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MUSIC: "El Pico" Orquesta Torres Avila - CD Latin Unlimited "Calor Latino" Various, Track #13

SEQUENCE: Intro, A, B, C, D, E, Inter, E (1-7), Ending

RELEASED: August 2004

RHYTHM: Paso Doble **PHASE:** VI (Farol, Fregolina, & Traveling Spins)

SPEED: As on Mini-Disc

FOOTWORK: Described for Man - Woman opposite (or as noted)

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INTRO

1 - 6 WAIT; BANDERILLAS;; TO CP COH; PROMENADE TO CP WALL;;

- 1 - Wait 1 measure in loose Paso Doble hold M FCING COH but W to M's L sd almost L hip to L hip both standing tall & shaped to M's R;
- 2 - Sharply changing shape to M's L bringing joined lead hands down low but keeping eye contact with each other throughout figure Sur Place in place R, L, R, L;
- 3 - Appel R, wide step sd L sharply changing shape to M's R bringing joined lead hands up again maintaining eye contact, cl R to L, Sur Place in place L (appel L, Sur Place in place R, L, R) to end as in beginning but W to M's R sd almost R hip to R hip;
- 4 - Fwd R twd COH outsd ptr, small sd & slightly bk L, cl R to L, Sur Place in place L (bk L twd COH, sd R, cl L to R, Sur Place in place R) to CP COH;
- 5-6 - Appel R, trng LF sd & fwd L to SCP RLOD, fwd R comm RF trn, fwd & sd L cont RF trn to CP LOD; Bk R w/R sd leading, bk L comm RF trn, cont RF trn sd R, cl L to R to CP WALL;

7 - 9 THRU CLOSE SIDE CLOSE; THRU CLOSE TO SYNC ELEVATION UP; ELEVATION DOWN;

- 7 - Swivel sharply LF thru R, swivel sharply RF cl L to R, sd R twd RLOD, cl L to R to CP WALL;
- 123&4 8 - Swivel sharply LF thru R, swivel sharply RF cl L to R, high on toes look RLOD sd R/cl L to R, sd R/cl L to R;
- 9 - Changing shape to bring lead hands down low look LOD sd R, cl L to R, sd R, cl L to R to normal CP WALL;

PART A

1 - 4 SEPARATION w/LADIES CAPING WALKS;;; TO CP WALL;

- 1-2 - Appel R, fwd L twd WALL, cl R to L releasing R hand hold, in place L to end L OP FCING; Sur Place in place R, L, R, L leading W to R sd lead hands high (appel L, bk R, bk L, cl R to L; small fwd L, R, L, R to M's R sd) to end sd by sd M FCING WALL & W FCING COH;
- 3-4 - Hold position w/feet together circling L hand over head CW to lead W around as in lariat,, sd R to CP, cl L
- 34 to R (passing behind M's bk from his R sd circle $\frac{3}{4}$ RF fwd L, R, L, R; L, R to end in front of M fcng RLOD,
- (1234) trng $\frac{1}{4}$ RF sd L to CP, cl R to L) to end CP WALL;

5 - 8 GRAND CIRCLE 8; (FC WALL); COUPE DE PIQUE;;

- 5-6 - Appel R, trng LF sd & fwd L to SCP, fwd & across R, hold position trng body LF; Twist to L, w/wgt on both feet, allowing feet to uncross to end w/wgt on L, tch R to L sharply raising lead hands (appel L, trng RF sd & fwd R to SCP, comm LF trn fwd L, circling around M fwd R; L, R, L, trng LF cl R to L) to CP WALL;
- 234 7-8 - Trng LF pt R fwd & across w/L knee flexed, trng RF cl R to L on toes, trng LF bk L, trng RF cl R to L on toes;
- 12&34 Trng LF bk L, trng RF sd R/cl L to R, sd R, cl L to R to CP WALL;

PART B

1 - 5 FAROL;;; AFTER SPIN FREEZE TO CP (COH);;

