

Vamos Amigos



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Music: Artist: Ambros Seelos CD: "Die Grobe Tanz-Gala" 395 703 CD 3 Track #5

Suggested speed: Slower speed from 60BPM to 56MPM

Footwork: Opposite, directions for man (lady as noted)

Rhythm & Phase: Paso Doble V+1 (Syncopated Separation) +2 (Framenco Crosses, Left Foot Variation)

Basic Rhythm: 1234

[Note: Timing indicates weight changes only]

Sequence: **Intro A B C Tag**

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Meas

INTRO

- 1-9** **WAIT;; ROLL LF 3 TO SPANISH LINE; ROLL RF 3 TO SPANISH LINE;**
WHEEL FWD & BK w/ DBL APPELS;; WHEEL LF 8 M DBL APPEL TRANS TO FC;; CHASSE TO R;
- 1-2 Wait 2 meas in Spanish Line (both wgt on R-ft knee straight L-ft fwd on ball without wgt knee flexed L-hnd IF of body R-hnd bhnd bk) L-shoulders adjacent M fcg RLOD (W fcg LOD) looking each other; (same footwork)
- 123- 3 **{Roll LF 3 to Spanish Line }** Fwd L comm rolling LF, sd R cont rolling LF, bk L to fc LOD (W RLOD) R-ft fwd on toe without wgt knee flexed R-hnd IF of body L-hnd bhnd bk end Spanish Line M fcg LOD;
- 123- 4 **{Roll RF 3 to Spanish Line}** Fwd R comm rolling RF, sd L cont rolling RF, bk R to fc RLOD (W LOD) L-ft fwd on toe without wgt knee flexed L-hnd IF of body R-hnd bhnd bk end Spanish Line M fcg RLOD;
- 123&4 5-6 **{Wheel Fwd & Bk w/ Dbl Appels}** Maintaining arm hold fwd L comm wheel LF, cont wheel LF fwd R, fwd L to fc LOD/appel R next to L, appel L in pl; Bk R comm wheel RF, cont wheel RF bk L, bk R to fc RLOD/appel L next to R, appel R in pl;
- 1234 7-8 **{Wheel LF 8 M Dbl Appel Trans to Fc}** Maintaining arm hold fwd L comm wheel LF, cont wheel fwd R, fwd L, fwd R end M fcg LOD; Cont wheel LF fwd L, fwd R, fwd L trng LF to WALL/appel R next to L, appel L in pl (W cont wheel LF fwd L, fwd R, fwd L trng LF to fc COH, cl R) end CP M fcg WALL; (now opposite footwork)
- 1234 9 **{Chasse to R}** Sd R, cl L, sd R, cl L end CP M fcg WALL;

PART A

- 1-8** **SIXTEEN;;; FALLAWAY REV TO OPEN TELEMAR;; PROM CL TWICE;;**
- 1234 1-4 **{Sixteen}** CP M fcg WALL appel R, sd L to SCP fcg LOD, thru R comm trng RF, cont trng RF sd & bk L (W appel L, sd R to SCP fcg LOD, thru L, trng RF fwd R) end CP M fcg RLOD; Bk R 5678 w/ R-shoulder lead, bk L ptr outside comm trng RF, cont trng RF to fc COH cl R, sur place L 1234 (W fwd L, fwd R outside ptr, fwd L trng RF, rec R); Sur Place R, L, R, L (W fwd L, fwd R trng 5678 LF, rec L, fwd R); Sur Place R, L, R, L (W fwd L trng RF, rec R, fwd L trng LF to fc ptr, cl R) end CP M fcg COH;
- 1234 5-6 **{Fallaway Rev to Open Telemar}** Appel R slightly bk (Slip Appel), fwd L trng LF, sd R cont 5678 trng LF, bk L end SCP fcg DRW; Slip R under body strongly trng LF to fc LOD in CP, comm trng LF fwd L, cont trng LF sd & bk R around W, cont trng LF sd & fwd L (W slip L fwd btwn M's ft, bk R comm trng LF, cl L cont trng LF, sd & fwd R) end SCP fcg LOD;
- 1234 7-8 **{Prom Cl Twice}** Thru R, swiveling RF to fc ptr cl L, sd R, cl L end CP M fcg WALL; Trng LF 1234 to SCP fcg LOD repeat Meas 7 of PART A end CP M fcg WALL;
- 9-13** **SLIP & CHASSE 3 TIMES;;; SLIP & TWIRL IN 4 TO FC LOD; SD CROSS UNWIND TO FC;**
- 123&4 9-11 **{Slip & Chasse 3 Times}** CP M fcg WALL slip R bk under body trng LF to fc LOD, rec L cont 123&4 trng LF to fc COH, sd R/cl L, sd R slightly trng LF end BJO M fcg DRC; Slip L bk under body 123&4 trng RF ptr outside to fc LOD, rec R cont trng RF to fc WALL, sd L/cl R, sd L slightly trng RF end SCAR M fcg DRW; Slip R bk under body trng LF ptr outside to fc LOD, rec L cont trng LF to fc sd R/cl L sd R slightly trng LF end BJO M fcg DRC;
- (This portion may give you a feel as if you are performing Chasse Cape)

