

SUPERMARKET FLOWERS RUMBA

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MUSIC: "Supermarket Flowers" by Rosie Whittle. Track 5 of the Album "Hot Rhythm 2 (Part 2). Available for download on Amazon, iTunes and others.

INTERNET MUSIC SOURCE: https://www.youtube.com/watch?v=dg_nC0mpL9s

RHYTHM/PHASE: Rumba, Phase VI.

FOOTWORK: Described for M, W opposite or as noted

TIME/SPEED: 3:27 @ 24meas/min (43.2RPM = -4%). As downloaded: 3:19 @ 25 meas/min

SEQUENCE: Intro, A, Amod, B, Interlude, Amod, B, C, B(5-12), Ending RELEASED: July 2023

INTRO

1-4 WAIT ; START AN ALEMANA TO BFLY ; TWO SLOW CROSS SWIVELS ; UNDERARM TRN SHAKE HANDS ;

- 1 FAN Pos M fc WALL wait 1 meas ;
- 2 **{Start an Alemana to BFLY}** Fwd L, rec R, sd & bk L, - (W: cl R to L, fwd L, fwd R trng ¼ RF to fc M w/ L toe ptng sd, -) jn trail hands to end BFLY WALL;
- SS 3 **{2 Slo X Swivels}** Rk sd R leading W LF swvl, -, rk sd L leading W RF swvl, - (W: XLIF of R to LOD/swvl LF on L, -, XRIF of L to RLOD/swvl RF on R, -) end BFLY WALL;
- 4 **{Underarm Trn}** Trng body slightly RF and raising jnd ld hands bk R, rec L fc ptr, sd R jng R hands, - (W: fwd & across L LOD trng RF under jnd lead hands, rec R cont RF trn fc ptr, sd L, -) end HS POS WALL;

PART A

1-6 TRADE PLACES 2X ; ; LEAD HANDS OPN BREAK TO CONT NAT TOP ; ; ; FC WALL ;

- 1 **{Trade Places 2X}** Rk apt L, rec fwd & across R to W's R sd (W: rec L), fwd L twd WALL leading W fwd past you and trng ½ RF (W: LF) releasing R hands, -;
- 2 Jng L hands rk apt R, rec L, fwd R twd COH leading W fwd past you and trng ½ LF (W: RF) releasing L hands, -;
- 3 **{Opn Brk to Cont Nat Top}** Jng ld hands rk apt L, rec R, fwd L trng RF to fc RLOD blending to loose CP, - (W: rk bk R, rec L, trng RF fwd R betw M's feet, -) end loose CP RLOD;
- 4 Trng RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn XRIB of L toe to heel, - (W: trng RF sd L, cont RF trn XRIF of L, cont RF trn sd L, -) loose CP approx DLW;
- 5 Cont RF trn sd L leading W LF trn under jnd ld hands, cont RF trn XRIB of L toe to heel, cont RF trn sd L, - (W: fwd R trng LF under jnd ld hands to CP, trng RF sd L, cont RF trn XRIF of L, -) loose CP approx COH;
- 6 Trng RF XRIB of L toe to heel, Cont RF trn to fc WALL sd L leading W LF trn under jnd ld hands, cl R to L, - (W: trng RF sd L, fwd R trng LF under jnd ld hands to CP, sm fwd L, -) end loose CP WALL;

7-8 ONE CUDDLE TO ; UNDERARM TRN SHAKE HANDS ;

- 7 **{Cuddle to}** Lead W RF swivel/sd L, rec R extending ld arm fwd [palm up] to jn ld hands, cl L to R, - (W: swvl 3/8 RF on L foot/sd R to DRW, rec L to fc LOD, sm fwd R, -) end "L" POS M fc WALL;
- 8 **{Underarm Trn}** Trng body slightly RF and raising jnd ld hands bk R, rec L fc ptr, sd R jng R hands, - (W: fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L, -) end HS POS WALL;

PART Amod

1-6 TRADE PLACES 2X ; ; LEAD HANDS OPN BREAK TO CONT NAT TOP ; ; ; FC WALL ;

1-6 Repeat meas 1-6 of Part A ; ; ; ; ;

7-8 NAT OPENING OUT LADY SPIRAL ; AND OUT TO FCNG FAN [LOD] ;

- 7 **{Nat Opng Out Lady Spiral}** With slight RF body trn sd L DLW, rec R, trng to fc WALL cl L to R leading W LF spiral, - (W: swvlng ½ RF on L/bk & sd R, rec L, fwd & across R to LOD in front of M spiraling 7/8 LF under jnd ld hands, -);
- 8 **{Out to FCNG FAN}** Bk R, rec L comm LF trn, compl ¼ LF trn fwd R, - (W: fwd L to LOD, fwd R trng ½ LF to fc RLOD, bk L, -) end LOFP LOD;