- 1 - Appel R, trng LF sd & fwd L to SCP, fwd R comm RF trn, cont RF trn sd & bk L (appel L, trng RF sd & fwd R to SCP, cont RF trn fwd & across L, fwd R) to CP RLOD;
- 2 - Bk R w/R sd leading, bk L comm RF trn, cont RF trn cl R to L to fc WALL, Sur Place in place L (fwd L w/L sd leading, fwd R outsd ptr comm RF trn, cont RF trn sd & slightly bk L, cont RF trn bk R) to end M fcng COH in double hand hold w/trailing hands high & lead hands low W fcng RLOD to M's R sd w/L knee flexed in Spanish line;
- 3 - Hold position w/feet together gradually trng body to L (fwd L, R, comm LF trn fwd L, cont LF trn fwd R to M's
- (1234) L sd spiral LF under joined trailing hands) to end M FCING COH & W FCING WALL at M's L sd;
- 3 4 - Hold releasing joined lead hands but lead W to circle behind you,, bk L twd WALL, tch R to L (circle $\frac{3}{4}$ LF
- (123-) around M fwd L, R, L, press R twd RLOD in front of M) to end at 90 degree angle w/lead palms pressed tog;
- 5 - Hold w/wgt on L, resume CP but lead hands low palms down w/W's on top of M's, sharply take lead hands
- (1--) up (take wgt on R & spin RF $\frac{3}{4}$ to fc M, tch L to R, raise lead hands to normal CP, hold) to end CP COH;

PART C**1 - 4 SIXTEEN (TO REVERSE);:::**

- 1 - Appel R, trng LF sd & fwd L to SCP, fwd R comm RF trn, cont RF trn sd & bk L (appel L, trng RF sd & fwd R to SCP, cont RF trn fwd & across L, fwd R) to CP RLOD; ;
- 2 - Bk R w/R sd leading, bk L comm RF trn, cont RF trn cl R to L to fc WALL, in place L (fwd L w/L sd leading, fwd R outsd ptr comm RF trn, cont RF trn sd L, cont RF trn rec R);
- 3-4 - Sur Place in place R, L, R, L; R, L, R, L (fwd & across L, comm LF trn sd R, cont LF trn rec L, fwd & across R; comm RF trn sd L, cont RF trn rec R, comm LF trn fwd L twd M, cont LF trn cl R to L) to CP WALL;

5 - 8 TWIST TURN; TO FC LOD; TRIPLE STAB CLOSE & SIDE CLOSE;;

- 5 - Appel R, trng LF sd & fwd L to SCP, fwd R comm RF trn, cont RF trn sd & bk L to CP RLOD;
- 34 6 - XRIB of L, twist ½ RF w/wgt on both feet to end with wgt on L, sd R, cl L to R (comm RF trn fwd L toe pting (1234) DLW, cont RF trn fwd R twd WALL, cont RF trn sd L, cl R to L) to end CP LOD;
- 2&-4& 7-8 - Trng LF pt R fwd & across w/L knee flexed, trng RF cl R to L on toes/cl L to R, repeat this action; Repeat this -2&34 action a third time,, sd R, cl L to R to CP LOD;

PART D**1 - 4 ATTACK FC COH; CL PT TWICE SURPLACE 2; ATTACK FC REV; CL PT TWICE SURPLACE 2;**

- 1 - Appel R, fwd L twd LOD comm LF trn, cont LF trn sd R, cl L to R to CP COH;
- &1&234 2 - Cl R to L/pt L sd w/R knee flexed & shape twd pointed ft, cl L to R/pt R sd w/L knee flexed & shape twd pointed ft, Sur Place in place R, L;
- 3 - Appel R, fwd L twd COH comm LF trn, cont LF trn sd R, cl L to R to CP RLOD;
- &1&234 4 - Cl R to L/pt L sd w/R knee flexed & shape twd pointed ft, cl L to R/pt R sd w/L knee flexed & shape twd pointed ft, Sur Place in place R, L;

5 - 8 PROM LINK FC WALL; ECART TO HALF OPEN LINE; GRAND CIRCLE 10; TO FC LINE;::

- 5 - Appel R, trng LF sd & fwd L to SCP, cont LF trn fwd & across R twd WALL, cl L to R (appel L, trng RF sd & fwd R to SCP, fwd L comm LF trn, cont LF trn cl R to L) to CP WALL;
- 6 - Appel R, fwd L twd WALL, sd & slightly bk R, XLIB of R releasing joined lead hands to ½ OP POS LOD;
- 1-- 7-8+ Fwd & across R, hold position trng body LF,, twist to L w/wgt on both feet for another 7 beats allowing feet to -- across to end w/wgt on L;;, (circle LF 1 full turn around M by lifting each knee to almost waist level so toe is (1234) pting downward fwd L, R, L, R; L, R, L, R; L, R) to end in wide ½ OP POS FCING LOD,
- (1234 12) **NOTE:** Extra 2 beats here to make a total of 8½ measures.

