

## THIS IS LOVE

RELEASED: March 2005

**CHOREO:** Åke & Birgitta Graham  
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**MUSIC:** Song: Eso Es El Amor  
Artist: Ross Mitchel  
Music Modified: No  
**FOOTWORK:** opposite unless indicated (W's footwork in parentheses)  
**RHYTHM:** CH  
**SEQUENCE:** INTRO, A, B, C, A (1-14) END

**E-MAIL:** graham@telia.com

Music Media Source: CD DLD 1073,1086,STAR 132  
Flip of:

**MPM/BPM:** BPM:30 **TIME @ BPM:** 2.17

**RAL PHASE:** IV + 2 (open hip twist / sweethearts)  
V with option challenge chase

### MEAS.

### INTRODUCTION

1-4 **WAIT; AIDA ; SWITCH ROCK : SPOT TURN;**  
1-2 OP FCG/WALL trl ft free Wait; Thru R, fwd L trn RF, bk R/cl L, bk R to V bk-bk pos;  
3-4 Trn LF to fc ptr sd L, rk sd R, sd L/cl R, sd L; Thru R to LOD trn ½ LF, fwd L to RLOD cont  
trn to BFLY, sd R/cl L, sd R;

### PART A

1-4 **HAND TO HAND TWICE;; BREAK BK TO OPEN; WALK AND CHA;**  
1-2 Bk L (bk R)to OP LOD, rec R to BFLY, sd L/cl R, sd L; Bk R (bk L) to LOP RLOD, rec L to  
BFLY, sd R/cl L, sd R;  
3-4 Bk L to OP LOD, fwd R, fwd L/cl R, fwd L (bk R to OP LOD, fwd L, fwd R/cl L, fwd R); Fwd  
R, fwd L, fwdR/cl L, fwd R (W fwd L, fwd R, fwd L/cl R, fwd L);  
5-8 **SLIDING DOORS TO OPEN;; BASIC/LADY TO FACING FAN;;**  
5-6 Rk sd L, rec R, XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif to OP LOD;  
7-8 Fwd L, rec R, bk L/cl R, bk L (fwd R, rec L, bk R/cl L, bk R); Bk R, rec L, fwd R/cl L, fwd R  
(W fwd L, trn ½ LF to fc RLOD bk R, bk L/lk R, bk L); to HNDSHK  
9-12 **ROCK FORWARD TO BACK TRIPLE CHA;; WHIP TO FORWARD TRIPLE CHA;;**  
9-10 Rk fwd L, rec R, bk L/cl R, bk L [w/L sd lead & R hnds tchg] ; bk R/cl L, bk R [ w/R sd lead &  
L hnds tchg], bk L/cl R, bk L [w/L sd lead & R hnds jnd];  
11-12 Bk R comm LF trn, rec fwd L cont trn fc RLOD (W fwd Loutsd M, fwd R trn ½ LF to fc LOD),  
fwd R/cl L, fwd R [w/R sd lead & R hnds tchg]; fwd L/cl R, fwd L [w/L sd lead & L hnds  
tchg], fwd R/cl L, fwd R [w/R sd lead & R hnds jnd];  
13-16 **HALF BASIC; UNDERARM TURN TO FACE WALL; TIME STEP TWICE;;**  
13-14 R hnds jnd fwd L, rec bk R comm LF trn, sd L/cl R, sd L; Bk R, rec fwd L to fc WALL,  
sd R/cl L, sd R (W fwd L comm RF trn, fwd R cont trn to fc ptr, sd L/cl R, sd L);  
15-16 XLib, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R; to LOP FCG

### PART B

1-4 **OPEN HIP TWIST; FAN; HOCKEY STICK;;**  
1-2 Fwd L, rec R, bk L/cl R, bk L (W Bk R, rec L, fwd R/cl L, fwd R/swvl RF to fc LOD); Bk R,  
rec L, sd R/cl L, sd R (W fwd L, fwd R trn ½ LF to fc RLOD, bk L/lk R, bk L);  
3-4 Fwd L, rec R, sip L/R, L (W cl R, fwd L, fwd R/L, R); Bk R, rec L to fc DRW, fwd R/cl L, fwd  
R (W fwd L, fwd R trn LF undr jnd ld hnds to fc DC, bk L/cl R, bk L);  
5-8 **ALEMANA;; LARIAT;;**  
5-6 Fwd L, rec R, sd L/cl R, sd L lead W to trn RF (W bk R, rec L, sd R/cl L, sd R comm RF trn);  
Bk R lead W to cont trn RF, rec L to fc wall, sd R/cl L, sd R (W fwd L trn RF, fwd R cont trn,  
fwd L/cl R, fwd L to M's R sd);  
7-8 Sd L, rec R, sip L/R, L (W fwd R, fwd L, fwd R/cl L, fwd R arnd M); Sd R, rec L, sip R/L, R  
(W cont arnd M fwd L, fwd R, fwd L/cl R, sd R to fc ptr);

