

Show Me Heaven



Choreographers: Kenji & Nobuko Shibata, 820 Ryan Place #144, Pleasant Hill, CA 94523
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Music: Special CD "Shall We Round Dance 6" available from choreographers
Footwork: Opposite, directions for man (lady as noted) Suggested speed:
23MPM (as on CD)

Rhythm & Phase: Bolero VI

Timing: SQQ except as noted

Sequence: **Intro A B A B End**

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Meas

INTRO

1-4 WAIT; OPEN CONTRA CHECK; SPIRAL & CIRCULAR WALKS; SPIRAL TRN to FC;

- 1 Wait 1 meas in OP Fcg Pos M fcg DLW M's R & W's L free;
- 2 **{Open Contra Check}** Sd & fwd R raising both hnds up & out, -, joining R-hnds fwd L across body looking at W, rec R (W sd & bk L raising both hnds up & out, -, joining R-hnds bk R across body looking well left, rec L);
- 3 **{Spiral & Circular Walks}** Bk L with checking action leading W spiral LF, -, fwd R comm circling walk CW, fwd L cont circling CW to DRC (W fwd R spiraling LF under jnd R-hnds, -, fwd L comm walk 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 trng RF to fc WALL (W fwd L spiraling RF under jnd R-hnds, -, step almost in pl R, L cont trng RF to fc M & COH) end Fcg Pos M fcg WALL;

PART A

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

- 1-2 **{Trng Basic}** Assuming CP M fcg 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 M fcg COH; Sd & slightly fwd R, -, fwd L w/ Contra Check like action, bk R enc CP M fcg 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 trng LF to fc DRW (W fwd R twd WALL, -, fwd L, fwd R spiraling LF to fc DRW) end momentary TANDEM Pos both fcg DRW lead hnds jnd;
- 4 **{Fwd & Swivel to Fc}** Fwd R, -, fwd L with 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 M fcg DRW;
- 5 **{Underarm Trn}** Sd L raising jnd lead hnds, -, slightly trng RF XRIB flexing knee 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 in CP M fcg WALL;
- S-- 6 **{Ronde Opening Out}** CI R comm trng body RF to lead W trn RF, -, flex R-knee extending L twd LOD complete upper body trn, comm rising on R trng body LF (W sd & fwd L around M comm trng RF ronde R CW, -, cont trng RF on L bk R under body, rec L comm trng LF) end Modif-SCP fcg WALL;
- (W SQQ)
- 7 **{W's Spiral & Roll Out}** CI 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 sd & fwd R spiraling LF to fc WALL, -, fwd L, fwd R trng LF 1/2 to fc M) end LOP Fcg M fcg WALL;
- S-- 8 **{Lunge Break}** Sd & fwd R, -, flexing R-knee extend L sd & bk stretching R-hnd up & out, comm rising on R (W sd & bk L, -, bk R under body flexing knee L-ft extended fwd stretching L-hnd up & out, rec L);
- (W SQQ)

PART A (cont'd)

9-16 **LEFT PASS; M'S UNDERARM TRN; OPEN RONDE & ROLL IN; RONDE BK BREAK; QK SWIVELS to HAMMERLOCK; WHEEL RF; SYNC REV UNDERARM TRN; REV UNDERARM TRN;**

