd & fwd L trng RF while stepping off W's track and releasing hnds (W rk bk R, rec L, fwd R twd Wall trng bdy slightly RF to look at M while placing L hnd on M's chest and xtnding R arm upward),-;
 16. Bk R undr bdy, rec L trng RF to fc Wall, fwd R twd Wall (W fwd L Wall, fwd R Wall trng ½ LF to fc ptr & COH, sd & bk L) to LOP fcg pos Wall,-;

ENDING

1 - 2 FWD BASIC & CK: SYNCO HIP RKS & LEG CRAWL;

1. Rpt meas 1 of PART B;
2. Staying in Cuddle pos shift wgt to R while moving hips fwd leading with R hip/shift wgt to L while moving hips bk leading with L hip, shift wgt to R while moving hips fwd leading with R hip, shift wgt to L while moving hips bk leading with L hip and then rising slightly to cause W's leg crawl (On 3rd bt W raises L leg up outsd of M's R leg while lowering head to M's R shldr),-;