- 9-12           **TIME STEP; AIDA; SWITCH CROSS; SIDE WALK;**  
           9-10       Repeat Part A meas 15; repeat Intro meas 2;  
           11-12      Trn LF sd L to fc ptr, rec R, XLif/sd R, XLif; Sd R, cl L, sd R/cl L, sd R;
- 13-16           **CHASE;;; (OPTION CHALLENGE CHASE WILL MAKE THE DANCE PHASE V)**  
           13-14      Fwd L trn ½ RF to fc COH, fwd R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R); fwd  
                       R trn ½ LF to fc WALL, fwd L, fwd R/cl L, fwd R (W fwd L trn ½ RF, fwd R, fwd L/cl R, fwd  
                       L);  
           15-16      Fwd L, rec R, bk L/cl R, bk L (fwd R trn ½ LF to fc COH, fwd L, fwd R/cl L, fwd R to BFLY);  
                       bk R, rec L, fwd R/cl L, fwd R ; to HNDSHK
- optional* 13-14    *Option Challenge chase:* fwd L trn RF to fc COH, fwd R, trn 1½ revolutions RF L/R, L to fc  
                       ptr (bk R, rec fwd L, fwd R/cl L, fwd R); Bk R, rec fwd L, fwd R/cl L, fwd R (fwd L trn RF to fc  
                       WALL, fwd R, trn 1½ revolutions LF L/R, L to fc ptr);
- optional* 15-16    *Option Challenge chase* repeat optional meas 13-14;; to HNDSHK

**PART C**

- 1-5            **FLIRT;; SWEETHEART 3 TIMES , LADY TURNS TO FC;;;**  
           1-2        R hnds jnd fwd L, rec R to VARS, sd L/cl R, sd L (W Bk R, rec L trng LF, cont trn to VARS  
                       sd R/cl L, sd R); Bk R, rec L, sd R/cl L, sd R to L VARS (W Bk L, rec R, sd L/cl R, sd L to L  
                       VARS);  
           3-5        Ck fwd L, rec R, sd L/cl R, sd L (W Ck bk R, rec L, sd R/cl L, sd R); ck fwd R, rec L,  
                       Sd R/cl L, sd R (W Ck bk L, rec R, sd L/cl R, sd L); repeat meas 3 but join R hnds at the last  
                       step & W trns RF to fc M;
- 6-8            **SPOT TURN; HAND TO HAND TWICE;;**  
           6-8        Repeat Intro meas 4; repeat Part A meas 1-2;;
- 9-12           **REVERSE UNDERARM TURN; WHIP & TWIRL; NEW YORKER; WHIP;**  
           9-10      XLif Id W to trn LF, rec R, sd L/cl R, sd L (W XRif trn LF under jnd Id hnds, rec L cont trn to  
                       fc ptr, sd R/cl L, sd R); bk R comm ¼ LF trn , rec L cont trn ¼ LF to fc ptr, sd R/cl L, sd R  
                       (W fwd L outsd M, fwd R trn ½ LF, twirl L/R, L undr jnd Id hnds);  
           11-12      Thru L to LOP LOD, rec R, sd L/cl R, sd L; bk R comm ¼ LF trn , rec L cont trn ¼ LF to fc  
                       ptr & WALL, sd R/cl L, sd R (W fwd L outsd M, fwd R trn ½ LF, sd L/cl R, sd L);
- 13-16           **REVERSE UNDERARM TURN; AIDA; SWITCH ROCK; SPOT TURN;**  
           13-14      Repeat Part C meas 9; Repeat Intro meas 2;  
           15-16      Repeat Intro meas 3-4;;

**REPEAT PART A, meas 1-14**

- 1-4            **HAND TO HAND TWICE;; BREAK TO OPEN; WALK AND CHA;**  
           5-8        **SLIDING DOORS TO OPEN;; BASIC/LADY TO FACING FAN;;**  
           9-12      **ROCK FORWARD TO BACK TRIPLE CHA;; WHIP TO FORWARD TRIPLE CHA;;**  
           13-14     **HALF BASIC; UNDERARM TURN TO FACE WALL;**

**END**

- 1-2            **HALF BASIC; AIDA IN 3, HOLD;**  
           1-2        Fwd L, rec R, sd L/cl R, sd L ; thru R, fwd L trn to LOP/ROD, Bk R to V bk-bk, hold;