

BAILAMOS (DANCE TOGETHER)

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CD: LA VIDA MICKY -- Walt Disney Records 60680-7 -- Track 10 Bailamos
Footwork: Opposite unless noted RELEASED July - 4 - 2003 SPEED: NORMAL
Rhythm/Level: Merengue / Cha -- Phase IV +2 (sweetheart & double cuban) + (unphased merengue figures)
Sequence: INTRO A B Int A B C D B(1-8) END

INTRO (mer)

{ARM SLIDE POS FCG WALL} ; WAIT 2 MEAS ;; ARM SLIDE APRT & TOG ;; CONTINUOUS DOORS ;; {BFLY WALL}

1-6 Wait 2 meas fcg wall both have hnds on ptrs arms near the shldr (wait drum beats -- start dance with music);
[ARM SLIDE] Sliding arms down ptrs arms small steps Bk L, Bk R, Bk L, Bk R hnds low; Raising arms & hnds slowly in circular motion with small steps Fwd L, Fwd R, Fwd L, Fwd R to BFLY WALL;
[CONT DOORS] Rk sd L, Rec R, XLIF (W XRIF), Rk sd R; Rec L, XRIF (W XLIF), Sd L, cls R;

PART A (cha)

{BFLY WALL} ; 1/2 BASIC ; WHIP TO CNTR ; NEW YORKER ; UNDERARM TRN ; {BFLY WALL}

1-4 [1/2 BASIC] Fwd L, rec R, sd L/cls R, sd L ; [WHIP TO CNTR] Bk R trn LF 1/4 lead W across with M's R & W's L hnds, rec fwd L cont trn LF sd R/cl L, sd R to fc COH in BFLY (W fwd L outsd M's L sd, fwd R trng 1/2 LF sd L/cl R, sd L to fc ptr & wall); [NEW YORKER] Thru L to LOP LOD, rec R to fc, sd L/cl R, sd L to BFLY COH ;
[UNDRARM TRN] XRIB, rec L, sd R /cls L, sd R (W XLIF trng 1/2 RF undr lead hnds, rec R cont RF trn to fc ptr, sd L/cl R, sd L) ;

{BFLY WALL} ; 1/2 BASIC ; WHIP TO WALL ; TIME STEP TWICE ;; FLIRT ;; SWEETHEART TWICE ;; {CP WALL}

5-12 [1/2 BASIC] Repeat part A meas 1; [WHIP TO WALL] Repeat part A meas 2 to end in NO HNDSD JOINED FCG WALL;
[TIME STEP TWICE] No Hnds Joined XLIB (W XRIB) rec R, sd L / cls R, sd L;
No Hnds Joined XRIB (W XLIB) rec L, sd R / cls L, sd R end in RT HND SHAKE FCG WALL;
[FLIRT] In Rt Hnd Shake Rk fwd L, rec R, sd L/cls R sd L to VARS (W Rk bk R, rec L, trng LF cont trn to VARS sd R / cls L, sd R); Rk bk R, rec L, sd R / cls L, sd R to left VARS maintain hnd hold (W Rk bk L, rec R, sd L in front of man /cls R, sd L maintain hnd hold); [SWEETHEART TWICE] maintain hnd hold XLIF checking action trn body twds ptr look thru window at ptr Rec R, sd L /cls R, sd L (W XRIB checking action trn body twds ptr look thru window at ptr Rec L, sd R /cls L, sd R) to end in R Shadow pos; Maintain hnd hold XRIF checking action trn body twds ptr look thru window at ptr Rec L, sd R /cls L, sd R (W XLIB checking action trn body twds ptr look thru window at ptr Rec R, comm RF trn release L hnds fwd L /cls R, sd L) end in CP WALL;

PART B (mer)

{CP WALL} ; MERENGUE BASIC ; MERENGUE GLIDE ; PROMENADE TURN AWAY ;; {CP WALL}

1-4 [MER BASIC] CP WALL Sd L, cls R, sd L, cls R; [MER GLIDE] Sd L /cls R, sd L /cls R, sd L, cls R;
[PROM TURN AWAY] blending to SCP Fwd L, Fwd R, trng to fc ptr Sd L, rec R trng to LOP fcg RLOD;
Fwd L, trng RF (W LF), Rec R cont trn, Sd L blending to CP wall Cls R;

{CP WALL} ; MERENGUE BASIC ; MERENGUE GLIDE ; OPEN BREAK TO MANS WRAP & UNWIND ;; CONTINUOUS DOORS ;;

