

La Rita

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RECORD : STAR-144B "La Rita Towers" (Contact choreographer or Palomino Records)

FOOTWORK: Lady's footwork opposite Man (except as noted)

RHYTHM : Paso Doble

PHASE: V

SPEED: 43-44

SEQUENCE : Int, A, B, Bridge, C, End

Rel: 11/00 1.3

INTRO

1-4 WAIT ; ARM SWEEP ; FLAMENCO TAPS 2X ; ;

- 1 Wait M fcg LOD (RLOD) separated by 2-3 foot both in L ft Press Line w/fwd poise and arms curved out from sides w/palms in; [Like holding a large ball]
- 2 {**Arm Sweep to Spanish Line**} Both sweep R arm CCW and up ending w/palm fwd above head and L arm curved in front of body w/palm in;
- 1&234 3 {**Flamenco Taps**} Both fwd L, tap R bhd L/ tap R bhd L, rec bk R, hold in L Press Line retain L arm position throughout;
- 5&678 4 {**Flamenco Taps**} Repeat Meas. 3

A SEQ

1-4 CIRCLE WALK (W sd, cl) (WL) ; ; SIXTEEN ; ;

- 1234 1-2 {**Circle Walk**} Retain L arm postn in frnt of body lower R arm to back of body with palm in as wlk fwd L to W's L sd, cont w/LF circle R, L, R; L, R, L, tch R to L blending to CP WL (Retain L arm postn in frnt body with L arm curved back with palm in as walk fwd L to M's L sd, cont w/LF circle R, L, R; L, R, sd L, cl R blending to CP COH) ; [Both dance wide circle turning LF - looking at partner - M trans on stp 8]
- 1234 3-4 {**Sixteen**} Appel R, sd L, fwd & acrs R, sd & bk L CP; bk R mod BJO, bk L trng RF, cl R to L with wide Paso hld fcg COH, cl L (Appel L, sd R, fwd & acrs L, fwd R LOD; fwd L mod BJO, fwd R, sd L fcg WL on M's R sd, rec R fcg DRW); [Man use high R side cape action w/L hnd low as W moves to M's R sd & high L side cape action w/R side low as W moves to M's L sd throughout figure end in CP COH]

5-8 (cont. SIXTEEN COH) ; ; TURNING SUR PLACE (WL) ; ;

- 1234 5-6 {**cont. Sixteen**} Sur Place R, L, R, L; R, L, R, L end CP COH (fwd & acrs L twd RLOD, sd R fcg WL on M's L sd, rec L fcg DLW, fwd & acrs R twd LOD; sd L fcg WL on M's R sd, rec R fcg DRW, fwd L small step trng LF, cl R to CP);
- 1234 7-8 {**Turning Sur Place**} Sur Place R, L, R, L; R, L, R, L trng 1/2 RF acrs 8 steps to fc WL (Sur Place L, R, L, R; L, R, L, R); [Optional Styling - Rel ld hnds & opn side like holding a cape between the released hands, w/R sd stretch free arms on angle twd floor]

9-12 SIXTEEN (COH); ; ; ;

- 9-12 {**Sixteen**} Repeat meas. 3 thru 6 end CP COH.

13-16 SEPARATION to R SD & WHEEL to L PRESS ; ; ; FWD (Swvl) & DROP ;

- 1234 13-14 {**Separation to Right Side**} Appel R rel R sd hnd hld, fwd L extend L arm lead W to travel further extend free arms out at shoulder height, cl R, inplc L; From extended LOP fcg postn Sur Place R, L, R, L leading W fwd and to R sd w/wide R sd hold & R sd stretch (Appel L, bk R, L, cl R; fwd L, R, L, R to M's R sd);
- 1234 15 {**Fwd wheel RF to L Press Line in Tandem fcg WL**} Fwd R, fwd L trng 3/8 RF, as step sd R to fc WL lead W's RF swivel w/R hnd & rel then join L-L hnds, press L fwd twd LOD place R hnd at W's R hip (Fwd L, fwd R trng 3/8 RF, sml sd L fcg COH & swvl on L to fc DLW, stp sd & bk R ending in L Press Line);
- 5678 16 {**Fwd to Drop (Fwd, Sd w/swivel & Drop)**} Fwd L ending sd, hold as lead W's LF swivel, drop into L knee holding W at her waist with jnd hnds high, hold (Fwd L twd LOD, fwd & sd R sml stp swivel LF, drop to sit line, hold);