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PART B

1-4 [LEAD HANDS LOW] THREE THREES ; ; CATCH RIGHT HANDS [KEEP THEM HIGH] & SWIVEL HER ; INTO A TURKISH TOWEL FC COH ;

- 1 **{Three Threes}** Fwd L, rec R, cl L to R leading W to trn RF release hands and place hands on W's shoulders, - (*W: bk R, rec L, fwd R swivelling ½ RF, -*) end TANDEM POS LOD M behind W;
- 2 Bk R, rec L, cl R to L releasing W's shoulders, - (*W: in place L, R, L spin LF 1 full tm, -*) end TANDEM POS LOD;
- 3 **{Catch Rt Hands & Swivel Her}** Fwd & sd L to DLC w/ slight RF body trn extending L arm fwd towards DLC and R arm up, rec R slight LF body tm keep R hand high, cl L to R jng R hands and swivelling lady ½ RF keeping jnd R hands high, - (*W: bk & sd R to DRW w/ slight RF body tm extending L arm fwd towards DLC and R arm up, rec L keep R hand high, sm fwd R swivelling ½ RF to fc M and ptng L toe across to DRC, -*);
- 4 **{Into Turk Towel}** Bk R lead W to comm RF trn under jnd R hands, rec L trn LF compl W's underarm trn, sd R to fc COH in M's VARSOUV ifo and to R of W, - (*W: fwd L DRC trng ½ RF under jnd R hnds, fwd R cont RF trn, fwd & sd L fc COH to end on M's L sd jng L hands, -*);

5-8 TWO BREAKS ; 2ND ONE IN 4 KEEP R HANDS TRN TO VARSOU WALL ; TWO SWEETHEARTS ; 2ND ONE IN 4 TO SHDW w CLOSE ;

- 5 **{Two Brks}** Maintaining dbl handhold bk L w slight R sd lead, rec R, sd L to M's L VARSOUV ifo and to L of W, - (*W: rk fwd R shaping to ptr, rec L, sd R LOD sliding bhd M, -*);
- QQQQ 6 **{2nd in 4 to Varsou Wall}** Bk R w slight L sd lead, rec L releasing L hands comm RF trn, fwd R to LOD cont RF trn to fc WALL and leading W to step past you w jnd R hands, cl L to R jng L hands to VARSOUV WALL (*W: rk fwd L shaping to ptr, rec R, trng LF fwd L to RLOD past M and swivelling LF to fc WALL, cl R to L*);
- 7 **{Two Sweethearts}** Keeping dbl handhold rk fwd R w L sd lead looking at ptr raising R hands and keeping L hands low, rec L, sd R sliding beh W, - (*W: rk bk L looking at ptr, rec R, sd L LOD sliding in front of M, -*) end LEFT VARSOU WALL ;
- QQQQ 8 **{2nd in 4 to SHDW}** Keeping dbl handhold rk fwd L w R sd lead looking at ptr raising L hands and keeping R hands low, rec R, sd L sliding beh W and blending to SHDW WALL, cl R to L (*W: rk bk R looking at ptr, rec L, sd R to M's R sd, cl L to R*);

9-12 BK LADY DEVELOPE ; LADY OUT TO FC w SD EXIT ; [TO RLOD] NEW YORKER ; FENCELINE IN 4 LADY REV RIFF TRN TO ;

- s-- 9 **{Bk Lady Develope}** Bk L keeping R toe ptd fwd, -, -, - (*W: bk R, raise L foot up to R knee, kick L fwd & down, -*);
- 10 **{Lady Out to Fc}** Fwd R, cl L to R, sd R jng ld hands, - (*W: fwd L comm LF trn, fwd & sd R compl LF trn to fc COH, sd L, -*) end LOFP WALL;
- 11 **{New Yorker}** Fc RLOD fwd L bringing jnd ld hands thru, rec R fc ptr, sd L, - end BFLY WALL;
- QQQQ 12 **{Fenceline in 4 Lady Rev Riff Trn to}** XRIF of L onto soft knee, rec L, rk sd R leading W LF trn under jnd ld hands, rec L placing L hand on W's back to check her trn (*W: XLIF of R onto soft knee, rec R, sd L w toe ptng DRC/spin LF on L to fc LOD, cl R to L*) end "L" POS M fc WALL W fc LOD;

INTERLUDE

1-4 STOP & GO ENDING OUT TO FAN ; START AN ALEMANA TO BFLY ; TWO SLOW CROSS SWIVELS ; UNDERARM TRN SHAKE HANDS ;

