

## IPANEMA

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**MUSIC:** The Girl From Ipanema by Peter Grant CD: New Vintage Track #7 41RPM

**FOOTWORK:** Opposite (Woman in parenthesis)

**RHYTHM:** Roundalab Phase V +1 (Advance Alemana) Rumba Ver1.1

**SEQUENCE:** Intro-ABCD-B(Mod)-A-End

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### INTRO

**1-8 NO HANDS MAN FCG LADY & WALL WAIT 3 SLOW NOTES RIGHT FOOT FREE FOR BOTH;; SLOW TRADE PLACES;; SLOW OPPOSITE SIDE WALK 3;; SLOW OPPOSITE SPOT TURN LADY IN 4 BFLY/COH;;**

{During intro all steps are danced on slow notes with continuous body movement throughout. During the whole dance lady never looks at partner} No hands man fcg lady & wall wait 3 slow notes right foot free for both;;

[Trade places {SSS--}] Rock apart slow on R, -, rec L, -; Fwd R with slow ½ spiral LF fc partner/COH, -, -, -;

[Opp side walk 3 {SSS--}] RLOD Sd L, -, cl R, -; Sd L, -, -, - (LOD Sd L, -, cl R, -; Sd L, -, -, -);

[Opp spot trn Lady in 4 {SSS--}{SSSS}] XRif of L trng LF ½, -, rec L trng LF ¼, -; Fwd R trng LF ¼ to partner COH blend to BFLY, -, -, - (XRif of L trng LF ½, -, rec L trng LF ¼, -; Fwd R trng LF ¼ fc parter wall, -, cl L to R blend to BFLY, -);

### PART A

**1-8 BASIC;; ADVANCE ALEMANA; FACE WALL; CUDDLE TWICE;; CUDDLE LADY SPIRAL; & ROLL TO TANDEM LOD;**

[Basic {QQS QQS}] Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;

[Advance Alemana {QQS QQS}] Fwd L, rec R, sd L trng RF 1/8,-; XRif of L trng RF sd L completing 3/8 RF trn, cl R to L (Bk R, rec L, fwd R trng RF 1/8, -; Fwd L trng RF undr joined lead hnds, fwd R trng RF, fwd L trng RF, fc coh -) blend to cuddle position w/Man's arms embracing partner under her arms fc wall;

[Cuddle Twice {QQS QQS}] Sd L, rec R, cl L (W trn RF on L rk bk R in M's R arm to fc LOD, rec L to fc ptr, sd R to momentary cuddle pos), -; Sd R, rec L, cl R (W trn LF on R rk bk L in M's L arm to fc RLOD, rec R to fc ptr, sd L to momentary cuddle pos), -;

[Cuddle Lady Spiral & Roll Tandem LOD {QQS QQS}] Sd L, rec R, join lead hands leading lady to spiral LF cl L release hands, - (W trn RF on L rk bk R in M's R arm to fc LOD, rec L, small fwd R spiral LF ¾), - Small fwd R, L, R, -(W cont LF trn roll LOD and additional full rotation L, R, L to tandem LOD in front of M, -); **Option: Woman may walk fwd 3 instead of roll.**

**9-16 PROGRESSIVE WALK 6; LAST STEP LADY TURN RIGHT SHAKE HANDS; TRADE PLACES TWICE;; TRADE PLACES LADY SPIRAL; & ROLL TO TANDEM RLOD; PROGRESSIVE WALK 6; LAST STEP LADY TURN RIGHT LEAD HANDS;**

[Progressive Walk 6 {QQS QQS}] Fwd L, R, L, -; Fwd R, L, R, shake hands (W fwd R, L, R,-; Fwd L, R, spiral RF ½ on L, shake hands) fc ptr LOD;

[Trade Places Twice {QQS QQS}] Rk apart L, release hands rec R, fwd L passing lady by on right sd spiral RF ½, join left hands fc RLOD; Rk apart R, release hands rec L, fwd R passing lady on L sd spiral ½ LF, join R hands fc LOD (W rk apart R, rec L, fwd R passing man by on right sd spiral LF ½, join L hands fc LOD; Rk apart L, rec R, fwd L passing M on L sd spiral RF ½, join R hands fc RLOD);