B SEQ**1-4 UP ELEVATIONS ; DOWN ELEVATIONS ; PROM LINK (LOD) ; CHASSE ;**

- 1234 1 **{Up Elevation}** Retain “wrapped” hold as rec R and Chassé to Right high on ball of foot, cl L, sd R, cl L release jnd L-L hnds (Rec L trng to fc M, cl R, sd L, cl R); [Both looking twd RLOD with L (R) side stretch jnd hnds held in high arc over head]
- 5678 2 **{Down Elevation}** Blend to wide Paso hold and extended jnd lead hnds twd LOD & slightly down with palms down as Chassé to Right low into legs on flat of foot sd R, cl L, sd R, cl L (Sd L, cl R, sd L, cl R); [Both looking twd LOD]
- 1234 3 **{Promenade Link}** Appel R, sd L twd LOD, fwd & acrs R twd LOD trng LF, cl L to CP LOD (Appel L, sd R twd LOD, fwd L twd LOD trng LF, cont LF trn cl R CP);
- 5678 4 **{Chassé to Right}** Sd R, cl L, sd R, cl L (Sd L, cl R, sd L, cl R) ;

5-8 PROM LINK (COH) ; CHASSE ; ECART ; MINI GRAND (WL) ;

- 1234 5 **{Promenade Link}** Appel R, sd L twd COH, fwd & acrs R twd COH trng LF, cl L to CP COH (Appel L, sd R twd COH, fwd L twd COH trng LF, cont LF trn cl R CP);
- 5678 6 **{Chassé to Right}** Sd R, cl L, sd R, cl L (Sd L, cl R, sd L, cl R) ;
- 1234 7 **{Ecart}** Appel R, fwd L, sd & bk R in Fallaway, XLIB in Fallaway fcg DRC (Appel L, bk R, sd & bk L in Fallaway, XRIB in Fallaway fcg DRW) ;
- 5678 8 **{Mini Grand Circle to fc WL}** Using Cape action [wide hold L sd low R sd high rec R w/strong fwd poise leading W fwd, twist LF leaving feet in place as W dances fwd trng LF, -, cl L to R end CP WL (Fwd in wide circle trng LF L, R, “thru” L swivel LF, cl R CP fcg COH) ;

BRIDGE**1-4 SIXTEEN (COH); ; ; ;**

- 1-4 **{Sixteen}** Repeat meas. 9 thru 12 Part A end CP COH.

5-8 SEPARATION TO R SIDE ; ; with FALLAWAY ENDING (WL) ; ;

- 5-6 **{Separation to R Side}** Repeat meas. 13 & 14 Part A.
- 1234 7-8 **{Fallaway Ending to fc WL}** In BJO fwd R trng RF, fwd L trng RF fcg WL, bk & slightly sd R in Fallaway, XLIB in Fallaway; sd R, cl L, sd R, cl L (Fwd L trng RF, fwd R trng RF fcg COH, bk & slightly sd L in Fallaway, XRIB in Fallaway; sd L, cl R, sd L, cl R) ; [Steps 1&2 turn 1/2 RF. Steps 5-8 are the Chassé to Right]

C SEQ**1-4 PROMENADES - EXTENDED (WL) ; ; ; ;**

- 1234 1-2 **{Promenades}** Appel R, sd L, thru R, sd & bk L CP; sd & fwd R in RSCP LOD, thru L still in RSCP trng RF, fwd R LOD trng RF, cont trn sd L fcg WL; (Appel L, sd & fwd R, fwd L LOD, fwd R; sd & fwd L in RSCP, thru R still in RSCP, sd & bk L fcg RLOD, sd & fwd R LOD fcg DLC);
- 1234 3-4 **{Extend the Promenades}** Thru R, sd & bk L CP, sd R & fwd in RSCP, thru L still in RSCP trng RF; fwd R LOD trng RF, cont trn sd L, thru R to CP fcg WL, cl L (Fwd L twd LOD, fwd R, sd & fwd L in RSCP, thru R still in RSCP; sd & bk L fcg RLOD, sd & fwd R fcg DLC, thru L trn to fc M, cl R);

5-8 GRAND CIRCLE 12 cts (WL) ; ; ; CHASSE ;

- 1234 5-7 **{“Maxi” Grand Circle}** Appel R, sd L SCP, reach thru R X-bdy DLC most of weight on R ft with fwd poise using cape action lead W to circle LF, twist LF leaving feet in place as W dances fwd trng LF -; -, -, -, -, -, -, xfr wt to L in CP WL (Appel L, sd & fwd R, fwd L, R; L, R, L, R; L, R, “thru” L swivel LF, cl R CP fcg COH); [Lady dances a large, full circle turning LF.]
- 5678 8 **{Chassé to Right}** Sd R, cl L, sd R, cl L (Sd L, cl R, sd L, cl R);