- 1 **{Stop & Go Ending to FAN}** Lower well into L knee lunge thru R look at W, rec L, sd R, - (*W: bk L lowering into sit line raising L arm straight up palm out, rec R lowering arm, fwd L trng ½ RF under jnd ld hands, -*) to FAN POS WALL;
- 2-4 Repeat meas 2-4 of Intro ; ; ;

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PART C

1-4 STOP & GO ENDING OUT TO FAN ; START AN ALEMANA ; [THIS TIME] TO AN UNDERARM TRN IN 4 ~ CLOSING UP ; THRU NAT PREP FC COH ;

- 1 Repeat meas 1 of Interlude ;
- 2 **{Start an Alemana}** Fwd L, rec R, sd & bk L, - (*W: cl R to L, fwd L, fwd R trng ¼ RF to fc M w/ L toe ptng sd, -*) end LOFP WALL;
- QQQQ 3 **{Underarm Trn in 4}** Trng body slightly RF and raising jnd ld hands bk R, rec L fc ptr, rk sd R blend to loose CP, rec L trng slightly LF to loose SCP (*W: fwd & across L LOD trng RF under jnd lead hands, rec R cont RF trn fc ptr, rk sd L, rec R*) end loose SCP LOD;
- QQ-- (Q QS) 4 **{Thru Nat Prep}** Thru R comm RF trn, sd & bk L pivot RF fc COH, tch R to L, - (*W: thru L comm RF trn, fwd R betw M's feet pivot RF fc DRW, cl L to R, -*) end PREP POS COH;

5-8 SAME FOOT LNG & QK CHANGE SWAY ; & TELESPIN ENDING TO SCP RLOD RAISE TR ARMS ; FENCELINE w ARM SWEEP ; [LEAD HANDS LOW] ALEMANA ;

- S-- 5 **{Same Foot Lng & Chng Sway}** Lower on L/push sd R toe ptng DLC, cont to transfer all wgt to R w/soft knee stretch upward & sway R, change sway through L hip rotating RF head to L, - (*W: XRIB of L well underneath body head well to L, -, allow M to change sway through hips head now to R, -*);
- Q QS (& Q QS) 6 **{Telespin Ending to SCP}** Trn LF to fold W to CP/fwd L, sd R cont LF trn, sd & fwd L begin raising tr arms up, - (*W: rec L trng LF square to M/bk R, cl L to R toe trn, sd & fwd R allowing M to lift tr arm up, -*) end SCP RLOD;
- 7 **{Fenceline w Armsweep}** Fwd & across R to RLOD onto soft knee sweeping tr arm up and toward RLOD, rec L trng RF and pulling tr arm thru betw ptrs, sd R extending tr arms to sd, - end LOFP COH;
- 8 **{Alemana}** Fwd L, rec R, cl L to R raising jnd ld hands palm to palm, - (*W: bk R, rec L, fwd R to M, pt L toe across R twd DRW*);

9-12 TO ROPE SPIN 3 ; BOTH FC RLOD ; FC FOR CUCARACHA CROSS CLOSE UP ; SLOW SD TO HINGE ;

- 9 **{To Rope Spin 3}** Bk R, sd & fwd L to move to W's R sd, cl R to L w R sway keeping ld hands high, lead W RF spiral (*W: fwd L DRW trng ½ RF under joined lead hands, fwd R DLC trng 3/8 RF to fc M, fwd L across R, spiral 7/8 RF under jnd ld hands*);
- 10 **{Both fc RLOD}** Sd L taking L arm over own head, rec R trng ¼ LF begin bringing ld hands down, fwd L in LOP fcng RLOD, - (*W: cont RF trn fwd R circling M, fwd L to fc LOD, fwd R, -*) end LOP RLOD;
- 11 **{Cucaracha Cross}** Swiveling LF on L to fc ptr/rk sd R extending tr arm to RLOD, rec L blending to loose SCP, XRIF of L, -;
- S-- (S&--) 12 **{Slow Sd to Hinge}** Sd L to LOD, -, trng upper body LF lower into L leg keeping R sd off ptr, - (*W: sd R to LOD comm LF body trn, -, place L foot under body/lower on L leg while extending R foot to RLOD, -*);

13-16 REC LADY SLOW CURL M STEP SD ; CROSS BODY FC LOD SHAKE HANDS ; TURKISH TOWEL ; FC COH ;

