

“PURO DOLOR”

CHOREOGRAPHER: Kay & Joy Read, 1151 Leisure World, Mesa, AZ 85206, Ph: (480)-361-8647
MUSIC: “A Puro Dolor” Artist: Son by Four, Sony Disco, Inc.
[Contact Choreographer for Availability: kread@cvm.tamu.edu] or Available on **i-tunes**
PHASE & RHYTHM: Soft Phase VI Bolero [adv sliding door, adv hip twist, cont hip twist, telespin end]
SEQUENCE: INTRO, A, B, INTER, A (5-12), B, INTER, C, A (9-12),
END

INTRO

****NOTE: SPEED to SUIT**

START: SHAD WALL LT FT FREE for BOTH, Man’s ARMS AROUND Lady, HEADS DOWN

1-4 WAIT 1 MS; EXPLOSION; SWY L & R; SWY L & REC / Man CL / Lady TRN TCH to BFY;
1 _____ [WAIT] SHAD WALL wt on rt ft w/ arms around Lady head down wait 1 ms
(W SHAD WALL wt on rt ft w/ hds tog in frt of waist head down wait 1 ms);
2 _____ [EXPLOSION] SHAD WALL explode arms in & up w/ rt sway, slowly lower arms out & down, pl hds on Lady’s hips full wt on R
(SHAD WALL explode arms in & up w/ rt sway, slowly lower arms out & down, bring hds in tog at waist level full wt on R);
3 **SS** [SWY L & R] SHAD Wall hds on Lady’s hips rk sd L w/ swy, __, sd R w/ swy, __ (W SHAD WALL sd L w/ swy, __, sd R w/ swy, __);
4 **SQ_** [SWY L & REC / Man CL / Lady TRN TCH to BFY] SHAD WALL sd L w/ swy, __, sd R, cl L to R BFY WALL
(SQQ) (W SHAD WALL sd L w/ swy, __, rec R rf trn, tch L to R BFY fc COH);

PART A

1-4 FWD OUTSD BRK; UNDERARM TRN; SYNC LUNGE BASIC to BJO; CK RONDE & BK 2;
1 **SQQ** [FWD OUTSD BRK] BFY sd & fwd R, __, ck fwd L outsd ptr lt sd, bk R fc DLC (W BFY sd & bk L, __, ck bk R ptr outsd lt sd, fwd L DRW);
2 **SQQ** [UNDERARM TRN] Lead hds joined sd & bk L, __, bk R lead Lady underarm, fwd L fc WALL
(W lead hds joined sd & fwd R, __, fwd L rf underarm trn, fwd R BFY fc COH);
3 **SQ&Q** [SYNC LUNGE BASIC to BJO] Fcing Wall lunge sd R to ½ OP, __, rec fwd L LOD/fwd R, fwd L to BJO DLW
(W fcing COH lunge sd L to ½ OP, __, rec fwd R/fwd L slight lf trn, sd R to BJO fc DRC);
4 **SQQ** [CK RONDE & BK 2] LOOSE BJO DLW ck fwd R outsd ptr lead Lady ronde, __, rec bk L, bk R fc LOD
{W LOOSE BJO fc DRC ck bk L ronde R cw, __, bk R lf trn, fwd L fc RLOD);

5-8 REV UNDERARM LUNGE / SIT LINE w/ TRNG BASIC exit;
RT LUNGE ROLL & SLIP fc RLOD; OUTSD SWVL & SYNC RUN RLOD;
FWD / Lady SPIRAL & OUT to FC;
5 **SQQ** [REV UNDERARM LUNGE / SIT LINE w/ TRNG BASIC exit] BFY LOD lunge sd L ptr lf underarm, __, slip lf sd R, fwd L lf trn CP COH
(W BFY fwd R lf underarm trn to SIT LINE fc LOD, __, slip lf fwd L, bk R lf trn CP fc WALL);
6 **SQQ** [RT LUNGE ROLL & SLIP fc RLOD] CP COH sd & fwd R rf body roll, __, rec bk L lf trn, slip bk R BJO RLOD
(W CP fc WALL sd & bk L rf body roll, __, rec fwd R lf trn, fwd L BJO fc LOD);
7 **SQ&Q** [OUTSD SWVL & SYNC RUN RLOD] BJO RLOD bk L ptr outsd rf swvl SCP RLOD, __, fwd R/fwd L, fwd R SCP RLOD
(W BJO fc LOD fwd R outsd ptr rf swvl SCP RLOD, __, fwd L/fwd R, fwd L SCP RLOD);
8 **SQQ** [FWD / Lady SPIRAL & OUT to FC] SCP RLOD fwd L, __, slip bk R, fwd L LOP RLOD
(W SCP RLOD fwd R spiral lf, __, fwd L lf trn, bk R LOP fc LOD);

