

EL MISMO SOL V

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MUSIC: Artist: Álvaro Soler (Feat. Jenner Lopez) Amazon Download \$1.29 Music Length 3:08

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Roundalab Phase 5 + 2 + 1 [Rope Spin & Rev Top] [Circular Cross Body]

SEQUENCE: Intro-ABC-ABCD-BC-End Released 8/6/2018 Ver 1 updated 8/27/18

INTRO

- 1-4 BFLY LEAD FEET FREE WT;; DOUBLE CUBANS; SHAKE HANDS;**
1-2 [Wait & Double Cubans] Bfly fcg ptr & wll ld feet free stacked hnds R over L wt;;
3-4 XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L; XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R release L hnd keep R hnds jnd;

PART A

- 1-10 OPEN HIP TWIST; FAN WITH LADY INSIDE TURN; STOP & GO HOCKEY STICK;; HOCKEY STICK;; ALEMANA WITH ROPE SPIN;;; TO A LEFT HAND STAR;**
1-2 [Op Hip Twist & Fan] Rel L hnds chk fwd L, rec R, sml bk L/cl R, bk L keep R hnd steady causing a gentle trn indication to W (Rk bk R, rec L, fwd R/fwd L, fwd R swvl ¼ RF); Bk R, rec L ld W to spiral LF under R hnds, rel R hnd jn ld hnds, sml sd R/cl L, sd R (Fwd L, fwd R spiral LF under R hnds, cont 1 ½ LF trn L/R, bk L);
3-4 [Stop & Go Hcky Stick] Chk fwd L, rec R raise L arm ld W to a LF underarm trn, in pl L/R, L; Chk fwd R with L sd stretch shaping to ptr pl R hnd on W L shoulder blade chkg her prog, rec L raise L arm ldg W to RF underarm trn, in pl R/L, R (Cl R, fwd L, fwd R/L, R trng ½ LF under ld hnds end on M's R; Rk bk L, rec R, fwd L/R, L trng 1/2 RF under jnd ld hnds end in Fan Pos);
5-6 [Hcky Stick] Fwd L, rec R, in pl L/R, L; Bk R, rec L ld W to trn LF under ld hnds, fwd R/cl L, fwd R end fcg DRW (Cl R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R trng LF under ld hnds fc ptr, bk L/cl R, bk L);
7-10 [Alemana With Rope Spin] Fwd L, rec R, bk L/cl R, sml bk L ld W to trn RF; Bk R, rec L, In pl R/L, R with L sd stretch ld W to sprl RF on & ct; Sd L, rec R, in pl L/R, L; Sd R, rec L trng RF to fc RLOD, in pl R/L, R (Bk R, rec L, fwd R/cl L, fwd R start RF trn; Cont RF trn under ld hnds fwd L, fwd R cont trn, fwd L/cl R, R sd of M fwd L spiral 7/8 RF; Circle cw around M fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R, fwd L trng RF to fc LOD) jn L hnds in L hnd star and jn R hnds at waist level;

PART B

- 1-8 UMBRELLA TRNS WITH LDY SPINS;;; END WITH DOUBLE HEAD LOOP; BREAK BK M IN 4 TO VARSOUVIENNE; PARALLEL CHASE;; LDY TRN TO FACE MAN IN 4 FACE WALL HAND SHAKE;**
1-4 [Umbrella Trns] Fwd L, rec R rel R hnds ldng W to spin LF under L hnds, bk L/cl R, bk L (Bk R, rec L, rel R hnds spin LF 1 ½ fwd R/cl L, bk R fc RLOD) conn R hnds; Bk R, rec L rel R hnds ldng W to spin RF fwd R/cl L, fwd R (Bk L, rec R, rel R hnds spin RF 1 ½ fwd L/cl R, bk L fc LOD) connect R; Repeat meas 1 of part B; Now keeping all hnds connected bk R, rec L trng 3/8 LF, head loop L hnds over M's head and R hnds over W's head sd R/cl L, sd R (Bk L, rec R, spin RF 1 ½ fwd L/cl R, bk L slide L hnds on M's bk and R hnds over W's head fc LOD) keep R hnds connected;
5 [Break Bk M in 4] Bk L, rec R connect L hnds blend to Varsouvienne, fwd L, fwd R (Bk R, rec L conn L hnds, fwd R/cl L, fwd R);
6-7 [Parallel Chase] Sd L trng RF, rec R, fwd L/cl R, fwd R; Sd R trng LF, rec L fc LOD, fwd R/cl L, fwd R;
8 [Ldy Fc M in 4] Sd L trn fc Wll, rec R, in pl L, R (Sd L trng RF, rec R cont RF trn, fwd L/cl R, fwd L fc ptr COH) end in hnd shk;

PART C

1-10 CIRCULAR CROSS BODY;,,,,; AIDA TO LOD; SWITCH CROSS WITH TRIPLE CHA REV; INTO; LARIAT; THEN 4 TO FACE SHAKE HND;S;

