

ADIOS AMOR

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MUSIC: "Adios Amor (Ya Lo Se Que Te Vas)" Mayela Estrada (download at Casa Musica Web Site)
PHASE / RYHTUM: Phase VI / Rumba SPEED: Slowed 9%
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A - B - BRDG - B - A(mod) - TAG
RELEASE DATE: September 2010 Version 1.1

INTRO

- 1-4 WAIT,,, TWO SLOW CROSS SWIVELS; ADVANCED OPENING OUT TO HIP TWIST;
TO OVERTURNED FAN; SNAP FREEZE & HOLD / LADIES BODY RIPPLE;
Facing partner & wall with stacked hands right over left and lead feet free wait lead in notes,,
SS 1 {Two Slow Cross Swivels} M cross L in front of R & swivel lf fc,-, cross R in front of L & swivel
rt fc, (W cross R in back of L & swivel lf fc,-, cross L in back of R & swivel rt fc)-;
QQS/& 2 {Advanced Opening Out to Hip Twist} M raise rt hand over W head as M swivel W rt fc while
stepping fwd L to press, bring rt hand down between ptr as M swivel W lf fc as M rec R, lead
W fwd to M's rt hip as M step small bk L/ swivel W rt fc ¼ (W cont swivel rt fc & step bk R
to match M's press, rec L and swivel lf fc to fc ptr, fwd R twd M/ swivel ¼ rt fc to fc LOD);
QQS 3 {Overturned Fan} M bk R, rec L flip wrist causing W to spiral lf fc, sd R with slight lf fc rotation
keeping body slightly twd W (W fwd L, fwd R spiraling lf fc to fc LOD, fwd L)-;
&S 4 {Snap Freeze & Hold Ladies Body ripple} M flip wrist turning W rt fc ½ no weight chng (W
swivel rt fc keeping weight on L lower into L knee straighten L knee bringing hips back bring
hips fwd as ripple cont up body through shoulders)-;

PART A

- 1-7 THREE ALEMANAS;;; TO ROPE SPIN WITH THREE SPIRALS;;
MEN KNEE POINT / LADIES CLOSE POINT & BOTH HOLD;
QQSQQS 1-4 {Three Alemanas} M fwd L, rec R, sd & bk L,- (W cl R, fwd L, fwd R trn to fc ptr,-); M bk R,
QQSQQS rec L, cl R,-; (W fwd L trn ½ RF, fwd R trn ½ RF, fwd L trn ¾ RF,-); M sd L, rec R, cl L,- (W
fwd R starting LF turn, fwd L, fwd R completing LF trn to fc ptr,-); M bk R, rec L, cl R,- (W
fwd L trn ½ RF, fwd R to fc ptr, fwd L to ptrs right sd, - / and spiral RF);
QQSQQS 5-6 {Rope Spin with Three Spirals} M sd L leading W around M, rec R, cl L trng upper body lf to fc
ladies (W fwd R, fwd L, fwd R to M lf sd /spiral LF); M sd R, rec L, sd R (W fwd L, fwd R, fwd L
cont around M to fc ptr / spiral RF to fc ptr);
&SS 7 {Men Knee Point / Ladies Close Point & Both Hold} M lift L knee cross rt leg & lower L pointing
twd LOD & hold (W cl R to L & point L twd RLOD & hold);
- 8-14 OPPOSITION FENCE LINE; CIRCULAR SERPIENTE;; TO FENCE LINE;
OPPOSITE SPOT TURN; LADIES THREE CROSS SWIVELS;
BOTH CROSS LUNGE TO LOD,-. SWIVEL TO AIDA LINE & HOLD,-;
QQS 8 {Opposition Fence Line} In BFLY with same foot work both XLIF, rec R, sd L starting RF circle;
QQSQQS 9-10 {Circular Serpiente} Both thru R cont RF circle, sd L cont circle, XRIB of L and ronde L CCW,-;
Both XLIB of R starting LF circle, sd R cont circle, XLIF of R to end fcg WALL,-;
QQS 11 {Fence Line} Both XRIF, rec L, sd R,-;
QQS 12 {Opposite Spot Turn} Releasing hands both XLIF and trn ¾ RF, fwd R and trn to fc, sd L to
BFLY,-;
(QQS) 13 {Ladies Three Cross Swivels} Men hold,- (W fwd R to RLOD and swivel ½ RF, fwd L to LOD
and swivel ½ LF, fwd R to RLOD and swivel ¼ RF to fc ptr,-);
SS 14 {Cross Lunge to LOD, Swivel to Aida Line, Hold,-} M XRIF of L,-, and trn ¾ LF to aida line fcg
RLOD,- (W XLIF of R,-, and trn ¾ RF to aida line,-);

