

NORMA LA DE GUADALAJARA

- CHOREO:** Rey & Sherry Garza, 1655 Monte Vista Dr., Vista, Ca. 92084-7121 (760) 458-6418
Reycuer@reygarza.com Web: www.reygarza.com
- MUSIC:** Artist: Perez Prado Albumn: Lo Mejor De. 40 Temas Originales Amazon Download \$1.29
Music Length 2:32
- FOOTWORK:** Opposite (Woman in parenthesis) Cha timing 123&4 unless specified
- RHYTHM:** Roundalab Phase 5 + 0 + 1 [Circular Cross Body]
- SEQUENCE:** Intro-ABC-A-D-DMOD-C-B1-6-End Released 5/25/2019

INTRO

- 1-6 BACK TO BACK WITH MAN FACING COH LADY FACING WALL LEAD FEET FREE TRAIL HANDS JOINED WT; ROCK SIDE RECOVER TO FACE HOLD; LEAD HANDS REVERSE UNDERARM TURN; SHOULDER TO SHOULDER; UNDER TRAIL HANDS MAN UNDERARM TURN; BACK SHOULDER TO SHOULDER;**
- 1-2** [Starting Pos Sd Rk Rec {---- 1-3-}] Bk to bk with trail hnds jnd ld ft free; Rk sd L, - rec R trn RF (LF) jn ld hnds, -;
- 3-4** [Rev Underarm Trn & Shldr To Shldr] Lead Lady to a spot trn under ld hnds XLif of R, rec R, sd L/cl R, sd L; Trn LF to BJO on L fwd R, rec L fc ptr, sd R/cl L, sd R (Under ld hnds swvl ¼ LF on L fwd R twd RLOD trng ½ LF, rec L trng ¼ LF to fc ptr & COH, sd R/cl L, sd R; Trn LF to BJO on R bk L, rec R fc ptr, sd L/cl R, sd L);
- 5-6** [M's Underarm Trn & Bk Shldr To Shldr] Undr trail hnds to RLOD fwd L trn ½ RF, rec R to fc ptr & Wall, sd L, rec R; To LOD sd L, cl R, sd L/cl R, sd L; Trng RF to SD CAR on R bk R, rec L fc ptr, sd R/cl L, sd R (Raise L arm trn RF on L XRib of L, rec L, sd R/cl L, sd R; Trng RF to SDCAR on R fwd L, rec R to fc, sd L/cl R, sd L);

PART A

- 1-8 CHASE WITH UNDERARM PASS; WITH INSIDE TWIRL; NEW YORKER IN 4; FORWARD RECOVER POINT; START A CROSS BODY; LADY 2 SLOW CROSS SWIVELS; FINISH CROSS BODY; FORWARD RECOVER POINT HOLD;**
- 1-2** [Chase With Underarm Pass] Keeping lead hnds joined fwd L trn ½ RF, rec R, fwd L/cl R, fwd L; Bk R raise joined lead hnds leading W to trn LF, rec L, cont ldg W to cont LF trn sd R/cl L, sd R blend to BFLY COH (Bk R, rec L, fwd R/cl L, fwd R; Fwd L, fwd R trn ½ LF under joined lead hnds, cont 1 full LF trn fwd L/cl R, sd L blend to BFLY WLL); **Note: Option dance the standard "Chase with underarm pass to make it easier if necessary.**
- 3-4** [New Yorker In 4 & Fwd Rec Pt {1234 12--}] Release trail hnds swivel ¼ RF on R fwd L twd RLOD with straight leg, rec R to fc ptr in BFLY, sd L, rec R; Fwd L, rec R, pt sd L, - (Rel trail hnds swivel ¼ LF on R fwd R twd RLOD with straight leg, rec L to fc ptr in BFLY, sd R, rec L; Bk R, rec L, pt sd R, -);
- 5-6** [Start X Bdy & Ldy X Swvls {123&4 1-3-}] Fwd L, rec R trng LF ¼, sd L/cl R, sd L; Rk sd R trng bdy slightly LF,-, rk sd L trng bdy slightly RF,- (Bk R, rec L, fwd R/cl L, fwd L; Fwd L swvl LF ½,-, fwd R swvl RF ½) to "L" shaped pos M fcg RLOD & W fcg WLL,-;
- 7-8** [Fin X Bdy & Fwd Rec Pt {123&4 12--}] Bk R, rec L trn LF ¼, sd R/cl L, sd R (Fwd L, fwd R trng LF ½, sd L/cl R, sd L) BFLY WLL; Repeat meas 4 of part A;
Note: 2nd time thru end in a hnd shk fcg ptr & WLL.

