

## A LA MER

**Composer:** Brent & Mickey Moore, 206 Scenic Drive, Oak Ridge, TN 37830, (423) 483-2997  
**Record:** Special Press (flip Cha Cha Torrero) (slow to 40 rpm)  
**Rhythm/Phase:** Phase IV + 1 (\* options increase level) Rumba  
**Footwork:** Opposite throughout, directions for M unless otherwise stated  
**Sequence:** A, A, B, A, A, B, A, End

1993

### PART A

- 1-5**            **SHOULDER TO SHOULDER: ALEMA; SHOULDER TO SHOULDER; WHIP; AIDA;**  
[BFLY/SCAR fc wall lead feet free wait pickup notes]
- 1-2            Fwd L in SCAR, rec R, sd & bk L SCAR/DRW, -; bk R raise jnd lead hnds, rec L, sd & fwd R  
BFLY/SCAR/DRW, -(W fwd L brush R ft trn RF, fwd R trn RF brush L ft to RF sd L-);
- 3-4            Fwd L in SCAR, rec R, sd & bk L SCAR/DRW, -;bk R bring trail hnds thru, rec L trn LF to LOP, R release  
trail hnds slight "V" ½OP/LOD (W fwd L SCAR trn LF, fwd R trn LF to LOD, sd & fwd L);
- 5              Fwd L trn LF, sd & fwd R trn LF join trail hnds, trn LF bk & sd L "V" pos fc RLOD lead hnds up & out, -;
- 6-10**           **AIDA; CIRCULAR WALKS/W CIRCULAR UNDERARM\*;; ½ BASIC TO ALEMA;**
- 6              Fwd R trn RF, sd & fwd L trn RF join lead hnds, trn RF bk & sd R "V" pos fc LOD trail hnds up & out, -;
- 7-8            Fwd L raise jnd lead hnds start LF circle, fwd R crcl LF, fwd L crcl LF, -; fwd R crcl LF, fwd L crcl LF, sd  
&  
fwd R fc WALL open fcg, - (W ¾ circle trn RF under lead hnds to fc COH R, L, R, -; L, R, L, -);  
\*LADIES OPTION- [circular walk w/hip twist; aleMa 1¾ trn] fwd R brush L ft trn RF, fwd L trn RF brush  
R ft under lead hnds, fwd R swvl RF fc DLC [hip twist action], -; fwd L brush R ft trn RF, fwd R brush L ft  
trn RF under jnd hnds, strong trn RF sd L fc COH, -;
- 9-10           Fwd L, rec R raise lead hnds, cl L, -; bk R, rec L, sd & fwd R, - \*(W bk R, rec L, fwd R toe out start RF trn,  
-; fwd L brush R ft trn RF, fwd R trn RF brush L ft, trn RF sd L, -); \* 1st & 3rd times - BFLY/SCAR/DRW  
\* 2nd, 4th & 5th times - OP fc WALL

### PART B

- 1-8**            **OPEN HIP TWIST; FAN TO OPEN FACING; OPEN HIP TWIST; FAN; 3 OF HOCKEY STICK  
TO SHADOW; SHADOW FENCE LINES;; END OF HOCKEY STICK;**
- 1-2            Fwd L, rec R, cl L press hnd fwd, -(W bk R, rec L, fwd R trn RF to LOP, -); bk R, rec L, trn LF on L sd &  
fwd R fc LOD OP fcg, -(W fwd L, fwd R trn LF to fc RLOD, bk & sd L fc M, -);
- 3-4            Fwd L, rec R, cl L press hnd fwd, -(W bk R, rec L, fwd R trn RF to COH, -); bk R, rec L, sd & fwd R fan pos  
LOD, -(W fwd L, fwd R trn LF to fc WALL, bk & sd L body at angle to M, -);
- 5-6            Fwd L, rec R raise jnd lead hnds wrap action, release hnds sd L shdw LOD, -; (W cl R trn RF, fwd L start  
wrap action LF trn, trn LF sd & fwd R fc LOD in front of M, -; Fwd R soften knee body erect extend L hnd  
up R hnd out to W look at W (W extend R hnd up L hnd out to M look at M), rec L trn RF collect arms, sd &  
fwd L, -;
- 7-8            Fwd L soften knee body erect extend R hnd up L hnd out to W look at W (W extend L hnd up R hnd out to  
M look at M), rec R trn LF collect arms, sd L,-; bk R bhnd L, rec fwd L, fwd R OP fcg fc LOD jn lead hnds  
trail hands on hips, -(W fwd L fwd & R tan LF, bk L, -);
- 9-16**           **PROGRESSIVE WALKS\*;; OPEN BREAK & SHAPE; SOLO SPOT TURN & CLOSE\*; FULL  
BASIC TO BUTTERFLY; ; NEW YORKER; SPOT TURN;**
- 9-10           Fwd L, fwd R, fwd L, -; fwd R, fwd L, fwd R fc LOD, -(W bk R, bk L bk R, -; bk L, bk R, bk L fc RLOD, -  
);
- M              \*W OPTION: [add hand work comb hair with left hnd in 1st bar, extend fwd & pull toward body 'inviting'  
fwd;]
- 11-12           Apart L sweep both arms up & out rec R sweep arms down & slightly bk, sd & fwd L shape hnds to hips  
shape to ptr M on inside look at ptr, -; fwd R trn LF, rec L trn LF, cl R CP/WALL,- (W fwd L slight trn RF,  
rec sd R, cl L fc COH); \*W OPTION: [fwd L trn RF, fwd R spin ¾ RF to fc COH, cl L, -;]
- 13-14           Fwd L, rec R, sd & bk L,-; bk R, rec fwd L release R sd hold, sd & fwd R to BFLY/WALL R sd slightly  
OP, -;
- 15-16           Release trail hnds trn RF ck thru L, rec R trn LF, sd L to slight OP/WALL, -; thru R trn LF, rec L trn LF, sd  
R BFLY/SCAR/WALL, -;

### END

- 1-4**            **3 HAND TO HANDS;;; HAND TO HAND & HOLD;**
- 1-2            Trn LF on R bring trail hnds thru bk L lead hnds up & out, rec R trn RF, sd L to BFLY/WALL, -; trn RF on  
L bring lead hnds thru bk R trail hnds up & out, rec L trn LF, sd R to BFLY/WALL, -;
- 3-4            Trn LF on R bring trail hnds thru bk L lead hnds up & out, rec R trn RF, sd L to BFLY/WALL, -; trn RF on  
L bring lead hnds thru bk R trail hnds up & out hold ½OP pos fcg HOLD as music ends, -, -;