

# Los RayOs del SOL

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Music: Prandi Sound CD 195, Latin Dream, Alassio Open, track 5

Footwork: opposite, directions for man; timing QQS unless noted

Rhythm & Level: Rumba, Pase V +2 (ropespin, curl)

Difficulty Level: Difficult

Sequence: Intro A, B, C, B, End Rev 1.2 2008

## INTRODUCTION

**1-4 WAIT 1; HIP ROCKS 2 SLOWS; HIP ROCKS qqs; lady ROLL 3 to CENTER man FACE trans;**

1 [WAIT 1] tandem fcng LOD right feet free man's hnds on lady's hips;

2 [Slow Hip Rock SS] Rk Sd R roll hip fwd & bk, -, rec L roll hip fwd & bk fc LOD, -;

3 [Hip Rocks QQS] Rk sd R roll hip fwd & bk, rec L roll hip fwd & bk fc LOD, rec sd R roll hip fwd & bk;

4 [Roll Xition SS (QQS)] Sd L, -, trn LF sd R fc COH jn lead hnds opn fcng, - (sd L strt LF trn, fwd R COH trn

LF, bk L fc WALL, -);

## PART A

**1-8 HALF BASIC; CHANGE SIDES like a HOCKEY STICK; OPEN HIP TWIST to SHADOW man touch;**

**CUCARACHA CROSS; CRAB WALK 3; SHADOW FENCE LINE RECOVER FORWARD;**

**UNDERARM ROLL;**

**SHADOW FENCE LINE RECOVER FORWARD;**

1 [Half Basic] Fwd L, rec R, sd L trn RF to fc LOD hockey stick pos raise lead hnds;

2 [Hockey Stick End] Trn RF bk R, rec L, fwd R opn fcng fc Wall, - ;(fwd L undr lead hnds, fwd R trn LF, bk

L, -);

3 [Open Hip Twist Xition QQ- (QQS)] Fwd L, rec R, tch L to R press hnd slght fwd to shdw fc WALL hnds to

lady's waist, - (bk R, rec L, fwd R trn RF to shdw WALL, -);

4 [Cucaracha Cross] Press sd L, rec R, XLIFR shdw Wall, -;

5 [Crab Walk 3] Sd R toe out hips trn LF, trn hips RF thru L, hips trn LF sd R toe out shdw WALL, -;

6 [Shdw Fence Line] Ck fwd L DRW soften knee body erect extnd lft arms (lady both arms), rec R trn

LF, fwd L shdw twrd LOD jn lft hnds, -;

7 [Underarm Roll] Fwd R DLW strt roll RF lady under lft hnds, fwd & sd L cont roll RF, sd R to man's shdw fc

COH, -;

8 [Shdw Fence Line] Ck fwd L DLC soften knee body erect extend trail arms fwd, rec R trn LF, fwd L

man's shdw towrd RLOD release lft hnds, -;

**9-16 SPOT TURN A HALF & CROSS both face wall; SAMEFOOT WALKS;; lady SPOT TURN man**

**TRANSITION; CROSS BASIC lady SPIRAL;; CROSS BASIC lady SPIRAL;;**

9 [Spot Turn & Cross] Fwd R raise both arms over head trn LF 1/2, rec L fc WALL in shdw, XRIFL in shdw jn

lft hnds man's rght hnd to lady's waist fc WALL mvng LOD, -;

10-11 [Samefoot Walks] Fwd & sd L, fwd R, fwd & sd L, - (lady sweeps rght arm up, over, & out ccw during walk

to end out); fwd R, fwd & sd L, fwd R, - (lady sweeps rght arm up, over, & out ccw during walk to end out);

12 [**lady Spot Turn SS (QQS)**] Fwd L trn RF lead lady to trn RF release hnds,-, rec sd R to bfly WALL,- (fwd L trn RF 1/4, rec R trn RF 1/4, sd L bfly RLOD,-);  
13-14 [**Cross Basic w/Spiral**] Body trn RF fwd L sdcar, rec R, body trn LF sd & fwd L DLC spiral lady undr lead hnds,-; bk R toe in brng lady fwd, rec L body trn LF, sd & fwd R to bfly fc COH,-; (bk R, rec L, fwd R spiral LF under lead hnds; fwd L trn LF, fwd & sd R trn LF, sd & bk L to bfly sdcar,-);  
15-16 [**Cross Basic w/Spiral**] Body trn RF fwd L sdcar, rec R, body trn LF sd & fwd L DRW spiral lady undr lead hnds,-; bk R toe in brng lady fwd, rec L body trn LF, sd & fwd R to bfly fc WALL,-; (bk R, rec L, fwd R spiral LF under lead hnds; fwd L trn LF, fwd & sd R trn LF, sd & bk L to bfly,-);

## **PART B**

**1-8 ALTERNATIVE BASIC; FENCE LINE & CURL; BACK WALK 3 & CHECK; WHEEL 3; WHEEL & WRAP; lady UNDERARM to FAN; HOCKEY STICK;;**