[Trade Places Lady Spiral & Roll Tandem RLOD{QQS QQS}] Rk apart L, rec R, fwd L passing lady by on R sd spiral RF ½, lead lady to spiral keep R hands joint; Rec R, small fwd L, R, keep R hands joined until lady's completed an additional rotation to tandem RLOD then release hands (W rk apart R, rec L, fwd R passing M on R sd, spiral LF 7/8 under R hands; Cont a full rotation + 1/8 under joint R hands L, R, L, release hands blend to tandem RLOD lady in front of M); **Option: Lady may walk fwd 3 instead of roll.**

[Progressive Walk 6 {QQS QQS}] Repeat meas 9-10 of part A join lead hands RLOD;;

**PART B****1-8 OPEN BREAK START NATURAL TOP; LADY INSIDE UNDERARM TURN MAN'S SKATERS FACE COH; WHEEL 3 FACE LOD; ROLL LADY RIGHT IN 4 SHADOW WALL; SHADOW SERPIENTE INTO;; PARALLEL CHASE LEFT VARSOUVIENNE; THEN VARSOUVIENNE INTO;**

[Open Break Start Natural Top {QQS}] Rk apart L, rec R, fwd L, blend to loose CP DRC;

[Lady Inside Underarm Turn {QQS}] Small xRib of L trng fc COH, rec L leading lady to a rev underarm trn changing hand R to R, sd R blend to a M's skaters M to R sd of lady join left hands, fc coh - (W sd & fwd L trng to fc wall, changing hands R to R fwd R spiral LF ½ wrapping M's R shoulder, sd L lady behind M to his L sd fcg COH join left hands,-);

[Wheel 3 Face LOD {QQS}] Wheel RF ¼ small bk L, bk R, bk L fc LOD, -(W wheel RF ¼ small fwd R, L, R LOD,-)

[Roll Lady Right in 4 {QQS (QQQQ)}] Keeping left hands joined continue wheel to fc wall small bk R, in pl L, R lead lady to roll RF shadow wall lady in front and slightly to R sd of M end same footwork, - (W Roll RF 1 & ¼ fwd L, R, L, small sd R blend to shadow wall);

[Shadow Serpiente {QQQQ QQQQ}] XLif of R, sd R, XLib of R, fan R clockwise; XRib of L, sd L, XRif of L, -;

[Parallel Chase {QQS QQS}] Fwd L trng RF ¼, rec R blend to L varsouvienne, fwd L drw, -; Fwd R RLOD trng LF ¼, rec L blend to varsouvienne join R hands as well, fwd R LOD, -;

**9-16 LARIAT MAN'S LEFT SIDE; MAN FACE WALL LADY IN 4 SHAKE HANDS; FLIRT INTO;; SWEETHEART TWICE; SECOND LADY TO FAN; ALEMANA FROM FAN FACE WALL;;**

[Lariat To M's Left Side QQS] In place L keeping L hands low bring R hands up leading lady to circle around M on L sd, in place R, L, -(W fwd L circling LF ½ around M bring R hands up, fwd R, fwd L end fcg RLOD, -)

[Man Face Wall Lady In 4 {QQS (QQQQ)}] release L hands in place R cont leading Lady to circle L w/R hands, in pl L, trn ¼ RF in pl R keep R hands joined, -(W cont circle LF around M keeping R hands up fwd R fc wall, fwd L trn fc LOD, fwd R fc ptr, cl L to R blend to hand shake) end fcg ptr & wall;

[Flirt {QQS QQS}] Opposite footwork Fwd L, rec R, sd L, -(W bk R, fwd L, fwd R spiral LF ½ blend to varsouvienne, -); Bk R, rec L leading Lady to slide in front, sd R, -(W bk L, rec R, sd L moving left in front of M blend to L varsouvienne, -);

[Sweetheart Twice {QQS QQS}] Keeping L to L and R to R hands joined ck fwd L w/R sd lead look at ptr, rec R chg shape, sd L, -(W bk R w/L sd lead, rec L chg shape, sd R, -); Ck fwd R w/L sd lead look at ptr, rec L chg shape, sd R, -(W bk L w/R sd lead, rec R chg shape, sd & bk L blend to fan pos, -);