- 1-5** [Circular X Bdy] Rk fwd L, rec R trng ¼ LF fc LOD, sd L/XRif of L, sd L (Rk bk R, rec L, fwd R/cl L, fwd R); Rk bk R, rec L trn LF ldng W acrs frnt of M with low R hnds fc COH, fwd R/cl L, fwd R (Fwd L COH, fwd R spiral LF full trn, fwd L/cl R, fwd L) end mod
Varsouvienne with L hnds extend to sd fcg COH; Rk fwd L, rec R trng ¼ LF fc RLOD sd L/XRif of L, sd L (Fwd R, fwd L trng 1/2 RF fc Wll, fwd R/cl L, fwd R) end with R hnds jnd acrs frnt of W; Rk bk R, rec L trn LF ldng W acrs frnt of M with low R hnds fc Wll, fwd R/cl L, fwd R (Fwd L twds Wll, fwd R spiral LF full trn, fwd L/cl R, fwd L) end mod
Varsouvienne with L hnds extend to sd fcg Wll; Rk fwd L, rec R, sd L/XRif of L, sd & fwd L (Fwd R, fwd L trng ½ RF to fc ptr & COH, sd R/cl L, sd & fwd R) end fc OP SCP LOD with R hnd jnd;
- 6** [Aida] Fwd R, fwd L trng RF rel R hnds jn ld hnds, bk R/XLif of R, bk R (Fwd L, fwd R trng LF fc M, con trn bk L/XRif of L, bk L) end in V bk to bk pos trailing arms sd & up;
- 7-8** [Switch X To Triple Cha] Bring ld hnds bk & thru sd L fc ptr & Wll, rec R, XLif of R/sd R, fwd L LOP RLOD; Fwd R/cl L, fwd R trng LF to fc ptr & Wll tap trail hnds tog fwd L/cl R, fwd L (Sd R trng RF fc ptr & COH, rec L, XRif of L/sd L, fwd R LOP RLOD; Fwd L/cl R, fwd L trng RF to fc ptr & COH, fwd R/cl L, fwd R trng LF) end LOP RLOD;
- 9-10** [Lariat Then in 4] Bringing ld hnds up ldng W to cir LF around M sd R, rec L trng to fc Wll, in pl R/L, R; In pl L, bk R, rec L, in pl R (Cir RF around M fwd L, R, fwd L/cl R, fwd L; Fwd R, L, R, L fc ptr COH) **Note: First and Third time thru end in hnd shk POS fcg ptr & WALL, second time LOP fcg ptr & WALL;**

Repeat Part A B C

PART D

1-10 CHALLENGE CHASE;; BASIC NAT TOP; TWO MEAS; CUDDLES;; NAT OPNG OUT TO REV TOP; TO FAN; HOCKEY STICK OVER TRN TO L HAND STAR;;

- 1-2** [Challenge Chase] Fwd L trng ½ R fc, fwd R, cont RF trn 1 ½ L/R, L; Rk bk R, rec L, fwd R/cl L, fwd R (Rk bk R, rec L, fwd R/cl L, fwd R; Fwd L trng ½ RF, fwd R, cont RF trn 1 ½ L/R, L) CP Wll;
- 3-4** [Basic Nat Top] Fwd L, rec R, sd L trng RF/cl R, sd L to CPRLOD (Bk R, rec L, sd R/cl L, sd R CPLOD); Trng RF XRib, sd L, XRib/sd L, small sd R CP Wll (Cont RF trn sd L, XRif, sd L/XRif, sd L);
- 5-6** [Cuddles] With slight RF bdy trn ld W to OP sd L sweep L arm to sd, rec R, in pl L/R, L end with both arms around W's bk (Trn ½ RF bk R sweep R arm to sd, rec L, fwd R/cl L, sd R pl R hnd on M's L shoulder); With slight LF bdy trn ld W to LOP sd R sweep R arm to sd, rec L, in pl R/L, R (Trn ½ LF bk L sweep L arm to sd, rec R, fwd L/cl R, sd L) blend CP fcg ptr & Wll;
- 7-8** [Nat Op Out Rev Top] With strong L sd ld press fwd L, rec R trng LF, XLif of R trng LF/sd R cont trn, XLif (Opg up 3/8 XRib, rec L trng LF, sd R/XLib, sd R); Sd R cont LF turn, XLif, fcg wall sd R/cl L, sd R (XLib, sd R, bk L/cl R, bk L) end in Fan Pos M fcg Wll W RLOD;
- 9-10** [Hcky Stick] Repeat meas 5 & 6 of part A overturned to a Left hand star M fcr RLOD (W LOD);

Repeat Part B & C

END

1- SNAP APART,

- 1- [Snap Apt {&}]** Sharply stp apt L pt R twd ptr snap L arms up & out at the same time,

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