

THE WAY WE WERE

[Spanish Folk Song]



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Music : MAI SOUND SALA-3502 CD Track 7 e-mail : d-doi@tcp-ip.or.jp
available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Bolero Phase III + 2 [Aida, Hip Rocks]
Sequence : Intro - A - B - A - B - Int - A - B - Ending **Speed** : 24 MPM
Timing : SQQ unless noted by side of measure **Footwork** : Opposite except where noted
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INTRO

1 - 5 WAIT;; SWAY RIGHT; SWAY LEFT; HIP LIFT;

1-2 {Wait} Fcg ptr & Wall hnds XIF of body trailing ft free wait;;
SS 3 {Sway Right} Sd R,-, with upper body sway left lead arm down & sd trail arm up & out with striking a line,-;
SS 4 {Sway Left} Sd L,-, with upper body sway right trail arm down & sd lead arm up & out,-;
5 {Hip Lift} Blend to CP sd R bring L to R,-, with slight pressure on L lift hip, lower hip;

PART A

1 - 8 BASIC;; HND TO HND; SHLDR TO SHLDR w/ARM 2X;; FENCE LINE 2X;; REV UNDERARM TRN;

1-2 {Basic} Sd L with body rise,-, bk R with slipping action and with flexing knee, fwd L; sd R rise,-, slip fwd L flex knee, bk R;
3 {Hand To Hand} Sd L rise,-, trn RF to LOP RLOD slip bk R flex knee, fwd L trn LF to fc ptr;
4-5 {Shoulder To Shoulder With Arm Twice} Sd R rise,-, XLIF to Scar flex knee with trail arm up palm out lead hnd on L hip, bk R trn to fc ptr; sd L rise,-, XRIF to Bjo flex knee with lead arm up & out trail hnd on R hip, bk L trn to fc ptr;
6-7 {Fence Line Twice} Blend to Bfly sd R rise,-, cross lunge thru L with bent knee look RLOD, bk R trn to fc ptr; sd L rise,-, cross lunge thru R with bent knee look LOD, bk L trn to fc ptr;
8 {Reverse Underarm Turn} Sd R rise,-, XLIF flex knee, bk R (W sd L rise,-, XRIF flex knee trn 3/4 LF under jnd lead hnds, fwd L cont trn to fc ptr);

PART B

1 - 10 UNDERARM TRN; BRK BK TO OPN; BOLERO WALKS;; SPOT TRN; LUNGE BREAK; TIME STEP; OPN BRK; NEW YORKER; FWD BREAK;

1 {Underarm Turn} Sd L rise,-, XRIB flex knee, fwd L (W sd R rise,-, XLIF flex knee trn 3/4 RF under jnd lead hnds, fwd R cont trn to fc ptr);
2 {Break Back To Open} Sd R rise,-, trn LF to OP LOD slip bk R flex knee, fwd L;
3-4 {Bolero Walks} In OP LOD fwd L rise,-, fwd R, L; fwd R rise,-, fwd L, R;
5 {Spot Turn} Fwd L rise,-, fwd R flex knee trn 1/2 LF, fwd L cont trn to fc ptr jn lead hnds;
6 {Lunge Break} Sd & fwd R rise,-, lower on R with slight RF body trn lead W to bk, rise on R with slight LF body trn to rec (W sd & bk L rise,-, XRIB with contra chk like action, fwd L);

- 7 {Time Step} Release lead hnds sd L rise,-, XRIB (W XLIB) flex knee, fwd L jn lead hnds;
- 8 {Open Break} Sd & fwd R rise trail arm extended sd throughout,-, bk L flex knee, fwd R;
- 9 {New Yorker} Sd L rise,-, trn LF to OP LOD slip fwd R flex knee, bk L trn RF to fc ptr;
- 10 {Forward Break} Blend to LOP Fcg sd & fwd R rise,-, fwd L slight XIF with contra chk like action, rec bk R blend to CP; [second time ends Bfly and third time ends LOP Fcg]

REPEAT PART A

REPEAT PART B

INTERLUDE

1 - 4 OPENING OUT 4X;;;:

- 1-4 {Opening Out 4 Times} Blend to Bfly sd & fwd L rise comm body rotation to LOD,-, lower on L complete trn extend R ft to sd, rise and rotate bk to Bfly (W sd & bk R rise comm body rotation to match ptr,-, XLIB lower, fwd R rotate bk); cl R rise comm body rotation to RLOD,-, lower on R complete trn extend L ft to sd, rise and rotate bk to Bfly (W sd & bk L rise comm body rotation to match ptr,-, XRIB lower, fwd L rotate bk); cl L and hereafter repeat meas 1 (W repeat meas 1); repeat meas 2 blend to CP Wall;

REPEAT PART A

REPEAT PART B

END

1 - 6 AIDA PREP; AIDA LINE & HIP RKS; FC & SPOT TRN; FWD BRK; BK BOLERO WALKS; LUNGE APT & HOLD;

- 1 {Aida Preparation} Sd L rise to slight opn "V" shape,-, thru R flex knee comm trn RF, sd L cont trn to V Bk-To-Bk;
- 2 {Aida Line & Hip Rocks} Bk R in aida line,-, rk sd L rolling hip, rec R with hip roll;
- 3 {Face & Spot Turn} Sd L trn sharply LF to fc ptr and pt R sd,-, XRIF cont trn 3/4 LF, fwd L cont trn to fc ptr end LOP Fcg Wall;
- 4 {Forward Break} Repeat meas 10 Part B end LOP Fcg DRW;
- 5 {Back Bolero Walks} Bk L rise,-, trn slightly RF bk R twd LOD, bk L end LOP Fcg RLOD;
- 6 {Lunge Apart & Hold} Trn RF (W LF) to LOP COH lunge sd R,-, sweep trail arm CCW to up & out look ptr,-;