- 9 **{Left Pass}** Fwd L outside ptr leading W trn RF jnd lead hnds at waist level R-hnd straight up, -, slip R bk under body comm trng LF, fwd L cont trng LF to fc DLC (W fwd R trng RF L-hnd straight up, -, sd & fwd L comm trng LF, bk R cont trng LF to fc M) end LOP Fcg Pos M fcg DLC;
- 10 **{M's Underarm Trn}** Fwd R raising jnd lead hnds, -, fwd L comm trng RF 1/2 under jnd lead hnds, cont trng RF fwd R to fc DRW (W sd & bk L, -, bk R w/ Contra Check like action, fwd L) end TANDEM Pos both fcg DRW jnd lead hnds over M's R-shoulder;
- 11 **{Open Ronde & Roll In}** Trng RF on R sd L twd RLOD comm ronde R CW, swiveling RF on L to fc DRW cont ronde R CW, bk R under body comm rolling LF, fwd L cont rolling LF (W fwd R comm ronde L CW, cont ronde L CW trng RF twd LOD, fwd L, R around M to fc DLC);
- 12 **{Ronde Bk Break}** Joining trailing hnds sd R twd LOD ronde L CCW comm trng LF, -, cont trng LF on R to fc RLOD bk L under body, rec R (W sd L twd LOD ronde R CW comm trng RF, -, cont trng RF to fc RLOD bk R under body, rec L) end OP both fcg RLOD;
- QQ-- 13 **{Qk Swivels to Hammerlock}** Swiveling RF on R to fc COH XLIF joining both hnds, swiveling LF on L XRIF, hold raising jnd lead hnds to lead W swivel RF, - (W swiveling LF on L XRIF, swiveling RF on R XLIF, swivel RF on L under jnd lead hnds, -) end HAMMERLOCK Pos M fcg RLOD jnd lead hnds above head jnd trailing hnds at W's R-hip;
- 14 **{Wheel RF}** Bk L w/ checking action comm whhel RF, -, cont wheel RF fwd R, fwd L w/ checking action (W fwd R comm wheel RF, -, cont wheel RF fwd L, fwd R) end HAMMERLOCK Pos M fcg LOD;
- SQ&Q 15 **{Sync Rev Underarm Trn}** Bk R, -, bk L trng RF 1/4 to fc WALL leading W trn LF under jnd lead hnds/sd R, cl L (W fwd L, -, fwd R spiraling LF one full trn under jnd lead hnds to fc LOD/fwd L cont spinning LF 3/4 under jnd lead hnds, cl R to fc M) end LOP Fcg Pos M fcg WALL; (**Option for W:** fwd L, -, fwd R spiraling LF 3/4 under jnd lead hnds to fc M/sd L cont spinning LF, cl R to fc M)
- 16 **{Rev Underarm Trn}** Sd R, -, XLIF raising jnd lead hnds to lead W trng LF, bk R wide step (W sd L, -, XRIF comm trng LF under jnd lead hnds, cont trng LF on R fwd L) end LOP fcg Pos M fcg DRW;

PART B

1-8 **SYNC BK WALKS; BK RK 3; RUDOLPH RONDE & LARIAT; SWIVEL to OPPOSITION BREAK;**

UNDERARM SPIN to HIP RKS; NEW YORKER; CROSS BODY; FWD BREAK;

- SQ&Q 1 **{Sync Bk Walks}** LOP Fcg M fcg DRW bk L wide step slightly RF to fc RLOD joining trailing hnds, -, bk R/bk L, bk R (W fwd R, -, fwd L/fwd R, fwd L) end BFLY M fcg ROLD;
- 2 **{Bk Rk 3}** Assuming CP bk L, -, rec R, rec L;
- S-- 3 **{Rudlph Ronde & Lariat}** Fwd R btwn W's ft leading W ronde CW, -, hold raising jnd lead hnds over head, seivel LF on R to fc LOD (W bk L ronde R CW, -, XRIB, swiveling LF on R fwd L) end LOP both fcg LOD;
- (W SQQ) 4 **{Swivel to Opposition Break}** Fwd L swiveling LF to fc COH, -, sd R flexing knee extend free R-hnd sd leading W XLIF, rec L (W fwd R swiveling LF to fc M, -, XLIF extending free L-hnd twd RLOD, rec R) end LOP Fcg M fcg COH
- QQ 5 **{Underarm Spin to Hip Rks}** Hold leading W spin LF, -, rk sd R, rec L (W sd L small step spinning LF/cont spinning LF to fc M cl R, rk sd L, rec R) end LOP Fcg M fcg COH;
- (W S&QQ) 6 **{New Yorker}** Sd R trng LF to fc LOD, -, fwd L, rec R;
- 7 **{Cross Body}** Sd & bk L trng LF 1/4 to fc RLOD, -, slip R bk under body leading W fwd, fwd L trng LF to fc DRW (W fwd R twd WALL, -, fwd L, fwd R trng LF to fc M) end LOP Fcg M fcg DRW;
- 8 **{Fwd Break}** Sd & fwd R, -, fwd L w/ Cntra Check like action, rec R end LOP Fcg Pos M fcg DRW;