- SS (S--) 13 **{Rec Lady Slow Curl M sd}** Rec R begin taking jnd ld hands betw ptrs to lead W in slow LF trn, -, sd L LOD bringing jnd ld hands over W's head and down, - (*W: rec R comm very slow LF trn under jnd ld hands, -, cont LF trn to fc LOD, -*) end "L" POS M fc WALL W fc LOD;
- 14 **{Cross Body}** Bk R leading W fwd, rec L trn ¼ LF to fc ptr & LOD, sd R jng R hands, - (*W: fwd L, fwd R trng ½ LF, sd L, -*) end HS POS M FCING LOD;
- 15 **{Turk Towel}** Fwd L, rec R, cl L to R raising jnd R hands palm to palm, - (*W: bk R, rec L, fwd R, pt L toe DRC*);
- 16 Repeat meas 4 of Part B;

ENDING

+1 STOP & GO LINE & FREEZE ,

- Q 1 **{Stop & Go Line & Freeze}** Lower well into L knee lunge thru R look at W (*W: bk L lowering into sit line raising L arm straight up palm out*), hold as final note fades

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HEAD CUES

INTRO

WAIT FAN POS M FC WALL ; START AN ALEMANA TO BFLY ; 2 SLOW CROSS SWIVELS ; UNDERARM TRN SHAKE HANDS ;

Part A

TRADE PLACES 2X ; ; LEAD HANDS OPN BRK TO CONT NAT TOP ; ; ; FC WALL ; ONE CUDDLE TO ; UNDERARM TRN SHAKE HANDS ;

Part Amod

TRADE PLACES 2X ; ; LEAD HANDS OPN BRK TO CONT NAT TOP ; ; ; FC WALL ; NAT OPENING OUT LADY SPIRAL ; AND OUT TO FACING FAN [LOD] ;

Part B

[LEAD HANDS LOW] THREE THREES ; ; CATCH RIGHT HANDS [KEEP THEM HIGH] & SWIVEL HER ; INTO A TURKISH TOWEL FC COH ;

TWO BREAKS ; 2nd ONE IN 4 KEEP R HANDS TRN TO VARSOU WALL ; TWO SWEETHEARTS ; 2nd ONE IN 4 TO SHDW w CLOSE ;

BK LADY DEVELOPE ; LADY OUT TO FC w SD EXIT ; [TO RLOD] NEW YORKER ; FENCELINE IN 4 LADY REV RIFF TRN TO ;

Interlude

STOP & GO ENDING OUT TO FAN ; START AN ALEMANA TO BFLY ; 2 SLOW CROSS SWIVELS ; UNDERARM TRN SHAKE HANDS ;

Repeat Part Amod

TRADE PLACES 2X ; ; LEAD HANDS OPN BRK TO CONT NAT TOP ; ; ; FC WALL ; NAT OPENING OUT LADY SPIRAL ; AND OUT TO FACING FAN [LOD] ;

Repeat Part B

[LEAD HANDS LOW] THREE THREES ; ; CATCH RIGHT HANDS [KEEP THEM HIGH] & SWIVEL HER ; INTO A TURKISH TOWEL FC COH ;

TWO BREAKS ; 2nd ONE IN 4 KEEP R HANDS TRN TO VARSOU WALL ; TWO SWEETHEARTS ; 2nd ONE IN 4 TO SHDW w CLOSE ;

BK LADY DEVELOPE ; LADY OUT TO FC w SD EXIT ; [TO RLOD] NEW YORKER ; FENCELINE IN 4 LADY REV RIFF TRN TO ;

Part C

STOP & GO ENDING OUT TO FAN ; START AN ALEMANA ; [THIS TIME] TO AN UNDERARM TRN IN 4 ~ CLOSING UP ; THRU NAT PREP FC COH ;

SAME FOOT LNG & QK CHANGE SWAY ; & TELESPIN ENDING TO SCP RLOD RAISE TR ARMS ; FENCELINE w ARM SWEEP ; [LEAD HANDS LOW] ALEMANA ;

TO A ROPE SPIN 3 ; BOTH FC RLOD ; FC FOR CUCARACHA CROSS CLOSING UP ; SLOW SD TO HINGE ;

REC LADY SLOW CURL M STEP SD ; CROSS BODY FC LOD SHAKE HANDS ; TURKISH TOWEL ; FC COH ;

Repeat B(5-12)

TWO BREAKS ; 2nd ONE IN 4 KEEP R HANDS TRN TO VARSOU WALL ; TWO SWEETHEARTS ; 2nd ONE IN 4 TO SHDW w CLOSE ;

BK LADY DEVELOPE ; LADY OUT TO FC w SD EXIT ; [TO RLOD] NEW YORKER ; FENCELINE IN 4 LADY REV RIFF TRN TO ;

Ending

STOP & GO LINE & FREEZE ,