

ADAGIO RUMBA

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CD: SONGS FROM A SECRET GARDEN - "ADAGIO" by ROLF LOVLAND Track #9

PHASE: RUMBA VI

FOOTWORK: Opposite except as shown in parentheses

SEQUENCE: INTRO A B BRIDGE A END

INTRO

01-05 WAIT;; HALF CHASE to R SHADOW WALL/W TRANS;; W CARESSES;

01-02 in BFLY/WALL wait 2 meas;;

03-04 fwd L trng RF 1/2, rec fwd R, fwd L, - (W rk bk R, rec L, fwd R, -); fwd R trng LF 1/2, rec fwd L, cl R, - (W fwd L trng RF 1/2, rec fwd R, tch L beside R to R Shadow pos, -) join L hnds w/R arms extended out to the side;

05 M holds/W trngs slight LF twd M bringing her R hnds slowly to M's fc & then extending it back out to her side,-, -;

PART A

01-02 SHADOW FENCE LN; AIDA both FC DRC;

01 in Shadow WALL xLifR, rec L, sd L, -;

02 xRifL, releasing hnds & both trng RF sd L, cont RF trn sd & bk R ending both fcg DRC, -;

03-06 SWITCH RK; SHADOW CRAB WKS;; SHADOW FENCE LN/W TRANS;

03 trng LF sd L both fc WALL, rec R, sd L to R Shadow, -;

04-05 xRifL, sd L, xRifL, -; sd L, xRifL, sd L, -;

06 xRifL, rec L, sd R, - (W xRifL, rec L, tch R beside L, -);

07-10 AIDA to HSHAKE; REC SD CL to R SHADOW; ADV SLIDING DOOR;;

07 fwd L twds RLOD trng LF, sd R cont LF trn, small bk L, - (W fwd R twd LOD trng RF, sd L cont RF trn, small bk R, -) ending with hshake M fcg LOD/W fcg RLOD;

08 rec fwd R, trng RF to fc WALL sd L, cl R, - (W rec fwd L, trng LF to fc WALL sd R, cl L, -) ending in R Shadow;

09-10 fwd L on ball of ft pressure into floor & body trn to R, rec R, cross L beh R trng 1/4 LF, - (W bk R but keep pressure into floor with ball of ft as the body trns to R, rec L with slight body trn to L, fwd & across in line with the supporting ft R, -); slide R ft to sd into a pt with body trn to L no wgt chg, rec upright no wgt chg, cl R trng RF, - (W sd L with body stretch to L in lunge line, rec R, bk & across in line with the supporting ft L, -);

11-12 SD WALK APT; X CHECK REC FC;

11 releasing hnds sd L twds LOD (W twd RLOD), cl R, sd L,-;

12 fwd R trng LF to temp bk-bk pos, rec L trng RF, cont RF trn sd & fwd R to fc ptr RLOD joining lead hnds, -;

13-16 ADV ALEMANA FC LOD;; STOP N GO HOCKEYSTICK;;

13-14 fwd L, rec R, trng 1/8 RF small sd L, - (W bk R, rec L, small sd R comm RF swivel, -); xRibL trng RF, sd L completing 3/8 RF trn, cl R, - (W cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, cont trn fwd L to fc ptr,-) end fcg LOD;

15-16 ck fwd L, rec R raising L arm to lead W to a LF u'arm trn, cl L to R, - (W cl R, fwd L, fwd R trng 1/2 LF under joined hnds to end a M's R side, -); [M catches W with R hnd on W's L shldr blade at end of step to check her movement] check fwd R with L side stretch shaping to ptr placing R hnd on W's L shldr blade to check her movement, rec L raising arm to lead W to a RF u'arm trn, cl R, - (W ck bk L, rec R, fwd L trng 1/2 RF under joined hnds to end fcg M in FAN pos, -);

PART B

01-08 THREE ALEMANAS to WALL;;; OPEN BREAK to FULL NATURAL TOP;;;

01-04 fwd L, rec R, cl L to R raising joined lead hnds, - (W bk R, rec L, fwd R twds M toeing in, -); bk R, rec L, cl R to L, - (W fwd L trng RF under joined lead hnds brushing R to L, fwd R twds WALL trng RF to fc M, fwd L to M's R side trng RF to end fcg WALL, -); sd L, rec R, cl L to R, - (W fwd & across R twds LOD & spiral LF to fc DRW, cont LF trn fwd L twds WALL trng 1/2 LF under joined lead hnds, fwd R to M toeing in, -); bk R, rec L, sd R, - (W fwd L trng RF under joined lead hnds brushing R to L, fwd R twds WALL trng RF to fc M, sd L, -) ending Bfly WALL;