END

- 1-8 HIP TWIST FREE SPIN; PROG SHADOW WALKS;; BK OUTSIDE ROLL;
RONDE SYNC INSIDE UNDERARM TRN; HORSESHOE TRN;; FWD W FREE SPIN;**
- SQQ 1 **{Hip Twist Free Spin}** LOP Fcg M fcg DRW cl L bracing L-arm to lead W swivel RF, -,
(W SQ&Q) bk R leading W spin LF & release hnds, rec L (W fwd R twd M swiveling RF 1/2 to fc WALL,
-, step L almost in pl comm spinning LF/step R almost in pl cont spinning LF, cl L) end
TANDEM M bhnd W both fcg WALL; (now same footwork)
- 2-3 **{Prog Shadow Walks}** Joining L-hnds to assume SHADOW Pos sd & fwd R trng LF 1/4 to
fc DLC, -, fwd L, fwd R; Trng RF 1/4 on R sd & fwd L to fc DLW changing to L-SHADOW
Pos L-hnds jnd at W's L-hip R-hnd jnd & extended sd, -, fwd R, fwd L end both fcg DLW;
- 4 **{Bk Outside Roll}** Trng LF 1/4 on L sd & fwd R to fc DLC changing to SHADOW Pos L-
hnds jnd & extended sd R-hnds jnd at W's R-hip, -, bk L leading W trn RF releasing L-hnds,
trng RF to fc WALL sd R twd RLOD (W sd & fwd R to fc DLC, -, bk L comm trng RF, sd R
cont trng RF to fc M) end OP Fcg Pos M fcg WALL R-hnds jnd;
- Q 5 **{Ronde Sync Inside Underarm Trn}** Hold, -, raising jnd R-hnds swiveling RF 1/2 on R to
fc
(SQ&Q) COH, cl L joining lead hnds (W placing L-hnd on M's sd & fwd L around M ronde R CW, -,
XRIB/sd L small step & spin LF under jnd R-hnds, cl R) end LOP Fcg Pos M fcg COH;
(now opposite footwork)
- 6-7 **{Horseshoe Trn}** Sd R trng RF to fc LOD, -, fwd L, rec R end LOP both fcg LOD raising jnd
lead hnds; Fwd L comm trng LF, -, circular walks fwd R, L trng LF (W fwd R trng RF, -,
circular walks L, R trng RF under jnd lead hnds) end LOP both fcg RLOD;
- SQ- 8 **{Fwd W Free Spin}** Fwd R, -, fwd L leading W spin RF, swivel LF 1/4 to fc WALL joining
lead hnds (W fwd L, -, fwd R, spin RF 1-1/4 on R to fc M) end LOP Fcg Pos M fcg WALL;
- 9-12+ HIP RKS; CORTE LEG CRAWL; SLOW CURL to WRAP; BODY ROLL & EXTEND to L;;**
- 9 **{Hip Rks}** Assuming CP M fcg WALL sd & fwd R, -, rec L, sd & fwd R;
- S-- 10 **{Corte Leg Crawl}** Sd & bk L flexing knee, -, gradually rise on L looking at W (W sd & fwd
R btwn M's ft flexing knee, -, gradually rise on R crawling L-knee along M's R-leg looking
well left);
- 11 **{Slow Curl to Wrap}** Hold raising jnd lead hnds to lead W curl RF keeping R-hnd loosely
around W's waist, -, lower jnd lead hnds IF of W (W comm trn LF 1/2 on R gradually under
jnd lead hnds, -, cont trn LF on R end backing M) end close WRAPPED Pos both fcg WALL
both hnds crossed IF of W's body;
- -- 12+ **{Body Roll & Extend to L}** Holding W's L-wrist w/ L-hnd comm body roll CCW gradually
raising jnd L-hnds over head using 4 beats and return to WRAPPED Pos; Raise jnd L-hnds
to sd looking left & hold as music fades out,,