PART B

- 1-8 OPEN HIP TWIST; FAN; START STOP & GO HOCKEY STICK; CHECK HOLD LADY HIP BUMP; IN 4 LADY ROLL OUT TO A FACING FAN; FORWARD RECOVER POINT; ALEMANA TURN TO FACE PARTNER & WALL; SHAKE HANDS;**

Part B continued

- 1-2** [Op Hip Twist & Fan] Chk fwd L, rec R, smll bk L/cl R, bk L keep R hnd steady causing a gentle trn indication to W; Bk R, rec L ld W to spiral LF rel R hnds jn ld hnds, smll sd R/cl L, sd R (Rk bk R, rec L, fwd R/fwd L, fwd R swvl ¼ RF; Fwd L, fwd R spiral LF, cont 1 ½ LF trn L/R, bk L);
- 3-4** [Stop & Go & Hcky Stick Chkd Ldy Hip Bump {123&4 1---}] Chk fwd L, rec R raise L arm ld W to a LF Underarm trn, in pl L/R, L; Chk fwd R with L sd stretch shaping to ptr pl R hnd on W L shldr blade chkg her prog fcg DW, hold, -, - (Cl R, fwd L, fwd R/L, R trng ½ LF under ld hnds end on M's R; Rk bk L, press R, straighten R leg causing hip to quickly rise & lower, hold);
- 5-6** [Ldy Rll Out To Fan & Fwd Rec Pt {1234 12--}] Keep ld hnds jnd rec L, in pl R fc LOD, smll fwd L, R; Fwd L, rec R, pt L to sd, hold (Fwd R, fwd L sprl ½ RF, bk R, bk L; Bk R, rec L, pt R to sd, hold);
- 7-8** [Alemana Trn To Fc Wll] Fwd L, rec R, bk L/cl R, smll bk L ld W to trn RF; Bk R, rec L trn ¼ RF fc WLL, sd R/cl L, sd R (Bk R, rec L, fwd R/cl L, fwd R start RF trn; Cont RF trn under ld hnds fwd L, fwd R cont trn to ptr & COH, sd L/cl R, sd L) jn R hnds;

PART C

1-8 FLIRT INTO 2 SWEETHEARTS;;; THEN LADY TO FAN; START A HOCKEY STICK WITH LADY'S HEAD LOOP; LADY SHIMMY; FINISH HOCKEY STICK; FORWARD RECORVER POINT HOLD;

- 1-2** [Flirt] Fwd L, rec R, smll sd L/cl R, sd L -(Bk R, rec L, fwd R spiral LF ½ blend to varsouvienne/cl L, bk R) jn L hnds fcg WLL; Bk R, rec L leading Ldy to slide in front, sd R/cl L, sd R (Bk L, rec R, sd L/cl R, sd L moving left in front of M blend to L varsouvienne);
- 3-4** [Sweetheart X 2 To Fan] Keeping L to L and R to R hnds jnd ck fwd L w/R sd lead look at ptr, rec R chg shape, sd L/cl R, sd L (Bk R w/L sd lead, rec L chg shape, sd R/cl L, sd R); Ck fwd R w/L sd lead look at ptr, rec L chg shape, sd R/cl L, sd R (Bk L w/R sd lead, rec R chg shape, sd L/cl R, sd & bk L blend fan pos);
- 5-6** [Start Hockey Stick & Ldy Shimmy {123&4 ----}] Fwd L, rec R, smll sd L/cl R, sd L (Cl R, fwd L, fwd R/cl L, fwd R in front of M folding ld hnds over Ldy's head & over to her L shldr); M hold, -, -, - (Shimmy shldrs smll rise on R shldr then L, then bk to R, repeat, -);
- 7-8** [Finish Hockey Stick & Fwd Rec Pt 123&4 12--] Bk R, rec L, fwd R/cl L, fwd R DRW (Fwd L, fwd R trng LF to fc ptr DC, sd & bk L/cl R, bk L); Repeat meas 4 of part A;

PART A

1-8 CHASE WITH UNDERARM PASS; WITH INSIDE TWIRL; NEW YORKER IN 4; CHECK FORWARD RECOVER POINT; START A CROSS BODY; LADY 2 SLOW CROSS SWIVELS; FINISH CROSS BODY; FORWARD RECORVER POINT SHAKE HANDS;

PART D

1-8 CIRCULAR CROSS BODY;;;; AIDA TO LOD; SWIVEL TO FACE SINGLE CUBANS; SHAKE HANDS;