9-12 OP BRK SYNC to FAN for HKY STK;; Lady fin H. S. FWD for a SYNC WHEEL to fc DRW;;
9 **SQQ&** [OP BRK SYNC to FAN for HKY STK] LOP RLOD sd R, __, bk L, fwd R/ fwd L lf trn
(W LOP fc LOD sd L, __, bkR, fwd L/fwd R lf trn);
10 **SQQ** Sd R FAN POS fc WALL, __, fwd L, rec bk R (W bk L FAN POS fc RLOD, __, bk R, fwd L);
11 **SQQ** [Lady fin HKY STK FWD for a SYNC WHEEL] Cl L to R, __, bk R, fwd L DRW (W fwd R, __, fwd L, fwd R lf underarm trn fc DLC);
12 **SQ&Q** Fc DRW fwd R BJO, __, wheel rf fwd L/fwd R, fwd L fc DRW (W fc DLC fwd L BJO, __, wheel rf fwd R/fwd L, fwd R fc DLC);

PART B

1-4 CONT HIP TWIST;; TRNG to fc COH OP OUT 2T;;
1 **SQQ** [CONT HIP TWIST] Fc DRW rf rotation fwd R RLOD, __, ck fwd L, rec bk R fc RLOD
(W fc DLC rf rotation fwd L LOD, __, rf trn ½ bk R, rec fwd L lf trn ½ fc LOD);
2 **SQQ** Fc RLOD xLib, __, sd R, rec sd L fc ptr & RLOD (W fc LOD xRif rf swvl, __, fwd L lf swvl fwd R fc ptr & LOD);
3 **S_(SQQ)** [OP OUT] Fwd R rf trn fc COH, __, lower on R blend BFY, extend L sd (W fwd L rf rotation, __, bk R blend BFY, rec fwd L fc RLOD);
4 **S_(SQQ)** [OP OUT] BFY fc COH cl L to R, __, lower on L, extend R sd (W BFY fc RLOD fwd R lf rotation, __, bk L, rec fwd R fc LOD);

“PURO DOLOR” Cont.

PART B Cont.

- 5-8** Man CL / Lady FWD & SWVL for RONDE DEVELOP;
FWD /Lady SPIRAL & OUT to FC (RT HDs); OP BRK to SKATERS; WHEEL to fc WALL;
- 5 S__ [Man CL / Lady FWD & SWVL for RONDE DEVELOP] BFY fc COH cl R to L lead ptr fwd to rf swvl w/ develope, __, __, __
(W BFY fc LOD fwd L swvl rf ronde R cw, __, develope R fc RLOD, __);
- 6 SQQ [FWD / Lady SPIRAL & OUT to FC (RT HDs)] BFY cl L to R lead Lady lf spiral, __, bk R, fwd L join rt hds fc RLOD
(W BFY fwd R RLOD spiral lf, __, fwd L lf trn, bk R join rt hds fc LOD);
- 7 SQQ [OP BRK to SKATERS] LOP RLOD sd R, __, bk L, fwd R Lady's rt sd (W LOP fc LOD sd L, __, bk R, fwd L Man's rt sd);
- 8 SQQ [WHEEL to fc WALL] Fwd L lead Lady lf trn to SKATERS, __, wheel rf fwd R, fwd L to SHAD DLW
(W fwd R lf trn to SKATERS, __, wheel rf bk L, bk R to SHAD DLW);

INTER

- 1-4** ADV SLID DOOR w/ Lady's RF TRN (CLing UP);; ADV HIP TWIST & a Slo X-SWVL;;
- 1 SQQ [ADV SLID DOOR w/ Lady's RF TRN (CLing UP)] Trng rf to SHAD WALL fwd R, __, fwd L, rec bk R
(W trng rf to SHAD WALL bk L, __, bk R, rec fwd L);
- 2 SQQ Releasing ptr xLib, __, sd R, rec sd & fwd L CP WALL (W xRif, __, sd L rf trn, rec fwd R fc ptr & COH);
- 3 SQQ [ADV HIP TWIST & a Slo X-SWVL] CP WALL fwd R, __, fwd L, rec bk R
(W CP fc COH fwd L rf trn ½, __, bk R, rec fwd L lf trn ½ fc COH);
- 4 SS Fc WALL xLib lead Lady hip twist, __, sd R lead Lady x-swvl, __ (W fc COH xRif hip twist fc LOD, __, fwd L lf swvl fc RLOD, __);

PART A (5-12)

- 5-8** REV UNDERARM LUNGE / SIT LINE w/ TRNG BASIC exit;
RT LUNGE ROLL & SLIP fc RLOD; OUTSD SWVL & SYNC RUN RLOD;
FWD / Lady SPIRAL & OUT to FC;
- 9-12** OP BRK SYNC to FAN for HKY STK;; Lady fin H. S. FWD for a SYNC WHEEL to fc DRW;;

