

Show Me Heaven V

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Music: Artist: Company CD: Casa Musica "Dance It!" CM-CD 006 Track #15

Suggested speed: 23MPM (as on the CD)

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Bolero V+2

Sequence: Intro A B A B C Released: January, 2012

#### Meas INTRO

1-4 WAIT; OPEN CONTRA BREAK; SPIRAL & CIRCULAR WALKS; SPIRAL TRN TO FC;

1 Wait 1 meas in FCG Pos/WALL trailing ft free pointed bk (W point fwd) R-hnds hnd jnd;

2 {Open Contra Break} Sd & fwd R, -, fwd L across body looking at W, rec R (W sd & bk L, -, bk R

across body looking well left, rec L);

3 {Spiral & Circular Walks} Cl L leading W spiral LF to R-HND STAR Pos, -, fwd R comm circular

walks CW, fwd L cont circling CW to fc DRC (W fwd R spiraling LF full trn under jnd R-hnds, -,

fwd L comm circular walks CW, fwd R cont circling CW to fc DLW);

4 {Spiral Trn to Fc} Fwd R cont circling CW leading W spiral RF, -, fwd L cont leading W trn RF,

fwd R to fc WALL (W fwd L spiraling RF under jnd R-hnds, -, step almost in pl R, L cont trng RF

under jnd R-hnds to fc COH) end FCG Pos/WALL;

#### PART A

1-8 TRNG BASIC;; CROSS BODY OVERTRN; FWD & SWIVEL TO FC; UNDERARM TRN;

RONDE OPENING OUT; W SPIRAL & ROLL OUT; LUNGE BREAK;

1-2 {Trng Basic} Assuming CP/WALL sd L trng body RF, -, slip R bk under body comm trng LF, fwd  
L cont trng LF to fc COH (W sd & slightly fwd R trng body RF looking R, -, fwd L comm trng LF, bk R cont trng LF) end CP/COH; Sd & slightly fwd R, -, fwd L w/ Contra Check like action, bk R end CP/COH;

3 {Cross Body Overtrn} Sd & bk L trng LF 1/4 to fc RLOD, -, slip R bk under body leading W fwd,

releasing R-hnd fwd L to fc WALL (W fwd R twd WALL, -, fwd L, fwd R spiraling LF full trn to fc

WALL) end momentary TANDEM Pos both fcg WALL lead hnds jnd;

4 {Fwd & Swivel to Fc} Fwd R, -, fwd L w/ checking action leading W swivel RF, rec R (W fwd L, -,

fwd R swiveling RF 1/2 to fc M, fwd L) end LOP FCG Pos/DRW;

5 {Underarm Trn} Sd & bk L raising jnd lead hnds, -, slightly trng RF XRIB leading W trn RF under

jnd lead hnds, rec L trng LF to fc WALL (W fwd R, -, XLIF comm trng RF under jnd lead hnds, rec

R cont trng RF to fc M) end CP/WALL;

S-- 6 {Ronde Opening Out} Cl R comm trng body RF to lead W trn RF, -, flex R-knee extending L twd

(W SQQ) LOD cont trng body RF, rise on R trng body LF (W sd & fwd L around M comm trng RF ronde R

CW, -, cont trng RF on L to fc WALL bk R under body, rec L comm trng LF) end SCP/WALL;

7 {W Spiral & Roll Out} CL L raising jnd lead hnds over W's head to lead W spiral LF, -, bk R small

step lowering jnd lead hnds, fwd L (W fwd R spiraling LF under jnd lead hnds to fc WALL, -, fwd

L, fwd R trng LF 1/2 to fc M) end LOP FCG Pos/WALL;

S-- 8 {Lunge Break} Sd & fwd R, -, flexing R-knee extend L sd & bk extending R-hnd up & out, rising

(W SQQ) on R (W sd & bk L, -, bk R under body flexing knee extending L fwd L-hnd up & out, rec L) end

LOP FCG Pos/WALL;

PART A (cont' d)

9-16 LEFT PASS; FWD BREAK; CHECKED R PASS; M TRN TO TANDEM; ARM BAR & SD RKS;

REV UNDERARM TRN UNDER TRAILING HNDS; W SYNC ROLL TO FC; HIP LIFT;

9 {Left Pass} LOP FCG Pos/WALL Fwd L small step leading W trn RF jnd lead hnds at waist level

R-hnd straight up, -, slip R under body comm trng LF, fwd L cont trng LF to fc COH (W fwd R trng

RF 1/2 to fc WALL L-hnd straight up, -, comm trng LF sd & fwd L, cont trng LF to fc M bk R) end

LOP FCG Pos/COH;