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- 05-08 rk bk L to op fcg pos while extendinf free arm out to sd, rec R trng RF lowering extended arm, cont RF trn fwd L to CBJO RLOD, -; comm RF trn xRibL (W xif), sd L, xRibL (W xif), -; sd L, xRibL (W xif), sd L, -; xRibL (W xif), sd L, cl R ending in CP WALL;
- 09-10 CLOSED HIP TWIST; W ROLLS to LOP WALL/M HIP RK 2;**
09 giving W slight L sd lead with R sd stretch to open her out rk sd & slightly fwd L, rec R with slight R sd lead to lead W to cl, cl L to R with slight L sd lead to trn W ending with slight R sd stretch, - (W with slight L sd stretch trn RF up to ½ bk R, rec L trng LF up to ½, sd R small step swivel ¼ RF on R tchg L to R no wgt, -);
10 sd R, -, rec L, - (W rolls ¾ LF L, R, L to LOP, -) end both fcg WALL LOP;
- 11-15 OPEN CRAB WK 2X;; M X CHECK/W X SWIVEL PT; ALEMANA to HSHAKE WALL;;**
11-12 xRifL, sd L, xRifL, -; sd L, xRifL, sd L, -;
13 xRifL trng LF 1/8 & hold, -, -, - (W xRifL trng LF 1/8, -, rec L swiveling RF to fc ptr RLOD, pt R ft twds ptr with no wgt, -);
14-15 fwd L, rec R, trng RF to fc WALL cl L leading W to trn RF, - (W cl R, fwd L, fwd R comm RF swivel to fc ptr, -); bk R, rec L, sd R, - (W cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, sd L, -) end fcg WALL & switching to a HANDSHAKE;

BRIDGE

- 01-05 Modified FLIRT to FAN;; ALEMANA O'TURN to SHADOW;; HIP RK 2/W TCH;**
01-02 fwd L, rec R, bk L, - (W bk R, fwd L, fwd R trng LT to Vars pos, -); bk R, rec L, cl R, - (W bk L, rec R, sd & bk L release hnds/join lead hnds with M fcg WALL & W fcg RLOD, -);
03-04 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R start RF trn 1/8, -); bk R, rec L, cl R, - (W fwd L cont RF trn ½, fwd R con RF trn ½, fwd L spin 5/8 RF to fc WALL in R Shadow pos join L hnd, -);
05 in R Shadow pos sd L, -, rec R, - (W sd R, -, tch L to R, -);

>>>REPEAT A

END

- 01-06 ALEMANA ROPESPIN;;; BREAK BK to OP/BOTH SPIRAL to AIDA;;**
01-04 fwd L, rec R, cl L leading W to trn RF, - (W cl R, fwd L, fwd R comm RF swivel to fc ptr, -); bk R, rec L, sd R, - (W cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, fwd L spiraling RF on L to end to M's R side, -); push sd L, rec R, cl L, - (W circle CW around M R, L, R, -); push sd R, rec L, cl R, - (W cont circle CW around M L, R, L ending fcg M, -);
05-06 trng LF bk L twds RLOD, rec R twd LOD, fwd L releasing joined hnds trn RF full trn allowing R to xifL w/wgt still on L & looking LOD; fwd R twd LOD sd L trng RF join M's L/W's R hnds, sd & bk R to V bk-bk pos, -;
- 07-11 HIP RKS to FC; SPOT TURN; ALEMANA;; CURL;**
07 rk fwd L, rec R, fwd L trng LF to ptr WALL, -;
08 fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R to Bfly WALL, -;
09-10 fwd L, rec R, cl L leading W to trn RF, - (W bk R, rec L, sd R comm RF swivel, -); bk R, rec L, sd R, - (W cont RF trn under joined hnds fwd L, cont trn fwd R, sd L, -);
11 fwd L, rec R, cl L leading W to swivel trn LF under raised L hnd, - (W bk R, rec L, fwd R start LF trn, cont trn to complete ½ trn in front of M on his R side fcg WALL, -);
- 12-13 SWAY R/L; LOOK AT PTR/M CARESSES;**
12 sway R (W L) chg wgt to R ft, -, sway L (W R) chg wgt to L ft, -;
13 no wgt chg trn head to look at ptr release front hnds bringing L hnd up to W's fc & caress,-,-,-;