

Show Me Heaven V

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Music: Artist: Company CD: Casa Musica "Dance It!" CM-CD 006 Track #15

Suggested speed: 23MPM (as on the CD)

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Bolero V+2

Sequence: **Intro A B A B C**

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Meas

INTRO

1-4 WAIT; OPEN CONTRA BREAK; SPIRAL & CIRCULAR WALKS; SPIRAL TRN TO FC;

- 1 Wait 1 meas in FCG Pos/WALL trailing ft free pointed bk (W point fwd) R-hnds hnd jnd;
- 2 **{Open Contra Break}** Sd & fwd R, -, fwd L across body looking at W, rec R (W sd & bk L, -, bk R across body looking well left, rec L);
- 3 **{Spiral & Circular Walks}** Cl L leading W spiral LF to R-HND STAR Pos, -, fwd R comm circular walks CW, fwd L cont circling CW to fc DRC (W fwd R spiraling LF full trn under jnd R-hnds, -, fwd L comm circular walks CW, fwd R cont circling CW to fc DLW);
- 4 **{Spiral Trn to Fc}** Fwd R cont circling CW leading W spiral RF, -, fwd L cont leading W trn RF, fwd R to fc WALL (W fwd L spiraling RF under jnd R-hnds, -, step almost in pl R, L cont trng RF under jnd R-hnds to fc COH) end FCG Pos/WALL;

PART A

1-8 TRNG BASIC;; CROSS BODY OVERTRN; FWD & SWIVEL TO FC; UNDERARM TRN; RONDE OPENING OUT; W SPIRAL & ROLL OUT; LUNGE BREAK;

- 1-2 **{Trng Basic}** Assuming CP/WALL sd L trng body RF, -, slip R bk under body comm trng LF, fwd L cont trng LF to fc COH (W sd & slightly fwd R trng body RF looking R, -, fwd L comm trng LF, bk R cont trng LF) end CP/COH; Sd & slightly fwd R, -, fwd L w/ Contra Check like action, bk R end CP/COH;
- 3 **{Cross Body Overtrn}** Sd & bk L trng LF 1/4 to fc RLOD, -, slip R bk under body leading W fwd, releasing R-hnd fwd L to fc WALL (W fwd R twd WALL, -, fwd L, fwd R spiraling LF full trn to fc WALL) end momentary TANDEM Pos both fcg WALL lead hnds jnd;
- 4 **{Fwd & Swivel to Fc}** Fwd R, -, fwd L w/ checking action leading W swivel RF, rec R (W fwd L, -, fwd R swiveling RF 1/2 to fc M, fwd L) end LOP FCG Pos/DRW;
- 5 **{Underarm Trn}** Sd & bk L raising jnd lead hnds, -, slightly trng RF XRIB leading W trn RF under jnd lead hnds, rec L trng LF to fc WALL (W fwd R, -, XLIF comm trng RF under jnd lead hnds, rec R cont trng RF to fc M) end CP/WALL;
- S-- 6 **{Ronde Opening Out}** Cl R comm trng body RF to lead W trn RF, -, flex R-knee extending L twd (W SQQ) LOD cont trng body RF, rise on R trng body LF (W sd & fwd L around M comm trng RF ronde R CW, -, cont trng RF on L to fc WALL bk R under body, rec L comm trng LF) end SCP/WALL;
- 7 **{W Spiral & Roll Out}** Cl L raising jnd lead hnds over W's head to lead W spiral LF, -, bk R small step lowering jnd lead hnds, fwd L (W fwd R spiraling LF under jnd lead hnds to fc WALL, -, fwd L, fwd R trng LF 1/2 to fc M) end LOP FCG Pos/WALL;
- S-- 8 **{Lunge Break}** Sd & fwd R, -, flexing R-knee extend L sd & bk extending R-hnd up & out, rising (W SQQ) on R (W sd & bk L, -, bk R under body flexing knee extending L fwd L-hnd up & out, rec L) end LOP FCG Pos/WALL;

PART A (cont'd)