Part D continued

- 1-5** [Circular X Bdy] Rk fwd L, rec R trng ¼ LF fc LOD, sd L/XRif of L, sd L (Rk bk R, rec L, fwd R/cl L, fwd R); Rk bk R, rec L trn LF ldng W acrs frnt of M with low R hnds fc COH, fwd R/cl L, fwd R (Fwd L COH, fwd R spiral LF full trn, fwd L/cl R, fwd L) end mod Varsouvienne with L hnds extend to sd fcg COH; Rk fwd L, rec R trng ¼ LF fc RLOD sd L/XRif of L, sd L (Fwd R, fwd L trng 1/2 RF fc Wll, fwd R/cl L, fwd R) end with R hnds jnd acrs frnt of W; Rk bk R, rec L trn LF ldng W acrs frnt of M with low R hnds fc Wll, fwd R/cl L, fwd R (Fwd L twds Wll, fwd R spiral LF full trn, fwd L/cl R, fwd L) end mod Varsouvienne with L hnds extend to sd fcg Wll; Rk fwd L, rec R, sd L/XRif of L, sd & fwd L (Fwd R, fwd L trng ½ RF to fc ptr & COH, sd R/cl L, sd & fwd R) end fc OP SCP LOD with R hnd jnd;
- 6-8** [Aida Swvl To Fc Single Cubans {123&4 1-3&4 1&23&4}] Fwd R, fwd L trng RF rel R hnds jn ld hnds, bk R/XLif of R, bk R (Fwd L, fwd R trng LF fc M, con trn bk L/XRif of L, bk L) end in V bk to bk pos trailing arms sd & up; Rec L swvl LF to fc BLFY, hold, XRif of L/rec L, sd R; XLif of R/rec R, sd L; XRif of L/rec L, sd R (Rec R swvl RF to fc BLFY, hold, XLif of R/rec R, sd L; XRif of L/rec L, sd R, XLif of R/rec R, sd L) shk hnds;

PART DMOD

- 1-8 CIRCULAR CROSS BODY;;;;; AIDA TO LOD; SWIVEL TO FACE DOUBLE HAND HOLD CROSS & UNWIND TO FACE;;**

- 1-6** [Circular X Bdy & Aida] Repeat meas 1-6 of part C;;;;;;
- 7-8** [Swvl To Fc X & Unwind {1-3- 1-3-}] Rec L swvl LF to fc BLFY, hold, XRif L, start slw unwind twd LOD with double hnd hold; Cont unwind rec L, to fc BFLY WLL, sd R, -, (Rec R swvl RF to fc BLFY, hold, XLif of R start slow unwind twd LOD with double hnd, hold; Cont unwind rec R, to BFLY COH, -, sd L, -) **Note: The cross and unwind can be done without holding hands.**

PART C

- 1-8 FLIRT INTO 2 SWEETHEARTS;;;; THEN LADY TO FAN; START A HOCKEY STICK WITH LADY'S HEAD LOOP; LADY SHIMMY; FINISH HOCKEY STICK; FORWARD RECOVER POINT HOLD;**

PART B1-6

- 1-6 OPEN HIP TWIST; FAN; START STOP & GO HOCKEY STICK; CHECK HOLD LADY HIP BUMP; IN 4 LADY ROLL OUT TO A FACING FAN; FORWARD RECOVER POINT;**

END

- 1-2 RUMBA FORWARD BASIC TO CORTE; LEG CRAWL,,**

- 1-2** [Fwd Basic & Leg Crawl {123- 1}] Fwd L blend to CP LOD, rec R, bk L, lower on L (Bk R, blend to CP RLOD, rec L, fwd R, lower on R); Small rise on L with slight LF upper bdy rotation, hold (On M's lead that is smll rise on his L lef lift L leg up along man's R ft outer thigh with toe pointed to floor, hold),

**Page 4 Norma La De Guadalajara by Rey & Sherry Garza
Short Cues**

Intro: Bk to bk with trail hnd jnd lead ft free; Sd rec trn fc hold; Rev underarm trn; Shoulder to shoulder; Under trail hnds M underarm trn; Bk shoulder to shoulder;

Part A: Chase with underarm pass with twirl;; New ykr 4; Fwd rec pt hold; Start X; Ldy swivl 2x M hip rk; finish Xbdy; Fwd rec pt sd hold;

Part B: Op hip twist; fan; Start a stop & go hokey stick; Chk hold ldy qk hip bump; In 4 Ldy roll to fcg fan fc lod; Fwd rec pt; trng Alemana to fc ptr & wall; Shk hnds;

Part C: Flirt to;; Sweethearts; to fan; Start hocky stick with ldy head loop; Ldy shimmy; Finish hocky stick; Chk fwd rec pt;

Part A: Chase with underarm pass with twirl;; New ykr 4; Chk rec pt hold; Start X; Ldy swivl 2x M hip rk; finish Xbdy; Fwd rec pt sd shk hnds;

Part D: Circular X bdy;;;;; Aida; Swvl to fc single cubans; Shk hnds;

Part Dmod: Circular X bdy;;;;; Aida; Swivel to fc hold slow X & unwind;;

Part C: Flirt to;; Sweethearts; to fan; Start hocky stick with ldy head loop; Ldy shimmy; Finish hocky stick; Fwd rec pt;

Part B1-6: Op hip twist; fan; Start a stop & go hokey stick; Chk hold ldy qk hip bump; In 4 Ldy roll to fcg fan fcg lod; Fwd rec pt sd;

End: Rumba fwd bsic to corte; Leg crawl,,