PART A (cont'd)

- 1234 12 **{Slip & Twirl in 4 to Fc LOD}** Slip L under body bk trng RF ptr outside to fc LOD, raising jnd lead hnds to lead W twirl RF rec R, fwd L, cl R (W slip R fwd outside ptr trng RF to fc RLOD, bk L comm trng RF under jnd lead hnds, cont trng RF sd R, cont trng RF on R to fc RLOD cl L) end LOP FCG Pos M fcg LOD;
- 12-4 13 **{Sd Cross Unwind to Fc}** Sd L, XRIF (W XLIF) releasing hnds, comm unwind LF (W RF) on both ft, cont unwind LF to fc LOD shifting wgt to L end FCG Pos M fcg LOD no hnd jnd;

PART B

1-9 APPEL TO FLAMENCO CROSSES w/ SPIN;;;, APPEL TO MODIF COUP DE PIQUE;;
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- 1234 1-2.5 **{Appel to Flamenco Crosses w/ Spin}** FCG Pos M fcg LOD no hnd jnd appel R, sd L, XRIF slightly flexing knee R-hnd IF of body L-hnd bhnd bk, rec L; Sd R, XLIF slightly flexing knee L-hnd IF of body R-hnd bhnd bk, rec R, sd L comm spinning LF; Cont spinning LF to fc ptr cl R, sd L small step end Fcg Pos M fcg LOD no hnd jnd,
- 12-4 3-4.5 **{Appel to Modif Coup de Pique}** Appel R assuming SCP fcg COH, sd L, flexing L-knee pt R thru twd COH, straightening L-knee cl R; XLIB, sd R/cl L, sd R, cl L end CP M fcg LOD;
- 56&78 5-9 Releasing hnds repeat Meas 1-4.5 end CP M fcg LOD;;;,

10-17.5 FALLAWAY REV TO FC WALL;; ELEVATIONS UP & DOWN;;
BK AWAY TO SPANISH LINE TRANS; STEP RONDE TO SPANISH LINE;
WHEEL LF 8 M DBL APPEL TRANS TO FC;; SD CL,,

- 1234 10-11 **{Fallaway Rev to Fc Wall}** Appel R slightly bk (Slip Appel) trng LF to fc DLC, fwd L cont trng LF, sd R cont trng LF, bk L end SCP fcg DRW; Slip R under body trng LF to fc WALL in CP, fwd L, sd R, cl L end CP M fcg WALL;
- 1234 12-13 **{Elevations Up & Down}** Straightening knees sd R looking R twd RLOD jnd lead hnds high, cl L, sd R, cl L; Flexing knees sd R looking L twd LOD jnd lead hnds low, cl L, sd R, cl L end CP M fcg WALL;
- 123&- 14 **{Bk Away to Spanish Line Trans}** Appel R, releasing hnds bk L twd COH, bk R/cl L, pl R fwd on toe without wgt knee flexed (W appel L, bk R, bk L, pl R fwd on toe without wgt knee flexed) end Spanish Line M fc WALL R-hnd IF of body L-hnd bhnd bk; (now same footwork) (W 123-)
- 1--- 15 **{Step Ronde to Spanish Line}** Shift wgt to R, ronde L CW, cont ronde L CW, pl L fwd on toe without wgt knee flexed in Spanish Line L-hnd IF of body R-hnd bhnd bk;
- 16-17.5 **{Wheel LF 8 M Dbl Appel Trans to Fc}** Repeat Meas 7-8 of INTRO except starting M fcg WALL end CP M fcg WALL;; (now opposite footwork)
- 12 **{Sd CL}** Sd R, cl L end CP M fcg WALL,