- 9-16** **LEFT PASS; FWD BREAK; CHECKED R PASS; M TRN TO TANDEM; ARM BAR & SD RKS; REV UNDERARM TRN UNDER TRAILING HNDS; W SYNC ROLL TO FC; HIP LIFT;**
- 9 **{Left Pass}** LOP FCG Pos/WALL Fwd L small step leading W trn RF jnd lead hnds at waist level R-hnd straight up, -, slip R under body comm trng LF, fwd L cont trng LF to fc COH (W fwd R trng RF 1/2 to fc WALL L-hnd straight up, -, comm trng LF sd & fwd L, cont trng LF to fc M bk R) end LOP FCG Pos/COH;
- 10 **{Fwd Break}** Sd & fwd R, -, fwd L, rec R joining trailing hnds to end BFLY/COH;
- 11 **{Checked R Pass}** Sd & fwd L to W's R-sd raising jnd lead hnds, -, trng RF XRIB keeping trailing hnds at waist level, cont trng RF sd & fwd L lowering jnd lead hnds (W fwd R, -, XLIF under jnd lead hnds, bk R) end momentary WRAPPED Pos/WALL;
- 12 **{M Trn to TANDEM}** Releasing trailing hnds fwd R trng RF 1/2 to fc COH, -, fwd L rng RF 1/2 to fc WALL, fwd R (W bk L, -, bk R checking, fwd R) end momentary TANDEM/WALL M IF of W lead hnds jnd;
- 13 **{Arm Bar & Sd Rks}** Trng RF 1/4 on R to fc RLOD sd L raising free R-hnd high, -, rk sd R, rec L (W trng LF 1/4 on L to fc LOD sd R, -, rk sd L, rec R) end SD-by-SD Pos/RLOD (W fc LOD) R-hips adjacent lead hnds jnd bhnd M's bk;
- 14 **{Rev Underarm Trn under Trailing Hnds}** Sd R joining trailing hnds IF of W's, -, releasing lead hnds XLIF raising jnd trailing hnds to lead W trn LF, rec R (W sd L, -, XRIF comm trng LF under jnd trailing hnds, rec L cont trng LF to fc WALL) end L-Shape Pos/RLOD (W fcg WALL) trailing hnds jnd;
- SQQ 15 **{W Sync Roll to Fc}** Trng LF 1/4 on R to fc WALL fwd L flexing knee, -, leading W fwd rec R (W SQQ&Q&) release trailing hnds, fwd L (W fwd R, -, fwd L passing M's R-sd comm trng LF/sd R, cont trng LF step almost in pl L/R to fc M) end OPEN FCG Pos/WALL;
- S-- 16 **{Hip Lift}** Assuming CP sd R placing L-toe next to R, -, with slight pressure on L-toe lift L-hip, loosing pressure on L-toe lower L-hip;

PART B

- 1-8** **SYNC TRNG BASIC; SD TO OPEN HINGE; W ROLL OUT TO FC TRANS; OPEN CONTRA BREAK; W ROLL TO SKATERS & WHEEL RF; W ROLL OUT TRANS TO M'S LEFT SHADOW; SHADOW FENCE LINE; W SPIRAL M TRANS TO FC;**
- SQQ&Q 1 **{Sync Trng Basic}** CP/WALL sd L slightly rotating upper body RF, -, bk R under body w/ slipping action comm trng LF/fwd L cont trng LF, sd R cont trng LF to fc WALL (W sd R slightly rotating upper body RF looking right, -, fwd L small step w/ slipping action closing head comm trng LF/sd & bk R cont trng LF, cl cont trng LF) end CP/WALL;
- S-- 2 **{Sd to Open Hinge}** Sd L trng body LF releasing lead hnds, -, flexing L-knee lower to Hinge Line extending R twd RLOD free L-hnd sd & bk (W sd R, -/swiveling LF on R cl L, flexing L-knee extend R twd RLOD looking left, -);
- SS 3 **{W Roll Out to Fc Trans}** Sd R leading W fwd, -, leading W Roll LF w/ R-hnd rec L, - (W fwd R comm rolling RF, -, sd L cont rolling RF, sd R cont rolling RF to fc M) end FCG Pos/DRW;
- (W SQQ) 4 **{Open Contra Break}** Sd & fwd R joining R-hnds, -, fwd L across body looking at W, rec R (W sd & bk L, bk R across body looking well left, rec L) end FCG Pos/DRW R-hnds jnd;
- 5 **{W Roll to Skaters & Wheel RF}** Fwd L leading W roll LF to SKATERS Pos/RLOD, -, fwd R comm wheel RF, fwd L cont wheel RF (W fwd R trng LF to fc RLOD, -, bk L comm wheel RF, bk R cont wheel RF) end SKATERS Pos/DLW R-hnds jnd at W's R-hip L-hnds jnd & extended sd;
- SS 6 **{W Roll Out Trans to M's Left Shadow}** Fwd R cont wheel RF to fc WALL leading W roll RF (W SQQ) releasing L-hnds, -, cl L to R, - (W cont wheel RF bk L checking, -, sd & fwd R comm rolling RF, cont rolling cl L) end SD-by-SD Pos both fcg WALL W slightly M's R-sd and bhnd M R-ft free for both R-hnds jnd;
- 7 **{Shadow Fence Line}** Sd & fwd R, -, XLIF bending knee, rec R;
- SS 8 **{W Spiral M Trans to Fc}** Sd L flexing knee for Lunge Line, -, lead W roll LF rec R releasing (W SQQ) R-hnds, - (W fwd L, -, fwd R spiraling LF full trn, fwd L small step cont trng LF 1/2 to fc M) end FCG Pos/WALL;