9-12 LA PASSE ; ; ; ;

1234 9-12 {**La Passe**} [Starts w/steps 1-5 of Sixteen M steps fwd COH on steps 7, 10 & 13] Appel
 5678 R, sd L, fwd & acrs R, sd & bk L CP; bk R mod BJO, bk L twd DLW in BJO, fwd R
 1234 COH, hold on R; hold on R, fwd L, hold on L, hold on L, fwd R, hold on R, hold on R,
 5678 cl L to R end CP COH (Appel L, sd R, fwd & acrs L, fwd R LOD; fwd L, fwd R twd
 DW in mod BJO, fwd L trng RF on M's R sd, sd & fwd R DRC, fwd & acrs L twd
 RLOD, fwd R trng LF on M's L sd, sd L twd DLC, fwd & acrs R twd LOD, sd L DLC
 fcg DLW, sd R DRC, fwd L twd ptr, cl R CP fcg WL); [Man use high R side cape
 action w/L hnd low as W moves to M's R sd & high L side cape action w/R hnd low as
 W moves to M's L sd throughout figure end in CP COH]

13-16 SLIP-APPEL with TELE END ; DOUBLE CLOSE PROM ; COUP de PIQUE ;

1234 13 {**Slip Appel w/Telemark End**} Slip Appel R [bk trng LF] fcg DRC, fwd L, fwd R
 ending sd, sd & fwd L fcg WL (Slip L fwd trng LF fcg DLW, bk R, bk L heel trn LF, sd
 & fwd R fcg COH);
 5678 14 {**Double Close Promenade**} Thru R, cl L CP WL, thru R, cl L CP WL (Thru L, cl R,
 thru L, cl R);
 1234 15-16 {**Coup de Pique**} Point R thru LOD, cl R to L, XLIB in Fallaway, cl R to L; XLIB in
 56&78 Fallaway, sd R/cl L, sd R, cl L (Point L thru LOD, cl L to R, XRIB in Fallaway, cl L to
 R; XRIB in Fallaway, sd L/cl R, sd L, cl R);

END

1-4 SEPARATION ; ; PROM LINK ; APPEL & FALLAWAY REVERSE ;

1234 1-2 {**Separation**} Appel R rel R sd hnd hld, fwd L extend L arm lead W to travel further
 5678 extend free arms out at shoulder height, cl R, inplc L; From extended LOP fcg postn Sur
 Place R, L, R, L leading W to CP (Appel L, bk R, L, cl R; fwd L, R, L, R to CP);
 1234 3 {**Promenade Link**} Appel R, sd L twd LOD, fwd & acrs R twd LOD trng LF, cl L to
 CP LOD (Appel L, sd R twd LOD, fwd & acrs L twd LOD trng LF, cont LF trn cl R
 CP);
 1234 4 {**Fallaway Reverse**} Appel R, fwd L trng 1/8 LF, sd & bk R trng 1/8 LF fcg DRC in
 Fallaway, XLIB (Appel L, bk R trng LF, sd & bk L in Fallaway, XRIB) ;
 [The Slip Appel is not necessary from this alignment.]

**5-9 (cont Fallwy Rev) ; SUR PLACE & SEPARATION to PRESS LINE ; ; FLAMEMCO
 TAPS 2X to ARM SWEEP ; ; -, -**

5678 5 {**cont Fallwy Rev**} Bk R trng LF [Slip Pivot] to CP fcg DRW, fwd L trng LF fcg, sd R
 trng LF, cl L fcg LOD in CP (Fwd L [Slip Pivot] trng LF to CP, bk R trng LF, sd L trng
 LF, cl R in CP);
 1234 6-7 {**Sur Place & Separation to Press Line**} Sur Place R, L, R, L ; Appel R, fwd L extend
 5678 L arm leading W to travel further extend free arms out at shoulder height, rel jnd ld
 hnds as cl R, press L fwd to L ft Press Line & raise R arm to Spanish Line (Sur Place L,
 R, L, R ; Appel L, bk R, bk L, bk R to L ft Press Line & raise R arm to Spanish Line);
 1&234 8-9 {**Flamenco Taps 2X**} Fwd L, tap R bhd L/ tap R bhd L, rec bk R, hold in L Press Line
 5&678 retain L arm position throughout (Same line and action as man);
 [Same as Intro. Meas. 3 & 4]
 - - {**Arm Sweep**} Use the remaining beats to circle R arms quickly CCW down & back up
 to Spanish Line.