[Alemana From Fan {QQS QQS}] Fwd L, rec R, cl L settle L hip fc drw leading Lady to trn RF, -; Bk R leading Lady to cont Alemana trn, rec L, sd R, fc wall-(W cl R, fwd L, fwd R swivel RF to fc DC, -; Cont RF trn under lead hands fwd L, cont RF trn fwd R, sd L, fc coh -);

**PART C****1-8 FULL NATURAL TOP;;; FACE WALL; 1/2 BASIC TO FACING FAN BFLY/LOD;; 1/2 BASIC LADY WRAP; FWD 3 LOD;**

[Full Natural Top {QQS QQS QQS QQS}] Fwd L, rec R, sd & fwd L trng RF drw, -; Start a RF 1 & 7/8 trn Xib R, sd L trn, Xib R trn, -; Sd L trn, Xib R trn, Sd L trn, -; Xib R trn, sd L trn, cl R to L fc CP/wall, - (W Bk R, rec L, fwd R between M's feet, -; Sd L trn, Xif R trn, Sd L trn, -; Xif R trn, Sd L trn, Xif R trn, -; Sd L trn, Xif R, cl L to R fc CP/COH, -);

[1/2 Basic To Facing Fan {QQS QQS}] Fwd L, rec R, sd L, -; Bk R, rec L trn LF fc LOD, sd & fwd R blend to BFLY/LOD, - (W Bk R, rec L, sd R, -; Fwd L, rec R trn LF fc RLOD, sd & bk L blend to BFLY/RLOD, -);

[1/2 Basic Lady Wrap {QQS}] Fwd L, rec R, bringing lead hand up & over W's head into wrap keeping trailing hands at waist level cl L, -(W Bk R, rec L, fwd R spiral LF into wrap under lead hands, -);

[Fwd 3 {QQS}] Fwd R, L, R, -;

- 9-16 **UNWRAP 2 SLOW; REWRAP TO TAMARA QQS; CHECK FORWARD WHEEL ONE SLOW; UNWRAP TO FAN MAN FACE WALL; STOP & GO HOCKEY STICK;; HOCKEY STICK SHAKE HANDS;;**  
[Unwrap 2 Slow {SS}] Fwd L bring lead hands up leading W to unwrap RF ½, -, fwd R, -(W start to unwrap RF ½ under lead hands keeping trailing hands at waist level fwd R trn RF, sd & bk L, -);  
[Rewrap To Tamara QQS {QQS}] Cont unwrap to rewrap under lead hands fwd L, R, L, end in tamara- (W cont unwrap to rewrap an additional RF rotation sd & fwd R, fwd L cont trn, sd & bk R end in tamara, -) fcg ptr & DW;  
[Check Forward & Wheel One Slow {SS}] Ck fwd R trng RF fc wall, -, rec L trng fc drw, -;  
[Unwrap to Fan {QQS}] Release trailing hands fwd R trng fc COH, cl L to R trng fc wall, sd R to RLOD, - (W similar to R underarm trn fwd L LOD, fwd R spiral LF ½ under lead hands, sd & bk L blending to fan, -);  
[Stop & Go Hockey Stick {QQS QQS}] Ck fwd L, rec R raising lead hands up leading W to a LF underarm trn, cl L to R, -; Ck fwd R with L sd stretch shaping to ptr placing R hand on Lady's L shoulder blade ckg her movement, rec L raising L arm leading Lady to a RF underarm trn, cl R to L, - (W Cl R, fwd L, fwd R trng ½ LF under lead hands to M's R sd, -; Ck bk L, rec R, fwd L trng ½ RF under lead hands to a fan, -);  
[Hockey Stick {QQS QQS}] Fwd L, rec R, cl L to R, -; Bk R, rec L, fwd R drw shake hands, - (W Cl R to L, fwd L, fwd R, -; Fwd L, fwd R trng LF to fc ptr DC, sd & bk L shake hands, -);