PART C

- 1-8 UNDERARM TRN; OPEN BREAK; INSIDE UNDERARM TRN TO NAT TOP;
W RONDE LARIAT M SYNC RKS TO TANDEM; CROSS CHECK & EXTEND;
M SYNC HIP RKS W CROSS SWIVELS; M HOOK TRN W WALK AROUND;
OPPOSITION BREAK TO TANDEM;**
- 1 **{Underarm Trn}** FCG Pos joining lead hnds sd L raising jnd lead hnds, -, slightly trng RF XRIB leading W trn RF under jnd lead hnds, rec L trng LF to fc WALL (W sd R, -, XLIF comm trng RF under jnd lead hnds, rec R cont trng RF to fc M) end LOP FCG Pos/WALL;
- 2 **{Open Break}** Sd R, -, apt L small step, rec L;
- 3 **{Inside Underarm Trn to Nat Top}** Raising jnd lead hnds to lead W spiral LF sd & fwd L comm trng RF, -, assuming CP XRIB cont trng RF, sd L cont trng RF to fc DLC (W fwd R spiraling LF under jnd lead hnds, -, sd & fwd L comm trng RF, cont trng RF fwd R) end CP/DLC;
- SQ&Q 4 **{W Ronde Lariat M Sync Rks to TANDEM}** Slightly trng RF on L to fc LOD cl R raising jnd lead (W SQQ) hnds, -, releasing lead hnds rk sd L/rec R, sd L (W sd & fwd L around M ronde R comm trng RF, -, cont trng RF XRIB, cont trng RF to fc LOD sd L) end TANDEM/LOD W bhnd M no hnds jnd R-ft free for both;
- S-- 5 **{Cross Check & Extend}** XRIF flexing knee looking COH, -, extend both hnds sd, -/straightening knee;
- SQ&Q 6 **{M Sync Hip Rks W Cross Swivels}** Sd L small step, -, rk sd R/rec L, sd R (W swiveling RF on (W SQQ) R XLIF placing both hnds at M's waists, -, swiveling LF on L XRIF, swiveling RF on R XLIF);
- S-- 7 **{M Hook Trn W Walk Around}** XLIF, -, comm twisting RF full trn on both ft, complete twist to fc (W SQQ) LOD joining R-hnds shifting wgt to L (W swiveling LF on L fwd R twd DLW keeping R-hnd around M's waist, -, fwd L comm trng RF around M, fwd R cont trng RF to to fc RLOD) end SD-by-SD Pos/LOD (W fcg RLOD) R-hips adjacent R-hnds jnd;
- 8 **{Opposition Break to TANDEM}** Cl R leading W trn RF, -, fwd L flexing knee, rec R (W fwd L small step trng RF 1/2 to fc LOD, -, bk R flexing knee, rec L) end TANDEM Pos/LOD W offset slightly to M's R-sd and bhnd M R-hnds jnd;
- 9-12+ W SPIRAL TO SKATERS & WALK 2 M TRANS; SWITCH & WALK 2 TWICE;;
W TRN TO OPEN HINGE;,,**
- QQ 9 **{W Spiral to SKATERS & Walk 2 M Trans}** TANDEM Pos/LOD W offset slightly to M's R-sd and (W SQQ) bhnd M R-hnds jnd hold leading W spiral LF to SKATERS Pos/LOD, -, walk fwd L, R (W fwd R spiraling LF full trn to fc LOD, -, walk fwd L, R) end SKATERS Pos/LOD jnd R-hnds at W's R-hip L-hnds jnd & extended sd; (now same footwork)
- 10-11 **{Switch & Walk 2 Twice}** Fwd L swiveling RF 1/2 to fc RLOD in L-SKATERS, -, walk fwd R, L; Fwd R swiveling LF 1/2 to fc LOD in SKATERS Pos, -, walk fwd L, R end SKATERS Pos/LOD;
- S-- -- 12+ **{W Trn to Open Hinge}** Fwd L leading W trn RF under jnd L-hnds, -, swiveling RF 1/4 on L to fc WALL hold W's bk w/ R-hnd, -; Flex L-knee extending R sd & bk twd RLOD free L-hnd extended sd & bk, - (W fwd L comm trng LF 1/2 under jnd L-hnds, -, cont trng LF to fc RLOD, -; Flex L-knee extending R fwd twd RLOD free L-hnd extended sd & bk, -) end Open HINGE LINE/DLW,