

Mia Tres



Choreographers: Chris & Terri Cantrell-ctkr@aol.com 960 Garnet St., Broomfield, CO 80020; 303-469-9140

Rhythm & Phase: Rumba, Phase III+1 [Aida]

Music: CDZ-81112 Sony "La Distancia", Simone Track 6 - "Mia" [skip 1st 20 seconds & see 'Speed' below] or contact choreographer [if you already have the phase VI Mia combination CD, increase speed by 10%*]

Speed: Increase by 22%* or more for comfort [* Try "Amazing Slow Downer" software (www.ronimusic.com)]

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

Sequence: Introduction A B A(9-16) B(1-14) End

Version 1 (May 2003)

Introduction

[1] Wait:

[1] {**Wait**} OP facing LOD M R-W L free trail hands joined through long notes;

Part A

[1-4] Aida; Rock 2; Rec to Fce, Sd, Q Vine 3; Sd, Draw, Tch;

QQS [1] {**Aida**} Fwd R, fwd L trn sharply RF fce RLOD lead hnds jnd, strong bk & sd R twd DRC Vee bk-to-bk, (W: Fwd L, fwd R trn sharply LF fce RLOD, strong bk & sd L twd DRW);

SS [2] {**Rock 2**} Rec partial wgt onto L,, sd onto R,; [Option: Rec partial wgt onto L roll lft hip CCW (W: rt hip CW),, bk onto R roll rt hip CW (W: lft hip CCW),;]

QQQ&Q [3] {**Recover to face, Side & Quick Vine 3**} Rec L trn LF to fce partner Bfly-Wall, sd R, XLIB of R (W: XRIB of L)/sd R, XRIF of L moving toward RLOD (W: XLIF of R);

QQS [4] {**Side Draw Touch**} Sd R, draw L to R, tch L to R Bfly-Wall;

[5-8] ½ Basic; UA Trn; Lariat;

QQS [5] {**Half Basic**} Fwd L, rec R, bk & sd L,;

QQS [6] {**Underarm Turn**} Bk R, rec L, sd R (W: Fwd L trn RF, rec R cont RF trn, sd L to his rt sd fce COH),;

QQS [7] {**Lariat**} Sd L partial wgt, rec R, cls L to R keep lead hnds joined (W: Fwd R, L, R circle around M);

QQS [8] Sd R partial wgt, rec L, cls R to L Bfly-Wall (W: Fwd L, R, L cont circle around M to end facing M),;

[9-12] Sd Walk 4 to CP; ½ Basic to Q Corte Bk & Rec to Bfly; ½ Basic; Serpiente;

QQQQ [9] {**Side Walk 4**} Sd L, cls R to L, sd L, cls R to L;

QQQQ [10] {**1/2 Basic to Quick Corte Back & Recover**} Fwd L, rec R, bk L lower into lft knee keep rt leg almost straight (W: fwd R lower into rt knee keep lft leg almost straight), rec R Bfly-Wall;

QQS [11] {**Half Basic**} Fwd L, rec R, sd L;

QQQQ [12] {**Serpiente**} Thru R, sd L, XRIB of L, flare L sd and beh of R no wgt (W: Thur L, sd R, XLIB of R, flare R sd and beh of L no wgt); [NOTE: start the flare on the word "hagas"]

[13-16] Cont Serpiente; Aida; Roll to Bfly-Fce; Cucharacha;

QQQQ [13] {**Continue Serpiente**} XLIB of R, sd R, thru L flare R sd and in front of L no wgt in Bfly-SCP-LOD (XRIB of R, sd L, thru R flare L sd and in front of R no wgt);

QQS [14] {**Aida**} Repeat Part A - Measure 1;

QQS [15] {**Roll**} Fwd L, R, L trng LF approx 1-3/8th trn Bfly-Wall moving toward RLOD;

QQS [16] {**Cucharacha**} Sd partial wgt onto R, rec L, cls R to L,;

Part B

[1-4] ½ Basic, Crab Walks;; UA Trn;

QQS [1] {**1/2 Basic**} Repeat Part A - Measure 11;