#### PART D

- 1-8 **FWD BREAK LADY SPIRAL WITH MAN'S HEAD LOOP; PROGRESSIVE WALK 3; LADY ROLL ACROSS; AIDA; SWITCH ROCK; FENCE LINE WITH ARM SWEEP; CRAB WALK REVEVERSE LOD; SLOW SIDE LADY REVERSE UNDERARM LOP RLOD;**  
[Fwd Break Lady Spiral With Man's Head Loop {QQS}] Rk fwd L, rec R, fwd L trng RF leading Lady to spiral LF under R arms while loOPing R arm ovr M's head, - (W bk R, rec L, fwd R spiral LF ½, -) release R hands blending to L ½ OP LOD;  
[Prog Walk 3 {QQS}] Fwd R, L, R, -;  
[Lady Across {QQS}] Fwd L leading Lady fwd, leading Lady in front fwd R between Lady's feet, fwd L, - (W Fwd & sd R trng RF, sd & bk L in front of M, sd & fwd L blending to ½ OP LOD, -);  
[Aida {QQS}] Fwd R trng RF (W LF), sd L cont trn, sd & bk R ending V bk to bk fcg RLOD, -;  
[Switch Rock {QQS}] Trng LF (W RF) to fc ptr wall sd L, rec R, sd L, -;  
[Fence Line With Arm Sweep {QQS}] Lunge thru R with flex knee sweep trailing arms in a ccw rotation, rec L fc ptr wall, sd R, -;  
[Crab Walk {QQS}] To RLOD Xif L, sd R, Xif L, -;  
[Side Lady Rev Underarm Turn {SQQ}] Sd R, -, Xif L lead Lady to R underarm trn under lead hands, small sd & fwd R fc partner RLOD (W Sd L, -, Xif R trng LF ¾, sd & slight bk L fc LOD);

#### PART B MOD

- 1-8 **OPEN BREAK START NATURAL TOP; LADY INSIDE UNDERARM TURN MAN'S SKATERS FACE COH; WHEEL 3 FACE LOD; ROLL LADY RIGHT IN 4 SHADOW WALL; SHADOW SERPIENTE INTO;; PARALLEL CHASE LEFT VARSOUVIENNE; THEN VARSOUVIENNE INTO;**
- 9-16 **LARIAT MAN'S LEFT SIDE; MAN FACE WALL LADY IN 4 SHAKE HANDS; FLIRT INTO;; SWEETHEART TWICE; SECOND LADY TO FAN; ALEMANA FROM FAN INTO A; LARIAT IN 4 MAN TURN BFLY/COH;**  
[Alemana From Fan {QQS QQS}] Repeat meas 15 & 16 of part B leading lady into a lariat in 4;;  
[Lariat 4 {QQQQ}] Rk sd L, rec R, sd L trng ½ LF to ptr & COH, cl R to L (W circle around RF ¾ cw to R sd of M fwd R, L, R, Sd L to fc ptr & wall);

PART A

- 1-8 BASIC;; ADVANCE ALEMANA; FACE WALL; CUDDLE TWICE;; CUDDLE LADY SPIRAL; & ROLL TO TANDEM LOD;
- 9-16 PROGRESSIVE WALK 6; LAST STEP LADY TURN RIGHT SHAKE HANDS; TRADE PLACES TWICE;; TRADE PLACES LADY SPIRAL; & ROLL TO TANDEM RLOD; PROGRESSIVE WALK 6; LAST STEP LADY TURN RIGHT SHAKE HANDS;  
[Progressive Walk 6 {QQS QQS}] Repeat meas 9-10 of part A shake hands RLOD;;

END

- 1-4 TRADE PLACES TWICE;; MAN TRADE PLACES LADY FORWARD BASIC HOLD; MAN TURN LOOK AWAY AS LADY TURN LOOK AT MAN;  
[Trade Places Twice {QQS QQS}] Repeat meas 11&12 of part A;;  
[Man Trade Places Lady Forward Basic Hold {QQS}] Rk apart L, rec R, fwd L passing lady by on R sd spiral RF ½, -(W Rk apart R, rec L, fwd R passing man by on M's R sd, -);  
[Man Turn Look Away Lady Turn Look {S--}] Swivel LF on R and look away, -, -, -(W Swivel LF on L to look at Man, -, -, -, -);