10 {Fwd Break} Sd & fwd R, -, fwd L, rec R joining trailing hnds to end BFLY/COH;

11 {Checked R Pass} Sd & fwd L to W s R-sd raising jnd lead hnds, -, trng RF XRIB keeping trailing

hnds at waist level, cont trng RF sd & fwd L lowering jnd lead hnds (W fwd R, -, XLIF under jnd

lead hnds, bk R) end momentary WRAPPED Pos/WALL;

12 {M Trn to TANDEM} Releasing trailing hnds fwd R trng RF 1/2 to fc COH, -, fwd L rng RF 1/2 to

fc WALL, fwd R (W bk L, -, bk R checking, fwd R) end momentary TANDEM/WALL M IF of W

lead hnds jnd;

13 {Arm Bar & Sd Rks} Trng RF 1/4 on R to fc RLOD sd L raising free R-hnd high, -, rk sd R, rec L

(W trng LF 1/4 on L to fc LOD sd R, -, rk sd L, rec R) end SD-by-SD Pos/RLOD (W fc LOD)

R-hips adjacent lead hnds jnd bhnd M s bk;

14 {Rev Underarm Trn under Trailing Hnds} Sd R joining trailing hnds IF of W s, -, releasing lead

hnds XLIF raising jnd trailing hnds to lead W trn LF, rec R (W sd L, -, XRIF comm trng LF under

jnd trailing hnds, rec L cont trng LF to fc WALL) end L-Shape Pos/RLOD (W fcg WALL) trailing

hnds jnd;

SQQ 15 {W Sync Roll to Fc} Trng LF 1/4 on R to fc WALL fwd L flexing knee, -, leading W fwd rec R

(W SQQ&Q&) release trailing hnds, fwd L (W fwd R, -, fwd L passing M s R-sd comm trng

LF/sd R, cont trng LF

step almost in pl L/R to fc M) end OPEN FCG Pos/WALL;

S-- 16 {Hip Lift} Assuming CP sd R placing L-toe next to R, -, with slight pressure on L-toe lift L-hip,

loosing pressure on L-toe lower L-hip;

## PART B

1-8 SYNC TRNG BASIC; SD TO OPEN HINGE; W ROLL OUT TO FC TRANS; OPEN CONTRA BREAK;

W ROLL TO SKATERS & WHEEL RF; W ROLL OUT TRANS TO M S LEFT SHADOW;

SHADOW FENCE LINE; W SPIRAL M TRANS TO FC;

SQ&Q 1 {Sync Trng Basic} CP/WALL sd L slightly rotating upper body RF, -, bk R under body w/ slipping

action comm trng LF/fwd L cont trng LF, sd R cont trng LF to fc WALL (W sd R slightly rotating

upper body RF looking right, -, fwd L small step w/ slipping action closing head comm trng LF/sd

& bk R cont trng LF, cl cont trng LF) end CP/WALL;

S-- 2 {Sd to Open Hinge} Sd L trng body LF releasing lead hnds, -, flexing L-knee lower to Hinge Line

(W S&-) extending R twd RLOD free L-hnd sd & bk (W sd R, -/swiveling LF on R cl L, flexing L-knee

extend R twd RLOD looking left, -);

SS 3 {W Roll Out to Fc Trans} Sd R leading W fwd, -, leading W Roll LF w/ R-hnd rec L, - (W fwd R

(W SQQ) comm rolling RF, -, sd L cont rolling RF, sd R cont rolling RF to fc M) end FCG Pos/DRW;

4 {Open Contra Break} Sd & fwd R joining R-hnds, -, fwd L across body looking at W, rec R (W sd

& bk L, bk R across body looking well left, rec L) end FCG Pos/DRW R-hnds jnd;

5 {W Roll to Skaters & Wheel RF} Fwd L leading W roll LF to SKATERS Pos/RLOD, -, fwd R

comm wheel RF, fwd L cont wheel RF (W fwd R trng LF to fc RLOD, -, bk L comm wheel RF, bk

R cont wheel RF) end SKATERS Pos/DLW R-hnds jnd at W s R-hip L-hnds jnd & extended sd;

SS 6 {W Roll Out Trans to M s Left Shadow} Fwd R cont wheel RF to fc WALL leading W roll RF

(W SQQ) releasing L-hnds, -, cl L to R, - (W cont wheel RF bk L checking, -, sd &

fwd R comm rolling RF,

cont rolling cl L) end SD-by-SD Pos both fcg WALL W slightly M s R-sd and bhnd M R-ft free for

both R-hnds jnd;

7 {Shadow Fence Line} Sd & fwd R, -, XLIF bending knee, rec R;

SS 8 {W Spiral M Trans to Fc} Sd L flexing knee for Lunge Line, -, lead W roll LF rec R releasing