QQS [2] {**Crab Walks**} XRIB of L (W: XLIF of R), sd L, XRIF of L (W: XLIF of R),;

QQS [3] Sd L, XRIF of L (W: XLIF of R), sd L,;

QQS [4] {**Underarm Turn**} Repeat Part A - Measure 6 Bfly-Wall;

[5-8] Fence Line; Bk ½ Basic; Rock 3; Hand to Hand;

- QQS [5] **{Fence Line}** XLIF of R (W: XRIF of L), rec R, sd L,;
- QQS [6] **{Back Half Basic}** Bk R, rec L, fwd & sd R,;
- QQS [7] **{Rock 3}** Sd partial wgt onto L, rec partial wgt onto R, rec onto L Bfly-Wall,; [OPTION: Sd partial wgt onto L roll lft hip CCW (W: rt hip CW), rec partial wgt R roll rt hip CW (W: lft hip CCW), rec sd L roll lft hip CCW (W: rt hip CW).]
- QQS [8] **{Hand to Hand}** Trn RF & step bk R twds LOD (W: Trn LF & step bk L twds LOD), rec L trn LF, sd R to fce partner-Wall;

[9-12] New Yorker to OP; Walk 3; Sliding Door, W trn Bolero-BJO,;

- QQS [9] **{New Yorker}** Trn RF & chk thru L to RLOD, rec R trn LF to fce partner-Wall, sd L trn LF to end OP-LOD (W: Trn LF & chk thru R to RLOD, rec L trn RF, sd R trn RF);
- QQS [10] **{Walk 3}** Fwd R, L, R OP-LOD,;
- QQS [11] **{Sliding Door}** Sd L, rec R, XLIF of R fce LOD (W: Sd R, rec L, XRIF of L moving in front of M fce LOD),;
- QQS [12] **{cont Sliding Door,, W trn Bolero-BJO}** Sd R, rec L, XRIF of L Bolero-BJO (W: Sd L, rec R trn RF, sd L),;

[13-16] Bolero Wheel M Trans;; 2 Opposition Step Swivels; Cuch W Trans;

- QQS [13] **{Bolero Wheel}** Wheel RF L, R, L;
- SS(QQS) [14] **{cont Bolero Wheel M Transition}** cont RF wheel R, L fce LOD Bolero-BJO (W: L, R, L fce RLOD),;
- QQQQ [15] **{2 Opposition Step Swivels}** Drop hold and fwd R towards LOD, swivel RF on R bring L to R no wgt fce RLOD, fwd L towards RLOD, swivel LF on L bring R to L no wgt fce Bfly-Wall (W: Fwd R towards RLOD, swivel RF on R bring L to R no wgt fce LOD, fwd L towards LOD, swivel LF on L bring R to L no wgt fce man);
- QQS [16] **{Cucharachas W Transition}** Sd partial wgt onto R, rec L, cls R to L Bfly-Wall (W: Sd partial wgt onto R, rec L, tch R to L no wgt);

Repeat Part A (9 - 16)

Repeat Part B (1 - 14)

End

[1-4] Rk, Rec, Opp Step Swivel; Opp Stp Swivel to Fce;; Cuch W Trans; Corte Bk.

- QQQQ [1] **{Rock, Recover, Opposition Step Swivel}** On "*siendo*" Rk bk R, rec L, on "*Mia*" fwd R towards LOD, swivel RF on R bring L to R no wgt fce RLOD (W: On "*siendo*" Rk bk R, rec L, on "*Mia*" fwd R towards RLOD, swivel RF on R bring L to R no wgt fce LOD);
- QS- [2] **{Opposition Step Swivel}** On 2nd "*Mia*" Fwd L towards RLOD, swivel LF on L bring R to L no wgt fce Bfly-Wall (W: Fwd L towards LOD, swivel LF on L bring R to L no wgt fce man);
- QQS [3] **{Cucharachas W Transition}** Repeat Part B – Measure 16 blend to CP-Wall;
- S [4] **{Corte Back}** Bk L lower into lft knee keep rt leg almost straight (W: Fwd R lower into rt knee keep lft leg almost straight).