PART B

- 1-12 AIDA TO RLOD; MEN HIP ROCK THREE / LADIES OUT TO FACE MEN;
THREE THREES TO CLOSED POS;;; CIRCULAR HIP TWIST & FAN TO COH;;;
HOCKEY STICK TO FACE WALL;;
- QQS 1 {Aida to RLOD} Fwd R trn LF, sd L, bk R “V” pos,- (W fwd L trn RF, sd R, bk L “V” pos,-);
- QQS 2 {Men Hip Rock Three / Ladies out to face Men} M rk sd R leading ladies out, rec sd L, fwd R to fc LOD and join lead hands (W fwd L, fwd R trn 1/2 LF to face RLOD, bk L,-);
- QQSQQS 3-6 {Three Three’s To CP} M fwd L, rec R, cl L,- (W bk R, fwd L, fwd R swivel rf 1/2,-); M side R, rec L, cl R / spin ladies full lf, - (W sd L, rec R, in place L and spin lf full,-); M fwd L to pressline, rec R, cl L,- (W bk R to pressline, rec L, fwd R swivel 1/2 rf,-) M bk R, rec L, fwd R to CP,- (W fwd L swivel 1/2 rf, fwd R swivel 1/2 rf, fwd L to CP,-)
- QQSQQS 7-11 {Circular Hip Twist to a Fan} Fwd L to pressline, rec R, bk L,-; (W swivel 1/2 rf on L step bk R, rec L swivel 1/2 lf, fwd R twd ptrn,-/trn 1/4 rf,-) M bk R & swivel lf aprox 1/4 , bk L, bk R & swivel lf aprox 1/4 ,-(W fwd R twd ptrn trn 1/4 rf, fwd L swivel 1/2 lf, fwd R twd ptrn trn 1/4 rf,-); M bk L, bk R swivel lf aprox 1/4 lf, fcg LOD cl L,-; (W fwd L swivel 1/2 lf, fwd R twd ptrn trn 1/4 rf, fwd L swivel 1/2 lf,-); M bk R, rec L, sd R to fan pos M fc LOD,- (W fwd L, fwd R trn 1/2 lf, bk L to fan pos W fc wall,-);
- QQS 11-12 {Hockey Stick With Ladies Overturned} M fwd L, rec R, cl L,-; Bk R, rec L, sd & fwd R,- (W cl R, fwd L, fwd R,-; fwd L, fwd R trng lf 1/2 trn, sd and bk L to fc ptrn,-);

BRIDGE

- 1-4 HALF BASIC TO CONTINUOUS NATURAL TOP;;;
- QQS 1 {Half Basic} Fwd L, rec R, trn 1/4 RF bk L,- (W bk R, rec L, fwd R trng 1/4 RF,-);
- QQSQQS 2-4 {Continuous Natural Top to fc Wall} XRIB of L, sd L, XRIB of L,- (W sd L, XRIF of L, sd L,-);
- QQS Sd L, XRIB of L, sd L,- (W fwd R making full LF trn to contra bjo pos, fwd L, fwd R,-);
- XRIB of L, sd L, clo R fc Wall,- (W fwd L, fwd R making full LF trn fct ptrn, sd L,-);

PART A (MOD)

- 1-6 THREE ALEMANAS;;; TO ROPE SPIN WITH THREE SPIRALS;;
- QQSQQS 1-4 {Three Alemanas} Repeat meas 1-4 Part A but staring in facing pos;;;
- QQSQQS 5-6 {Rope Spin with Three Spirals} Repeat meas 5-6 Part A;;

TAG

- 1-5 TURN WOMEN TO CARESS & HOLD; TWO CUDDLES;;
START CUDDLE TO PICK-UP & REV PIVOT TO HINGE & EXTEND;;
- QQS 1 {Turn Ladies to Caress & Hold} M hold while trng W rt fc to cl pos (W small fwd R cont trn rt fc, cl L to R, in cl pos bring both hands up to caress M fc-);
- QQSQQS 2-3 {Two Cuddles} M rk sd L releasing left hand and sweeping left arm out, rec R bringing free left arm up to cuddle pos, cl L,- (W break bk R trng RF and sweeping rt arm out and down, rec L to fc ptr, sd R,-); M rk sd R releasing rt hand and sweeping right arm out, rec L bringing free rt arm up to cuddle pos, cl R,- (W break bk L trng LF and sweeping lt arm out and down, rec R to fc ptr, sd L,-);
- QQQQS- 4,, (QQQQQQ) {Start Cuddle to Pick-up & Pivot to Hinge & Extend} M rk sd L releasing left hand and sweeping left arm out, rec R bringing free left arm up to cuddle pos and picking up ladies, fwd L pivot 1/2 LF, bk R to fc RLOD; bk and sd L taking Ladies to hinge and extend the left arm,- (W break bk R trng RF and sweeping rt arm out and down, fwd L to pickup, bk R pivot LF, fwd L cont pivot; Fwd and sd R, XLIB of R to Hinge Pos and extend the left arm as music fades),