

Free Style Ballroom Amalgamations

BASIC AMALGAMATIONS

1. BASIC;; NEW YORKER; SPOT TURN;
2. HAND-TO-HAND (2X);; BOLERO WALK (2X);;
3. FENCE LINE; SHOULDER-TO-SHOULDER (2X);
FENCE LINE;
4. UNDERARM TURN; HALF BASIC; HALF BASIC;
REVERSE UNDERARM TURN;
5. HALF BASIC; HIP LIFT;
6. HALF BASIC; OPEN BREAK; W LARIAT;;
7. HALF BASIC; OPEN BREAK; M LARIAT;;
8. HALF BASIC; OPEN BREAK; SPOT TURN;
HALF BASIC;

INTERMEDIATE AMALGAMATIONS

1. CROSS BODY; FWD BREAK; CROSS BODY;
FWD BREAK;
2. TURNING BASIC;; CROSS BODY; LUNGE
BREAK;
3. CROSS BODY to L OP/LOD; BOLERO WALK;
W ROLL ACROSS to 1/2 OP/LOD; BOLERO
WALK;

ON BOLERO

Like its relative, the Rumba, the Bolero is Cuban in origin. But the Bolero is slower, softer and more sensual.

The basic rhythm pattern is SQQ and is danced in 4/4 time.

(RISE, SLIP, REACH) Bolero is characterized by a strong rising action on step 1. Lowering commences on step 2, usually with a slipping action. Continue to lower through step 3 with a reaching action. The transfer of weight between step 3 and step 1 of the next measure has no body rise – it is taken in the lowered position with soft knees.

There is no Cuban hip action in Bolero, but a hip rolling action is occasionally used for contrast.

Bolero shares many figures with Rumba such as New Yorker, Spot Turn, Shoulder-To-Shoulder, Hand-To-Hand and Underarm Turn. But in Bolero each of these figures is preceded by a slow preparatory step, giving the figure a different feel.

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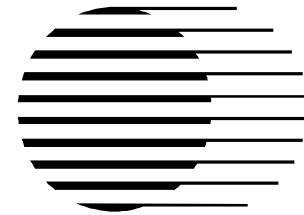
Instructors::

Carter & Ruby Ackerman (238-8949)

CENTRE ROUNDS

Introductory Bolero

Carter & Ruby Ackerman



Spring 2004

Bolero

Introductory Basics

Basic	Lunge Break
Bolero Walks	New Yorker
Cross Body	Open Break
Fence Line	Reverse Underarm Turn
Forward Break	Shoulder To Shoulder
Hand to Hand	Spot Turn
Hip Lift	Time Step
Hip Rock	Turning Basic
Lariat	Underarm Turn

BASIC {SQQ;SQQ}

M: Sd L, -, bk R, fwd L; sd R, -, fwd L, bk R;
W: Sd R, -, fwd L, bk R; sd L, -, bk R, fwd L;

BOLERO WALKS {SQQ;SQQ}

M: Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R;
W: Fwd R, -, fwd L, fwd R; fwd L, -, fwd R, fwd L;

CROSS BODY {SQQ;}

M: Sd & bk L turning LF, -, bk R, fwd L turning LF to face partner;
W: Sd & fwd R, -, fwd L turning LF, sd & bk R;

FENCE LINE {SQQ}

M: Sd L, -, cross lunge thru on R, bk L turning to face partner;
W: Sd R, -, cross lunge thru on L, bk R turning to face partner;

FORWARD BREAK {SQQ;}

M: Sd & fwd R, -, fwd L & check, bk R;
W: Sd & bk L, -, bk R & check, fwd L;

HAND to HAND {SQQ;} [May begin with either foot]

M or W: Side, -, behind turning to side by side position, forward to face;

HIP LIFT {SQQ;} [May begin with either foot]

M or W: Side bringing free foot to weighted foot, -, with slight pressure on free foot lift hip, lower hip;

HIP ROCK {SQQ;} [May start with either foot]

M: Rock side L rolling hip sd & bk, -, rec R with hip roll, rec L with hip roll;
W: Rock side R rolling hip sd & bk, -, rec L with hip roll, rec R with hip roll;

LARIAT {SQQ; SQQ;} [Retain lead hand hold]

M: (Hip Lifts L & R;);
W: Fwd R around M, -, fwd L, fwd R; fwd L, -, fwd R, fwd L;
[Can reverse M's and W's parts]

LUNGE BREAK {SQQ;}

M: Sd & fwd R, -, lower on R extending L to sd & bk (no wt chg) leading W bk, rise on R to recover (no wt chg);
W: Sd & bk L, -, bk R & check, fwd L;
[Extend M's R & W's L arm to side throughout the figure]

