

# LA DISTANCIA

**Music:** Tamara  
[www.amazon.com/ 20 Años De Amor](http://www.amazon.com/20%20A%C3%B1os%20De%20Amor)  
Track # 16 Time 4:23  
Shortened and Slowed down w/ -12% to Time 3:18  
Available from choreographer

**Rhythm:** Slow Two Step Phase: V+Several U  
**Footwork:** Opposite except where (Noted)

Release Date: May 20  
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium  
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**Sequence:** INTRO AB AB AB END



## INTRO

CP WALL LEAD FOOT FREE WAIT FOR INTRO MUSIC & START ON THE WORD "NUNCA"

## PART A

- 01-04 TRAVELING RIGHT TURN INTO ZIG ZAG & Maneuver ; ; TRAVELING RIGHT TURN INTO ZIG ZAG to STACKED HANDS ; ;**  
{Traveling Right Trn Into Zig Zag & Manvr} Comm RF trn Xg ifo W sd & bk L to fcg RLOD, -, XRib, twist trn RF 5/8 on both ft shiftg weight to L to CP DLW (W fwd R btwn M's ft, -, fwd L curvg RF around M, fwd R curvg RF to CP) ; Fwd R DLW trng 1/8 RF, sd L trng 1/8 RF, bk R fcg DRW & Manvr; {Traveling Right Turn Into Zig Zag to Stacked Hnds} Repeat meas 1,2 Intro & Stacked Hnds ; ;
- 05-08 X-HANDS UNDERARM TURN ; BACK BREAK w/ M's HEADLOOP to ½ OP LOD ; SPIRAL & RUN 2 TWICE to Pickg Up ; ;**  
{X-Hnds Underarm trn} Sd L raisg rt hnds, -, raisg lft hnds & lowerg rt hnds XRib leadg W to trn RF, lowerg lft hnds rec L to stacked hnds lft on top (W slight RF trn sd & fwd R, -, fwd L trng ½ RF, fwd R cont RF trn to fc ptr) ; {Bk Break w/ M's Headloop to ½ OP LOD} Sd R raisg lft hnds & loopg over M's head lowerg hnds & relsg lft hnds, -, bk L trng LF to ½ OP LOD, fwd R ; {Spiral & Run 2 x 2} Fwd L spiral RF (W LF), -, fwd R, L ; Fwd R Spiral LF (W Rf) fwd L, R (W trng ifo ptr) to LOP LOD in Low Bfly ;
- 09-12 TRAVELING X-CHASSE FOUR TIMES ; ; ; to BFLY WALL ;**  
{Trav Cross Chasse x 4 to BFLY WALL & Manvrg} Trng sltly LF fwd L to DLC, -, w/ rt shldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft shldr ld sd & fwd L twd DLC, cl R ; Repeat meas 9 Part A ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd fc ptr, cl R to BFLY WALL & Manvrg;
- 13-16 RIGHT TURN /W OUTSIDE ROLL ; OP BREAK ; CHANGE SIDES/W UNDERARM ; BASIC ENDING to Pickg Up ;**  
{Right Trn w/ Outsdr Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R comm RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY COH ; {OP Break} Sd R, -, apt L, rec R to fcg rt sd of W ; {Change Sides/W Underarm} Fwd L COH chg sds trng RF lead W trn under ld hds, -, sd R, XLIF (W fwd R WALL chg sds LF trn under ld hds, -, sd L, XRIF fc COH) to BFLY WALL ; {Basic Ending & Pickg Up} Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L trng LF to fold ifo M) to BFLY WALL & Pickg Up ;

## PART B

- 01-04 TRIPLE TRAVELER ; ; ; START HORSESHOE TURN ;**  
{Triple Traveler} Sd & fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R com RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr) to BFLY COH ; {Start Horseshoe Trn} [Rel tl hnds & extend to sd] Sd & fwd R trng RF to fc LOD, -, fwd L, XRib (W [Rel tl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R, XLib) end LOP LOD ;

**05-08 FINISH HORSESHOE TURN ; BASIC ENDING ; SPOT TURN ; M UNDERARM TURN ;**

**{Finish Horseshoe Trn}** Fwd L comm circular walk CCW, -, raisg jnd ld hnds fwd R cont circular walk, fwd L complg circular walk (*W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd ld hnds, fwd R complg circular walk*) to BFLY WALL ; **{Basic Ending}** Repeat meas 16 Part A to BFLY WALL ; **{Spot Turn}** Sd L, -, XRif trng LF ½ on both ft, rec L cont LF trn to fc ptr ; **{M Underarm Trn}** Sd R comm RF trn undr jnd trl hnds, -, XLif cont RF trn ½, rec R compg full trn (*W sd L raisg jnd trl hnds palm-to-palm, -, XRib, rec L*) to Lft Hnd Star RLOD ;

**09-12 LEFT & RIGHT PATTY CAKE TWICE ; ; OP BASIC TWICE ; ;**

**{L & R Patty Cake}** [jng lft hnds] Sd L, -, trng ¼ RF rk bk R extend trl arm to sd, rec L trng ¼ LF to fcg ptr (*W [jng lft hnds] sd R, -, trng RF rk fwd L extend ld arm to sd, rec R trng ¼ LF*) to BFLY COH ; [jng rt hnds] Sd R, -, trng ¼ LF rk bk L extend ld arm to sd, rec R trng ¼ RF to fcg ptr (*W [jng rt hnds] sd L, -, trng LF rk fwd R extend tr-hnds to sd, rec L trng ¼ fcg ptr*) to BFLY WALL ; **{OP Basic x 2}** Sd L trng to ½ RF rlsng trl hnds LOP RLOD, -, XRib (*W XLib*), rec L trng to fc ptr ; Sd R trng to ½ LF rlsng ld hnds OP LOD, -. XLib (*XRib*) rec R to ½ OP LOD ;

**13-16 TWO SWITCHES ; ; LUNGE BASIC TWICE to Manvr ; ;**

**{2 Switches}** Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (*W fwd R, -, fwd L, fwd R*) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (*W sd L Xg ifo M, fwd R to ½ OP, fwd L*) to ½ OP LOD ; **{Lunge Basic 2}** Blend to Bfly Sd L, -, rec R, XLif (*W XRif*) ; Sd R, -, rec L, XRif (*W XLif*) to BFLY WALL & Manvr ;

## ENDING

**01-04 TRAVELING RIGHT TURN INTO ZIG ZAG ; ; SIDE INTO HINGE & EXTEND ARMS ; ;**

**{Traveling Right Trn Into Zig Zag}** Repeat meas 1,2 Part A ; ; **{Sd to Hinge}** [Blendg to CP fc Wall] Sd L, -, cont slight LF trng to lower on L, - (*W sd R trng LF, -, cl L, cont LF body trn comm to lower on R extend R to RLOD look well to left*) ; **{Extend Arms}** Cont slight lowerg relg ld hnds W place rt hnd on M's lft shldr both extend lft arms out to sd, -, -, - ;