5-10 Repeat part B meas 1-2 ;; [OP BRK TO M's WRAP & UNWIND] releasing trailing hnds Rk aprt L, rec R raising R hnd straight up , fwd L, comm rotating RF sd & bk R (W aprt R, rec L, fwd R twd M's R sd, comm rotating RF arnd M fwd L); Cont rotating RF Bk L, XRIB, comm unwind RF L, complete unwind RF end weight on R (W cont rotating arnd M Fwd R, L, R, sd L to fc M & COH) end in BFLY WALL {3rd time end in CP WALL};
[CONTINUOUS DOORS] Repeat Intro meas 5-6 to end in BFLY WALL ;;

BAILAMOS (DANCE TOGETHER)

INTERLUDE

{BFLY WALL} 1/2 BASIC LADY WRAP ; 1/2 BASIC LADY UNWRAP ; {BFLY WALL}

1-2 [1/2 BASIC LADY WRAP] Fwd L, rec R, bk L/cl R, bk L (W Bk R, rec L, comm LF trn fwd & sd R/cls L, maintain hnd hold cont LF trn bk & sd R) to end in WRAPPED POS BOTH FCG WALL;
[1/2 BASIC LADY UNWRAP] Bk R, rec L, fwd R/cl L, fwd R (W Bk L, rec R, comm RF trn fwd & sd L/cls R, maintain hnd hold cont RF trn to UNWRAP arms sd & bk L) to end in BFLY WALL;

{BFLY WALL} PROGRESSIVE ROCKS ; SIDE CLOSE ,, {BFLY WALL}

3+ [PROG RKS] In BFLY wall Rk apt L, rec XRIF, rk apt L, rec XRIF; [SD CLS] In BFLY Sd L , cls R ,

PART C (mer)

{BFLY WALL} START DBL CUBAN BREAKS ; SPOT TURN IN 4 ; FINISH DBL CUBAN BREAKS ; SPOT TURN IN 4 ;

1-4 XLIF (W XRIF) / rec R, sd L / rec R, XLIF (W XRIF) / rec R, sd L; [SPOT TRN IN 4] XRIF (W XLIF) twd LOD trng 1/4 LF (W RF), fwd L cont trn 1/4 LF (W RF), fwd R cont trn 1/4 LF (W RF), fwd L cont trn 1/4 LF to BFLY WALL;
[FIN DBL CUBANS] XRIF (W XLIF) / rec L, sd R / rec L, XRIF (W XLIF) / rec L, sd R;
[SPOT TRN IN 4] XLIF (W XRIF) twd RLOD trng 1/4 RF (W LF), fwd R cont trn 1/4 RF (W LF), fwd L cont trn 1/4 RF (W LF), fwd R cont trn 1/4 RF (W LF) to CP WALL;

{SCP LOD} PROMENADE TURN AWAY ;; PROMENADE TURN AWAY ;; {BFLY WALL}

5-8 Repeat part B meas 3-4 to end in CP WALL ;; Repeat part B meas 3-4 to end in BFLY WALL ;;

PART D (cha)

{BFLY WALL} 1/2 BASIC LADY WRAP ; 1/2 BASIC LADY UNWRAP ; 1/2 BASIC ; {BFLY WALL}

1-3 Repeat Interlude meas 1-2 to end in BFLY WALL ;; [1/2 BASIC] Fwd L, rec R, sd L/cl R, sd L ;

{BFLY WALL} NEW YORKER ; SHLDR TO SHLDR 2X ;; REV UNDERARM TRN ; UNDERARM TRN ; {BFLY WALL}

4-8 [NEW YORKER] Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ;
[SHLDR TO SHLDR 2X] XLIF to bfly SCAR (W XRIB), rec R, sd L/cl R, sd L to fc in bfly ; XRIF to bfly BJO (W XLIB), rec L, sd R/cl L, sd R to BFLY WALL;
[REV UNDRARM TRN] XLIF, rec R, sd L/cl R, sd L (W XRIF trng 1/2 LF undr ld hnds, rec L cont LF trn to fc ptr, sd R/cl L, sd R) ;
[UNDRARM TRN] XRIB, rec L, sd R/cl L, sd R (W XLIF trng 1/2 RF undr ld hnds, rec R cont RF trn to fc ptr, sd L/cl R, sd L) ;

ENDING (mer)

{CP WALL} MERENGUE BASIC ; MERENGUE GLIDE ; CONTINUOUS DOORS ;; SIDE CORTE ;

1-5 Repeat part B meas 1-2 to end in BFLY ;; [CONT DOORS] Repeat Intro meas 5-6 to end in BFLY ;;
[SIDE CORTE] In BFLY Sd lunge L flexing supporting knee & look RLOD until music fades;