(W SQQ) R-hnds, - (W fwd L, -, fwd R spiraling LF full trn, fwd L small step cont trng LF 1/2 to fc M) end

FCG Pos/WALL;

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## PART C

1-8 UNDERARM TRN; OPEN BREAK; INSIDE UNDERARM TRN TO NAT TOP;

W RONDE LARIAT M SYNC RKS TO TANDEM; CROSS CHECK & EXTEND;

M SYNC HIP RKS W CROSS SWIVELS; M HOOK TRN W WALK AROUND;

OPPOSITION BREAK TO TANDEM;

1 {Underarm Trn} FCG Pos joining lead hnds sd L raising jnd lead hnds, -, slightly trng RF XRIB leading W trn RF under jnd lead hnds, rec L trng LF to fc WALL (W sd R, -, XLIF comm trng RF under jnd lead hnds, rec R cont trng RF to fc M) end LOP FCG Pos/WALL;

2 {Open Break} Sd R, -, apt L small step, rec L;

3 {Inside Underarm Trn to Nat Top} Raising jnd lead hnds to lead W spiral LF sd & fwd L comm

trng RF, -, assuming CP XRIB cont trng RF, sd L cont trng RF to fc DLC (W fwd R spiraling LF

under jnd lead hnds, -, sd & fwd L comm trng RF, cont trng RF fwd R) end CP/DLC;

SQ&Q 4 {W Ronde Lariat M Sync Rks to TANDEM} Slightly trng RF on L to fc LOD cl R raising jnd lead

(W SQQ) hnds, -, releasing lead hnds rk sd L/rec R, sd L (W sd & fwd L around M ronde R comm trng RF, -,

cont trng RF XRIB, cont trng RF to fc LOD sd L) end TANDEM/LOD W bhnd M no hnds jnd R-ft

free for both;

S-- 5 {Cross Check & Extend} XRIF flexing knee looking COH, -, extend both hnds sd,  
-/straightening knee;

SQ&Q 6 {M Sync Hip Rks W Cross Swivels} Sd L small step, -, rk sd R/rec L, sd R (W  
swiveling RF on

(W SQQ) R XLIF placing both hnds at M's waists, -, swiveling LF on L XRIF, swiveling  
RF on R XLIF);

S-- 7 {M Hook Trn W Walk Around} XLIF, -, comm twisting RF full trn on both ft,  
complete twist to fc

(W SQQ) LOD joining R-hnds shifting wgt to L (W swiveling LF on L fwd R twd DLW  
keeping R-hnd around

M's waist, -, fwd L comm trng RF around M, fwd R cont trng RF to to fc RLOD) end  
SD-by-SD

Pos/LOD (W fcg RLOD) R-hips adjacent R-hnds jnd;

8 {Opposition Break to TANDEM} Cl R leading W trn RF, -, fwd L flexing knee, rec R  
(W fwd L

small step trng RF 1/2 to fc LOD, -, bk R flexing knee, rec L) end TANDEM Pos/LOD W  
offset

slightly to M's R-sd and bhnd M R-hnds jnd;

9-12+ W SPIRAL TO SKATERS & WALK 2 M TRANS; SWITCH & WALK 2 TWICE;;

W TRN TO OPEN HINGE;;,

--QQ 9 {W Spiral to SKATERS & Walk 2 M Trans} TANDEM Pos/LOD W offset slightly to  
M's R-sd and

(W SQQ) bhnd M R-hnds jnd hold leading W spiral LF to SKATERS Pos/LOD, -, walk fwd  
L, R (W fwd R

spiraling LF full trn to fc LOD, -, walk fwd L, R) end SKATERS Pos/LOD jnd R-hnds  
at W's R-hip

L-hnds jnd & extended sd; (now same footwork)

10-11 {Switch & Walk 2 Twice} Fwd L swiveling RF 1/2 to fc RLOD in L-SKATERS, -,  
walk fwd R, L;

Fwd R swiveling LF 1/2 to fc LOD in SKATERS Pos, -, walk fwd L, R end SKATERS  
Pos/LOD;

S-- -- 12+ {W Trn to Open Hinge} Fwd L leading W trn RF under jnd L-hnds, -,  
swiveling RF 1/4 on L to fc

WALL hold W's bk w/ R-hnd, -; Flex L-knee extending R sd & bk twd RLOD free L-hnd  
extended

sd & bk, - (W fwd L comm trng LF 1/2 under jnd L-hnds, -, cont trng LF to fc RLOD,  
-; Flex L-knee

extending R fwd twd RLOD free L-hnd extended sd & bk, -) end Open HINGE LINE/DLW,