9 1/2 THRU CLOSE SHAPE DOWN & UP;:::

- 12-- Fwd & across R, trng RF cl L to R looking LOD joining lead hands low palms down W's on top of M's & knees flexed, sharply take lead hands high straightening legs & shape to M's R looking twd RLOD, hold line;

PART E**1 - 8 FREGOLINA;:::;; R TRNG SUR PLACE FC WALL;**

- 1 - Appel R, trng LF sd & fwd L to SCP, fwd R comm RF trn, cont RF trn sd & bk L (appel L, trng RF sd & fwd R to SCP, cont RF trn fwd & across L, fwd R) to CP RLOD;
- 2 - Bk R w/R sd leading, bk L comm RF trn, cont RF trn cl R to L to fc WALL, Sur Place in place L (fwd L w/L sd leading, fwd R outsd ptr comm RF trn, cont RF trn sd & slightly bk L, cont RF trn bk R) to end M fcing COH in double hand hold w/trailing hands high & lead hands low W fcing RLOD to M's R sd w/L knee flexed in Spanish line;
- 3 - Hold position w/feet together gradually trng body to L (fwd L, R, comm LF trn fwd L, cont LF trn fwd R to M's (1234) L sd spiral LF under joined trailing hands) to end M FCING COH & W FCING WALL at M's L sd;
- 4 - Hold circling R arm CCW over head & lower it to end fwd at R sd while L arm goes behind bk gradually trng (1234) body to R (cont LF trn fwd L, comm RF trn fwd R, cont RF trn sd & slightly bk L, cont RF trn bk & slightly across R to Spanish line) to end looking at each other M fcing COH W at his R sd fcing Wall;
- 5 - Hold reversing arm positions so L arm is fwd at L sd and R arm is behind bk gradually trng body to L (comm (1234) LF trn fwd L, cont LF trn sd & slightly bk R, cont LF trn bk & slightly across L, bk R to Spanish line) to end looking at each other M fcing COH W at his L sd fcing WALL;
- 3 6 - Hold releasing joined lead hands but lead W to circle behind you,, bk L twd WALL, tch R to L (circle ¾ LF (123-) around M fwd L, R, L, press R twd RLOD in front of M) to end at 90 degree angle w/lead palms pressed tog;
- 34 7 - Hold w/wgt on L, resume normal CP, sd R, cl L to R (take wgt on R & spin RF ¾ to fc M, tch L to R, sd L, cl (1-34) R to L) to end CP COH;
- 8 - Lowering lead hands to shape opposite of the trn Sur Place in place trng ½ RF R, L, R, L sharply bringing lead hands high (trng ½ RF sd L, cl R to L to fc RLOD, sd L, cl R to L) to normal CP WALL;

INTERLUDE**1 - 4 1 TRAVELING SPIN; PROMENADE CLOSE; 1 TRAVELING SPIN; PROMENADE CLOSE;**

- 1 - Appel R, trng LF sd & fwd L to SCP, fwd & across R releasing trailing arm hold & leading W to spiral, sd & fwd L (appel L, trng RF sd & fwd R to SCP, fwd & across L spiral RF to fc M, cont RF trn sd & fwd R) collecting ptr back to SCP LOD;
- 2 - Fwd & across R, trng RF cl L to R, sd R twd RLOD, cl L to R to CP WALL;
- 3-4 - Repeat meas 1 & 2 of Interlude;;

PART E (1-7)**1 - 7 FREGOLINA;,,,,,**

- 1-7 - Repeat measures 1 thru 7 of Part E;,,,,;

ENDING**1 - 3 TRAVELING SPINS FROM PROM (3 SPINS); THRU TURN TO QUICK SPANISH LINE,,,**

- 1 - Appel R, trng LF sd & fwd L to SCP, fwd & across R releasing trailing arm hold & leading W to spiral, sd & fwd L (appel L, trng RF sd & fwd R to SCP, fwd & across L spiral RF to fc M, cont RF trn sd & fwd R);
- 2 - Fwd & across R, sd & fwd L, fwd & across R, sd & fwd L (fwd & across L spiral RF to fc M, cont RF trn sd & fwd R, fwd & across L spiral RF to fc M, cont RF trn sd & fwd R);
- 123 3 - Fwd & across R comm RF trn, cont RF trn sd & bk L releasing lead hand hold, cont RF trn bk R as you flex L knee in Spanish line w/lead arm curved in front hand in front of chest palm in & trailing arm extended up high above head palm out fingers spiked, **NOTE:** Only 3 beats in this measure.

NOTE: This cuesheet is written using 4 beats to the measure for ease of reading and keeping the figures together. Unless noted, timing is standard 1234 and all timing listed is reflective of actual weight changes.