PART B

- 1-4** CONT HIP TWIST;; TRNG to fc COH OP OUT 2T;;
- 5-8** Man CL / Lady FWD & SWVL for RONDE DEVELOPE;
FWD / Lady SPIRAL & OUT to FC (RT HDs); OP BRK to SKATERS; WHEEL to fc WALL;

INTER

- 1-4** ADV SLID DOOR w/ Lady's RF TRN (CLing UP);; ADV HIP TWIST & a Slo X-SWVL;;

PART C

- 1-4** REV UNDERARM LUNGE / SIT LINE w/ TELESPIIN exit; to a Slo PROM OVERSWY;
FALLAWY RONDE w/ SYNC INSD UNDERARM TRN; NY X-SWVLS;
- 1 SQQ& [REV UNDERARM LUNGE / SIT LINE w/ TELESPIIN] Lunge sd L lead ptr lf underarm, __, slip lf sd R, fwd L lf trn/cl R to L CP RLOD
(W fwd R lf underarm trn to SIT LINE fc LOD, __, slip lf fwd L, fwd R lf toe spin/cl L to R CP fc LOD);
- 2 S__ [Slo PROM OVERSWY] CP RLOD lf rotation fwd L PROM OVERSWY LOD, __, slo swy chg, __
(W CP fc LOD lf rotation, fwd R PROM OVERSWY LOD, __, slo swy chg, __);
- 3 SQQ& [FALLAWY RONDE w/ SYNC INSD UNDERARM TRN] Sd R ronde L ccw, __, bk L leading Lady lf underarm trn/sd R, fwd L fc WALL
(W sd L ronde R cw, __, bk R trng lf underarm/fwd L, bk R LOP fc COH);
- 4 SQQ [NY X-SWVLS] LOP WALL sd R rf trn, __, fwd L RLOD lf swvl ½, fwd R LOD rf swvl ½ fc RLOD
(W LOP fc COH sd L lf trn, __, fwd R RLOD rf swvl ½, fwd L LOD lf swvl ½ fc RLOD);
- 5-8** CK NY for SYNC RUN to LOD (CLing UP); TRNG BASIC; CONTRA BRK;
X-BODY to RLOD;
- 5 SQQ& [CK NY & REC to SYNC RUN to LOD (CLing UP)] Ck fwd L RLOD, __, rec bk R lf trn/sd L, fwd R SCP LOD
(W ck fwd R RLOD, __, rec bk L rf trn/sd R, fwd L SCP LOD);
- 6 SQQ [TRNG BASIC] SCP LOD fwd & sd L CP, __, slip lf bk R, lf trn fwd L CP DLC (W SCP fwd R CP, __, slip lf fwd L, lf trn bk R CP fc DRW);
- 7 SQQ [CONTRA BRK] CP DLC sd & fwd R, __, contra brk fwd L, rec bk R (W CP fc DRW sd & bk L, __, contra brk bk R, rec fwd L);
- 8 SQQ [X-BODY to RLOD] Fc COH sd L RLOD, __, bk R, fwd L LOP RLOD (W fc WALL fwd R RLOD, __, fwd L lf trn, bk R LOP fc LOD);

“PURO DOLOR” *Cont.*

PART A (9-12)

9-12 OP BRK SYNC to FAN for HKY STK;; Lady fin H. S. FWD for a SYNC WHEEL to fc WALL;;

END

1-4 ADV HIP TWIST & Slo X-SWVL;; REV UNDERARM LUNGE / SIT LINE w/ TELESPIN exit;
to a Slo THROWAWY OVERSWY;

- 1 **SQQ** **[ADV HIP TWIST & a Slo X-SWVL]** Fc WALL fwd R, __, fwd L, rec bk R
(W CP fc COH fwd L rf trn ½, __, bk R, rec fwd L lf trn ½ fc COH);
- 2 **SS** Fc WALL xLib lead Lady hip twist, __, sd R lead Lady x-swvl, __ (W fc COH xRif hip twist fc LOD, __, fwd L lf swvl fc RLOD, __);
- 3 **SQQ&** **[REV UNDERARM LUNGE / SIT LINE w/ TELESPIN]** Lunge sd L lead ptr lf underarm, __, slip lf sd R, fwd L lf trn/cl R to L CP RLOD
(W fwd R lf underarm trn to SIT LINE fc LOD, __, slip lf fwd L, fwd R lf toe spin/cl L to R CP fc LOD);
- 4 **S__** **[Slo THROWAWY OVERSWY]** CP RLOD bk L lf body rotation lead Lady to THROWAWY & extend to OVERSWY, __, __, __
(W CP LOD fwd R lf body rotation extend L bk to THROWAWY OVERSWY, __, __, __);