1 [**Alter Basic**] Cl L, cl R, sd L to bfly fc WALL,- (cl R, cl L, sd R,-);  
2 [**Fence & Curl**] Thru R LOD soften knee body erect extend arms to bfly, -, trn lady RF under led hnds to hammerlock pos slght rise lead hnds hi no wght chnge,- (thru L,-, swvl RF undr lead hnds to hammerlock sit line pos fc RLOD,-) ;  
3 [**Back Walk Ck**] Hold hammerlock pos from curl bk L, bk R, bk L ckng,-;  
4 [**Wheel 3**] Fwd R strt circle wlk both fwd RF, L, R hammerlock DRC,-;  
5 [**Wheel & Wrap**] Cont wheel RF fwd L strt wrap lady LF, fwd R, fwd L wrapped DRW (fwd R trn LF undr lead hnds, fwd L trn LF, bk R fc DRW wrapped pos,-);  
6 [**Underarm to Fan**] Release trail hnds fwd R trn RF strt lady under lead hnds, fwd L spin RF, sd R fan pos fc WALL,- (trn LF fwd L LOD undr lead hnds, fwd R trn LF to fc RLOD, bk L fc RLOD,-);

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7-8 [**Hockey Stick**] Fwd L, rec R raise jnd lead hnds, fwd & sd L trn 1/4 RF to lady's rght sd look at prtnr,-; slght body trn RF bk R bhnd L, rec fwd L, fwd R opn fcng fc DRW ,- (cl R, rec L, fwd R slght RF body trn look at man,-; fwd & sd L, fwd R trn LF undr lead hnds, bk L,-);

## **PART C**

**1-8 ALEMANA;; CUDDLE twice;; BACK BREAK; AIDA; SWITCH ROCK to a SPOT TURN;;**

1-2 [**Alemana**] Fwd L, rec R raise lead hnds, cl L,-; bk R, rec L, sd & fwd R to cuddle pos fc WALL,- (cl R, fwd L,fwd R toe out start RF trn,-; fwd L brush rght ft trn RF, fwd R trn RF brush lft ft, trn RF sd L to cuddle pos,-);  
3-4 [**2 Cuddles**] Sd L slght body trn RF extnd lft hnd up & out, rec R body trn LF, cl L cuddle pos WALL,-; sd R slght body trn LF extnd rght hnd up & out, rec L body trn RF, cl R cuddle pos WALL,-(trn RF sd & bk R extnd rght arm out, rec L trn LF, fwd R sml stp swvl to cuddle pos,-; trn LF sd & bk L extnd lft arm out, rec R trn RF, fwd L sml stp swvl to cuddle pos,-);  
5 [**Back Break**] Swvl LF (RF) bk L lead hnds out, rec R, fwd L trn RF (LF) "V" LOD jn lead hnds,-;  
6 [**Aida**] Thru R, fwd L slght cbmp trn RF (LF), bk & sd R invert "V" pos fc RLOD lead hnds up & out,-;

7 [**Switch Rock**] Trn LF (RF) rk sd L bfly, rec R, sd & fwd L to bfly WALL,-;

8 [**Spot Turn**] Thru R trn LF (RF) 1/2, rec L trn LF (RF) 1/4, sd & fwd R bfly sdcar DRW,-;

**9-16 CHECK lady DEVELOPE; FAN; START ALEMANA; lady SLOW SWIVELS man ROCKS; FINISH**

**ALEMANA to a ROPE SPIN 1/2 man TURN FACE LINE;; SIDE BREAK with lady's UNDERARM in 4; SIDE**

**WALK to BFLY;**

9 [Check Develope SS] Ck fwd L in bfly scr DRW,-, strghtn rght knee slowly shape body to lft keep rght leg

extnded bk bhnd body,- (ck bk R in bfly scr,-, raise lft knee, kick lft leg to DLC & lower to R);

10 [Fan] Thru R, rec L body trn rf, sd & fwd R fan pos fc WALL,- (thru L, fwd R trn LF to fc RLOD, bk L fc

ROLD,-);

11 [Alemana to Rope Spin Half to Lft Opn] Fwd L, rec R raise lead hnds, cl L,- (cl R, rec L, fwd R toe out RF

trn,-);

12 [Slow Swivels SS] Lwr lhds to bfly (lead lady fwd L to swvl LF) delayed rk R,-, rec L (lead lady swvl RF)

raise lead hnds;

13-14 [Alemana End to Rope Spin] Bk & sd R, rec L, cl R fc Wall spiral lady RF undr lead hnds,- ; press sd L hnds

ovr head lead lady arnd CW, rec R trn LF, fwd L sml stp lft opn LOD,-; fwd L brush rght ft trn RF, fwd R trn

RF brush lft ft, trn RF sd & fwd L spiral RF,-; fwd circle wlk arnd man CW R,L,R,- to lft opn LOD;)

15 [Side Brk & Under in 4 QQQQ] Rk sd R, rec sd L mve behnd lady raise lead hnds, XRIFL trn RF fc WALL,

cl L fc WALL bfly (rk sd L, rec R strt LF undrarm trn, XLIFR trn LF, bk R to bfly fc COH);

16 [Side Walk] sd R, cl L, sd R bfly WALL;

**END**

**1-2 SIT LINE & CURL; SIDE LUNGE & SHAPE;**

1 [Sit & Curl - - (QQS)] Lwr on R into Inge line lf ft to sd trail hnd out & slght up,-, rise on R raise lead hnds

spiral lady undr LF to tndm Wall,- (bk R, rec L, fwd R spiral LF undr lead hnds to fc Wall,-);[note: now same

foot free]

2 [Side Lunge & Shape S - ] Lunge sd L soften knee,-, extnd lft hnds out (lady both hnds) slght body trn LF

look DLW,-;

**Sequence: Intro, A, B, C, B, End**