NEW YORKER {SQQ;} [May start with either foot]

M or W: Side with body rise, -, fwd and through lowering & turning to side by side pos, bk turning to face;

OPEN BREAK {SQQ;}

M: Sd & fwd R to left open facing pos, -, bk L, fwd R;
W: Sd & bk L, -, bk R, fwd L;
[Extend M's R & W's L arm to side throughout the figure]

REVERSE UNDERARM TURN {SQQ;}

M: Sd R, -, cross L in front, bk R;
W: Sd L starting LF turn under lead hands, cross R in front turning 1/2 LF, fwd L cont. LF turn to face partner;

SHOULDER to SHOULDER {SQQ;} [May start with either foot]

M: Sd, -, cross in front to scar or bjo pos, bk turning to face;
W: Sd, -, cross in back, fwd to face partner;
[Done in Butterfly position]

SPOT TURN {SQQ;} [May start with either foot]

M or W: Side starting body turn, -, cross in front turning 1/2, fwd cont. turn to face partner;

TIME STEP {SQQ;} [May start with either foot]

M or W: Side, -, cross in back lowering, forward;
[No hands joined or Bfly – stay parallel with partner]

TURNING BASIC {SQQ; SQQ;} [Closed Pos. throughout]

M: Sd L, -, bk R turning 1/4 LF, sd & fwd L turning 1/4 LF;
sd R, -, fwd L & check, bk R;
W: Sd R, -, fwd L turning 1/4 LF, sd & bk R turning 1/4 LF;
sd L, -, bk R & check, fwd R;

UNDERARM TURN {SQQ;}

M: Sd L, -, cross R in back, fwd L;
W: Sd R starting RF turn under lead hands, cross L in front turning 1/2 RF, fwd L cont. RF turn to face partner;

ABBREVIATIONS

S (Q): Slow (Quick)	Rk: Rock
Fwd: Forward	Rec: Recover
Bk: Back	Ck: Check
Sd: Side	Chg: Change
Tch: Touch	Wt: Weight
Cl: Close	Pos: Position
M: Man	CP: Closed position
W: Woman	Bfly: Butterfly position
L (R): Left (Right)	Scar: Sidecar position
LF (RF): Left (Right) Face	OP: Open Position
Fc: Face	L OP: Left Open Position
Cont: Continue	LOD: Line Of Dance
2x: Twice	COH: Center Of Hall

; Semicolon indicates end of a measure
, Comma divides a measure into counts
- Dash indicates a hold count

INTRODUCTORY DANCES

Eyes On You

Phase III+1 (Cross Body) Carter & Ruby Ackerman
Record: SP WB 695 "I've Got My Eyes On You" (44 rpm)

SEQUENCE: INTRO A B C A B C A END

INTRO: (Bfly/Wall) WAIT 2 MEASURES;;

A: BASIC;; NEW YORKER; SPOT TURN; Hand-To-Hand (2x);; (OP/LOD) BOLERO WALK (2x);;

B: BASIC;; CROSS BODY; Shoulder-To-Shoulder; CROSS BODY; Shoulder-To-Shoulder; FENCE LINE; HIP LIFT;

C: HALF BASIC; OPEN BREAK; W LARIAT;; HALF BASIC; OPEN BREAK; M LARIAT;;

END: BASIC;; NEW YORKER (2x);; FENCE LINE (2x);; NEW YORKER (2x);; FENCE LINE & HOLD;

Maria Elena Bolero

Phase III+2 (Cross Body, Turning Basic) Palenchar
Record: Collectables 4552 "Maria Elena" (47 rpm)

SEQUENCE: INTRO A B A B (1-15) END

INTRO: (Bfly/Wall) WAIT 1 MEASURE;

A: BASIC;; NEW YORKER; SPOT TURN; Hand-To-Hand (2x);; (1/2 OP/LOD) BOLERO WALK (2x);; (CP/Wall) HALF BASIC; HIP LIFT; TURNING BASIC;; (CP/COH) CROSS BODY; FWD BREAK; NEW YORKER (2x);;

B: (Bfly/Wall) FENCE LINE; Shoulder-To-Shoulder (2x);; FENCE LINE; NEW YORKER; 1/2 BASIC; Hand-To-Hand; LUNGE BREAK; CROSS BODY; (L Op/LOD) BOLERO WALK; W ROLL ACROSS; BOLERO WALK; (CP/Wall) 1/2 BASIC; OPEN BREAK; SPOT TURN; (Bfly/W) 1/2 BASIC;
END: SLOW SIDE BEHIND (OP/LOD) Extend arms;