PART C

1-8 SEPARATION;; SYNC SEPARATION;;; LEFT FT VARIATION;;

- 1234 1-2 **{Separation}** CP M fcg WALL appel R, fwd L lowering jnd leading hnds to lead W move away, cl R, step L in place (W appel L, bk R, bk L, cl R); Step in place R, L, R, L (W fwd L across body, fwd R across body, fwd L across body, fwd R across body) end CP M fcg WALL;
- 1234 3-6 **{Sync Separation}** Appel R, fwd L lowering jnd leading hnds to lead W move away, cl R, step L in place (W appel L, bk R, bk L, cl R); XRIB heel to toe, XLIB heel to toe, XRIB heel to toe, XLIB heel to toe/cl R (W fwd L across body, fwd R across body, fwd L across body, fwd R across body/cl L); Point L sd/cl R, point R sd, bk R across body comm trng LF/sd L, XRIF outside ptr (W point R sd/cl R, point L sd, XLIF outside ptr/sd R, bk L across body); Twist LF on both ft, 2, 3, 4 shifting wgt to R (W slightly trng body RF to SCP walk around M R, L, R, L fcg ptr) end Loose CP M fcg COH;
- 5678a -a-3&4 5--- (5678) 7-8 **{Left Ft Variation}** Fwd L, fwd R, fwd L w/ L-shoulder lead, flexing L-knee point R fwd outside ptr/cl R (W bk R, bk L, bk R w/ R-shoulder lead, flexing R-knee point L bk across body/cl L); Point L sd in slight SCP, cl L in CP, sd R on toe, cl L end CP M fcg COH;

PART C (cont'd)

9-12 OPEN TELEMARK TO SCP LOD; PROM CL; APPEL TO GRAND CIRCLE;;

- 1234 9 {Open Telemark to SCP LOD} Appel R slightly bk (Slip Appel) trng LF to fc DRC, fwd L comm trng LF, cont trng LF sd R around W, cont trng LF sd & fwd L (W slip L fwd btwn M's ft trng LF, bk R comm trng LF, cl L cont trng LF, sd & fwd R) end SCP fcg LOD;
- 1234 10 {Prom Cl} Thru R, trng RF (W trng LF) to fc WALL cl L, sd R, cl L end CP M fcg WALL;
- 123- 11-12 {Appel to Grand Circle} Appel R, sd L to SCP fcg LOD, thru R, comm twist LF on both ft (W (W 1234) appel L, sd R to SCP fcg LOD, thru L, fwd R comm circling LF around M); Cont twist LF on ---8 both ft, -, -, completing twist LF to fc WALL shifting wgt to L (W cont circling LF around M L, R, (W 1234) L, R trng LF to fc M) end CP M fcg WALL;

13-20 SEPARATION;; SYNC SEPARATION;;; LEFT FT VARIATION;;

- 13-20 Repeat Meas 1-8 of PART C end CP M fcg COH;;;;;;;

TAG

1-1.5 OPEN TELEMARK TO HALF OP & PRESS,,

- 1234 1-1.5 {Open Telemark to Half OP & Press} CP M fcg COH appel R slightly bk (Slip Appel) trng LF to fc DRC, fwd L comm trng LF, cont trng LF sd R around W, cont trng LF sd & fwd L (W slip L fwd btwn M's ft, bk R comm trng LF, cl L cont trng LF, sd & fwd R) end Half OP fcg LOD;
- 1- {Press} Releasing hnds trng slightly LF fwd R toe w/ knee flexed trailing hnds extended straight fwd twd LOD lead hnds straight up, hold,