

# Mia



**Choreographers:** Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020; Tel: 303-469-9140, ctkr@aol.com  
Many thanks to James Kunitz, Jean Marc Generoux, & Alain Doucet for their generous help.

**Record:** STAR 191 *Mia* [flip: *Ain't That a Kick in the Head*], also available from choreographers

**Footwork:** Directions for M, W normal opposite (exceptions in parentheses)

**Rhythm:** Rumba, Phase VI

**Speed:** 45 rpm

**Sequence:** **Intro A B A(9-16) B(1-12) End**

Version 1.1 (August 12, 2002)

## Introduction

[1] Wait in OP fcg LOD M R W L free trail hnds jnd through long notes;

## Part A

[1-4] Aida; Hip Rolls; Trn Filwy Ronde & Q Vine 3, Sd Draw Cls;

- QQS [1] {Aida} Fwd R, fwd L trn sharply RF fac RLOD lead hnds jnd, strong bk & sd R twd DLC (DLW) ext free arms up and out,;
- SS [2] {Hip Rolls} Rec partial wgt onto L (R) roll lft hip CCW (rt hip CW),, bk onto R (L) roll rt hip CW (lft hip CCW),;
- QQQ(*ronde*) [3-4] {Fallaway Ronde & Quick Vine to Side Draw Close} Fwd L (fwd R) fac prtnr & wall, sd R leave free foot extended, *ronde* free foot CCW (CW) on floor, XLIB (XRIB)/sd R; XLIF (XRIF)/sd R large step sway strongly to lft, draw L to R,, cls L to R no sway on toes;
- Q&Q& SQ

[5-8] Rk Apt to Dbl Ronde; Nat Open Out to Continuous Circular Hip Twists;

- QQ [5] {Rk Apt to Dble Ronde} Rk bk R (bk L), rec fwd L (rec fwd R), fwd R/comm CW *ronde* with L (fwd & sd L commence CW *ronde* w/ R) to loose CP-COH,; [*Note: Rk Apt on "destino"*]
- Q&(ronde) QQS [6-8] {Natural Opening Out to Continuous Circular Hip Twists} Fwd L trn upper body RF (cont RF trn step bk R twd wall), rec bk R trn sltly LF (fwd L trn strongly LF) BJO-COH, XLIB of R commence LF wheel action (cls R to L/swvl RF keep shldr parallel to M's throughout this figure),; Small sd R cont LF wheel (fwd rumba walk L/swvl LF), XLIB of R cont wheel (cls R to L/swvl RF), small sd R cont LF wheel (fwd rumba walk L/swvl LF),; XLIB of R cont LF wheel (cls R to L/swvl RF), small sd R cont LF wheel (fwd rumba walk L/swvl LF), cls L to R (cls R to L/swvl RF) SCP-DRC,;
- QQS (Q&Q&S&); QQS (Q&Q&S&); QQS (Q&Q&S&)

[9-12] Spiral Runaway; Mod Basic to Corte Bk; Rec W Ronde to UA Trn M Pt;

Synco Walks to Mod Varsouv;

- QQS [9] {Spiral Runaway} Sml bk R (fwd L twd RLOD), fwd L to RLOD (fwd R/spiral full LF trn) lead hnds still jnd over W's head for spiral and then down, fwd R (fwd L/full LF trn) to runaway position both fac RLOD lead hnds jnd and low,;
- (QQ&S&) QQS [10] {Modified Basic to Corte Back} Fwd L (fwd R trn 1/2 RF fac LOD), step R (fwd L) blend to CP, dramatic corte bk L (corte fwd R) trn sltly LF stretch lft sd,;
- QQS [11] {Recover (Ronde) Underarm Turn M Point} Rec R (rec L/ronde R CW), trn RF (bk R comm LF UA trn/fwd L twd LOD), pt L sd fac LOD (fwd R spiral 1/2 LF to sit fac RLOD),;
- (Q&Q&S) -Q&S [12] {Synco Walks to Mod Varsouv} Extend lft arm (sml bk L), fwd L/fwd R (trn RF sd & fwd R), (QQS) XLIF of R chg to R-R hnds (XLIF of R) fac DRW on toes jnd hnds above W's head,;

[13-16] Trn Tandem; Barrel Roll Action; W Out then both Bk to Aida; Switch to Synco Rocks;

- S- [13] {Turn to Tandem} Trn RF step fwd R (unwind RF),,cont trn bring feet together to tight tandem M IB of W lft hnds jnd low M's rt arm arnd W waist fac RLOD,;
- S- [14] {Barrel Roll Action} Bring jnd left arms up and around in CCW circle by moving hips to rt then fwd then lft then bk end w/ W's arms out to sd and trail feet free,,;
- QQS [15] {W Out then both Back to Aida} Bk R lead W to LF spin (sd L/spin full trn LF) join lead hnds, (Q&QS) bk L (bk R), strong bk & sd R twd DLC (sd L DLW) ext free arms up and out,;
- Q&QS [16] {Switch to Syncopated Rocks} Trn LF (trn RF) fac prtnr sd L/rec R, sd L, rec R with hip rock action to LOP-fcg M fac prtnr & wall,;

