

UNO AMOR



Composers: Brent & Mickey Moore,
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Record: Special Press (flip "Day By Day") 45 rpm
Available from choreographer or Palomino

Footwork: Opposite, directions for man (lady as noted)

Phase & Rhythm: Phase VI - Rumba

Sequence: A(2-24), A(1-8), A(1-16), Tag 2000

PART A

1-8 OPEN OUT; OPEN OUT; 1/2 BASIC; CROSS BODY to RIGHT LUNGE; EXTEND & RECOVER; CROSS BODY; NEW YORKER; UNDERARM TURN;**

- ** Closed pos face wall trail feet free wait 1 meas ** *FIRST TIME OMIT MEASURE 1 start with* ope
- 1** **[Right Opn Out QQS**]** Sd L slight body trn RF extnd lft lead hnds fwd in frnt, rec R body trn LF, cl L loose cp WALL,-; (trn RF sd & slight bk R extnd lead hnds fwd in frnt, rec L trn LF, sd R sml stp,-;)
- 2 **[Left Opn Out QQS]** Sd R body slight trn LF extnd lead arms up between partners trail arms loose fwd in frnt, rec R body trn RF, cl R loose cp WALL,-; (trn LF sd & slight bk L extnd lead arm up, rec R trn RF, sd L sml stp,-;)
- 3 **[1/2 Basic QQS]** Fwd L, rec R, sd & fwd L pnt toe LOD lwr lead hnds,-;
- 4 **[X Body to Right Lunge QQS]** Bk R toe in brng lady fwd, rec L trn LF, sd & fwd R to right lunge sftn knee fc DLC keep body erect,- (fwd L, fwd R trn LF to fc WALL, bk & sd L look well lft,-;)
- 5 **[Extnd & Rec SS]** Man chang shpe to rght to match lady's line,-, rec L body trn RF to opn lady's head cp DRC (lady look to rght),-;
- 6 **[X Body to CP QQS]** Bk R toe in brng lady fwd, rec L body trn LF, sd & fwd R to 1/2 opn fcng RLOD,- (fwd L btwn man's feet, fwd R trn LF to fc COH, sd & fwd L,-;)
- 7 **[New Yorker QQS]** Ck thru L body trn RF (LF), rec R trn LF (RF), sd & bk L to LOD fc DRW,-;
- 8 **[Underarm Turn QQS]** Bk R lead hnds up, rec L, sd & fwd R to cp WALL,- (thru L trn RF under lead hnds, rec R trng RF, sd & fwd L cp,-;)

9-16 ADVANCED HIP TWIST; FAN; TUMMY CHECK W/LUNGE; LADY 3 STEP TURN TO FAN; HOCKEY STICK; 1/2 BASIC to NATURAL TOP;;

- 9 **[Adv Hip Twist QQS]** Strng body trn RF sd L WALL relax arms, rec R trn LF to bjo , bk L press lead hnds dwn & fwd,-(strng trn RF bk R, rec L trn RF to bjo, fwd R swvl RF to LOD,-;)
- 10 **[Fan QQS]** Bk R, rec L body trn LF, sd & fwd R fc DLW fan pos,- (fwd L, fwd R trn LF to fc RLOD, bk & sd L body at angle to man,-;)
- 11 **[Tummy Check QQS]** Fwd L, rec R raise & release lead hnds rght hnd to lady's rght hip , lnge sd & fwd L look at prtner extnd lft arm out & up,- (cl R slight trn RF, fwd L, fwd R cking strght leg look RLOD extnd lft hnd fwd rght hnd on hip,-;)
- 12 **[Lady 3 Step Turn to Fan QQS]** Rec bk R slight pull on lady's hip, cl L, sd & fwd R sml stp fc WALL fan pos jn lead hnds,- (bk L strt roll RF LOD, R, bk & sd L fc RLOD body at angle to man,-;)
- 13-14 **[Hockey Stick QQSQQS]** Fwd L, rec R raise jnd lead hnds, cl L look at prtner,-; bk R bhnd L slight RF trn, rec fwd L, fwd & sd R opn fcg DRW,- (cl R slight trn RF, fwd L, fwd R slight RF body trn look at man,-; look to DRW fwd L, fwd R trn LF, bk L,-;)

- 15 [1/2 Basic **QQS**] Fwd L, rec R, sd & fwd L trn RF to CP RLOD,-;
- 16* [Nat Top **QQS**] XRIBL, trn RF sd L, trn RF cl R fc WALL spiral lady RF undr lead hnds,-(trn RF fwd L, trn RF fwd R, trn RF sd L spiral RF,-); *note: no spiral 2nd time - stay in cp

17-24 ROPESPIN 1/ 2 TO OPEN LOD; FORWARD LADY SLOW SWIVEL; CROSS BODY to FAN; LADY FORWARD TO a RONDE; MAN ROLL ACROSS; ADVANCED ALEMANA;; CORTE & RECOVER;

- 17 [Ropespin !/2 **QQS**] Press sd L lead hnds ovr head lead lady arnd CW, rec R trn LF, fwd L lft opn LOD,- (fwd circle wlk arnd man CW R,L,R to lft opn LOD,-);
- 18 [Fwd Lady Swivel **SS**] Fwd R,-, rec bk L lead lady to swvl RF,- (fwd L,-, fwd R swvl RF to fc RLOD,-);
- 19 [X Body to Fan **QQS**] Bk R body trn LF, rec L body trn LF, sd & fwd R fc COH fan pos,- (fwd L, fwd R trn LF to fc LOD, bk & sd L body at angle to man,-);
- 20 [Fwd Lady Ronde **QQS**] Across L to LOD lead lady fwd, rec bk R chnge hnd to M's right, sd L sml stp lead lady to swvl RF extnd lft hnd up & out fc DLC,- (fwd R LOD, fwd L, fwd R soften knee swvl RF flr ronde L CW to fc RLOD leave lft leg sd & bk,-);
- 21 [Man Roll to Fan **QQS**] Sd & fwd R roll RF LOD, L chng hnd to M's right cont RF roll, sd R to fan fc COH,- (sd & fwd L to DRW , XRIBL, trn RF sd & bk L to fc LOD in fan,-);
- 22-23 [Adv Alemana **QQS QQS**] Fwd L, rec R raise lead hnds, sd & fwd L trn RF,-; XRIBL, trn RF sd L, trn RF sd & fwd R to cp fc WALL,- (cl R, rec L, fwd R toe out start RF trn,-; fwd L brush right ft trn RF, fwd R trn RF brush lft ft, trn RF sd L to cp,-);
- 24 [Corte & Recover **SS**] sd & bk L slightly soften knee trn body LF sway to right,-, trn RF rec R lose sway cp WALL,-;

TAG

1 HIP ROCKS & LUNGE APART;

- 1 [Hip Rocks & Lunge Apart **QQS**] Rock sd L roll hip, rec R roll hip, release hold trn LF (RF) lunge apart sd L lead arms up & out fc DLW (DLC),-; circle arms (man CCW lady CW) as music fades....

Sequence: A(2-24), A(1-8), A(1-16),Tag