## Part B

### [1-4] ½Basic; Alemana to M Lunge W Sit; W Spiral & Leg Over; W Spiral IB of M;

- QOS [1] {Half Basic} Fwd L, rec R, bk & sd L,;  
QQ&S [2] {Alemana to Lunge & Sit} Bk R twd DLC (fwd L twd DLC swvl ½RF under jnd lead hnds),  
rec L (fwd R trn RF fac LOD), cls R to L/sd L to lunge LOD look at W free ft pt sd (fwd L  
spiral ½RF/pt R fwd in sit line) lead remain hnds jnd,;  
Q- [3] {W Rec Spiral & Leg Over M Split Weight} Rec R to split wgt on both feet fac wall (fwd R/  
(Q&Q&S) spiral LF full trn, fwd L/cont LF trn fac DRC, extend free R over M's lower rt leg,) tight CP,;  
- [4] {W Forward & Spiral Behind his Back} Hold M look over rt shldr at W keep lead hnds jnd  
(QOS) (fwd R over M's rt leg, fwd L, spiral RF to fac LOD),,,; [Note: W spirals on word "habrás"]

### [5-8] W Fwd 2 & Leg Over; W Spin Tandem; Hip Rolls; Fan;

- [5] {W Forward 2 & Extend Leg Over} Hold (fwd R, L),, hook M's lft arm and W's R arm tog  
(QOS) near elbow (extend R w/o wgt over M's lower lft leg),;  
Q- [6] {W Spin Tandem} Rec L bring feet tog, (fwd R, spin RF full trn to tandem W IF of M bring  
(QQ-) feet tog) M's hnds on W's hips both fac wall,;  
SS [7] {Hip Rolls} Both roll lft hip CCW then roll rt hip CW over full meas transfer wgt to lead ft;  
QOS [8] {Fan} Bk R (sd L twd LOD), rec L (fwd R spiral ¼LF), sd R (bk L) to fan position M face wall  
W fac RLOD,;

### [9-12] Alemana to Mod Shadow;; Sliding Door;;

- QOS; [9-10] {Alemana to Modified Shadow} Fwd L (cls R to L), rec R (fwd L), cls L to R (fwd R trn RF  
QOS fac DLC),; Bk R twd DLC (fwd L twd DLC swvl ½RF under jnd lead hnds), rec L (fwd R trn  
RF fac LOD), cls R to L (sml fwd L spiral RF fac wall) shadow position W to rt and IF of M  
no hnds jnd,;  
QOS; [11-12] {Sliding Door} Fwd L twd wall trn body RF (bk R trn body RF), rec R trn body fac wall (rec L  
QOS trn body fac wall), XLIB of R moving beh W (XRIF of L),; Sd R extend rt arm to sd (sd L),  
rec L moving beh W (rec R), XRIF of L (LIB of R) to mod shadow [Optional Variation: M spin  
full trn RF on last step],;

### [13-16] cont Sliding Door;; Sliding Door to OS Swvl; Synco Swvls to SCP;

- QOS;QOS [13-14] {continue the Sliding Door} Repeat meas 11-12 of Part B;  
QOS [15] {Sliding Door to Outside Swivel} Fwd L trn ¼RF (bk R), sml bk R (rec L trn ¼LF) BJO-  
RLOD, bk L (fwd R swvl RF) SCP-RLOD trail feet free,;  
QQ&S [16] {Syncopated Swivels to SCP} Fwd R (fwd L swvl ¼LF), rec L (fwd R swvl ½RF)/fwd R (sml  
fwd L swvl ¼LF), rec L (R swvl ½RF) SCP-RLOD,;

## Repeat Part A (9-16)

## Repeat Part B (1-12)

## End

### [1-6] Wheel to Headloop; Layback; 3 Telemarks;; S Throwaway Oversway.

- QOQQ [1] {Wheel to Headloop} Fwd L join lft hnds rt hnd on W's rt shldr blade commence RF wheel  
(QOS) (sml bk R trn RF), fwd R (bk L) cont wheel, fwd L trn fac wall bring jnd hnds over W's head  
then around M's neck (trn RF) feet tog tight SCP M fac wall W fac LOD M's rt hnd around  
W's back, M transfer wgt to R;  
SS [2] {Layback} Sway to rt by moving hips lft (sway bk by moving hips fwd),, correct sway  
(SS&) (correct sway/fwd lft pickup CP-LOD); [Note: M pick W up on word "siendo"]  
QQ- [3-5] {3 Telemarks} Fwd L commence LF trn (bk R), sd R around W cont LF trn (cls L to R heel  
(QOQQ); trn), point L twd DLC (fwd R twd LOD cont LF trn, fwd L trn LF CP-DLC),; Repeat meas 3  
QQ- of End; Fwd L commence LF trn (bk R), sd R around W cont LF trn (cls L to R heel trn),  
(QOQQ) point L twd DLC (point R) SCP-DLW,; [Note: each telemark begins on word "Mia" in the  
QQ- (QQ-) lyrics; music slows here]  
S--- [6-] {Slow Throwaway Oversway} Fwd L (fwd R) rotate body LF CP-DLW then lower and  
extend R (extend L) bk & away from ptrnr as music fades.