

Fallen

An American Style Rumba

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 Record: Fallen (Flip of Someone Is Standing Outside) REXL Records, slow slightly for comfort if desired.
 Sequence: Introduction A B C D B A (to CP) D (to WALL, end in CP) C (1 - 7) Ending
 Phase: Unphased
 Date: March 16, 2001 (Version 1.2 correct Woman's footwork, meas. 7 of Intro)

Introduction

1 - 8 Wait in Open Facing Position Man Facing WALL both with Left Foot Free for pickup notes and 1 SLOW, -, Cucaracha; Cucaracha; Spiral and Circle Away; Circle Together; Forward to Cucaracha; Cucaracha; Man Transition Woman Underarm Turn; Open Hip Twist to CP facing LOD;

- 1 Wait pickup notes and 1 slow, then rock side L, recover R;
- 2 [Cucaracha (SQQ)] Close L to R, -, rock side R, recover L;
- 3 [Spiral and Circle Away (SQQ)] Forward R passing partner's R side and spiral LF on R 7/8, -, continue to circle away L, R;
- 4 [Circle Together (SQQ)] Continue LF circle forward L, -, forward R, forward L now facing COH but still 3 feet from partner;
- 5 [Forward to Cucaracha (SQQ)] Forward R to face partner, -, rock side L, recover R;
- 6 [Cucaracha (SQQ)] Close L to R, -, rock side R, recover L;
- 7 [Transition Underarm Turn (Hold QQ)] Touch R to L joining and raising lead hands and turn body 1/8 to face DC, -, turning body RF rock back R, recover L; [W: (SQQ) Close R to L turning body RF 1/8, -, turn RF under joined hands forward L, forward R;]
- 8 [Open Hip Twist (SQQ)] Blending to CP facing LOD step forward R between partner's feet, -, rock side L allowing partner to open out, recover R commencing body turn back to CP facing LOD; [W: Step wide with L foot allowing M to step between feet and swiveling RF on L, -, rock side R in a SCP position, recover forward L and commence LF swivel to CP;]

Part A

1 - 8 Half Box Forward; Underarm Turn to Mod Banjo; Wheel 3; Man Under, Woman Wheel; Woman Swivel to Mod Wrap LOD, -, Walk 2; Thru, -, Reverse Twirl 2; Side Corte & Hold; Recover, -, Reverse Underarm Turn to CP WALL;

- 1 [Half Box (SQQ)] In CP facing LOD forward L, -, side R, close L to R;
- 2 [Underarm Turn (SQQ)] Back R, -, side L, forward R with partner now on your R and with R hand on back of partner's R hip; [W: Forward L, -, turn RF under joined lead hands R, L to face RLOD beside partner with L arm extended to side;]
- 3 [Wheel (SQQ)] Wheel 1/2 RF L, -, R, L raising lead hands;
- 4 [Man Under Woman Wheel(SQQ)] Forward R toward RLOD passing under joined lead hands, -, forward L XIF of R and turn LF 1/4, side and back R turn LF 1/4 and bringing joined lead hands down; [W: Continue wheel L, -, R, L to face RLOD;]
- 5 [Woman Swivel to Wrap (SQQ)] Close L to R now facing LOD and place R hand on Woman's R shoulder blade, -, walk forward R, L; [W: Swivel RF on L then close R to L bringing L arm thru, -, walk L, R;]
- 6 [Reverse Twirl (SQQ)] Thru R, -, raising joined lead hands walk forward L, R as Woman Twirls LF;
- 7 [Side Corte (S hold)] Taking CP facing WALL corte side L and hold;
- 8 [Recover to Reverse Underarm Turn (SQQ)] Recover side R loosening hold and raising joined lead hands, -, rock back L, recover R; [W: Recover side L turning LF slightly, -, turn LF under joined lead hands R, L 7/8 turn preparing for CP;]

9 - 16 Half Box Forward; Cross Body Lead; Explosion to LOP facing LOD; Both Roll Across to Open Facing Handshake and Open Break; Change Sides to Hip Catch; Change Sides to Open Break; Woman Reverse Underarm Turn to Sit and Hold; Recover to Back to Back; [Second time Recover to Open Break CP\WALL;]

- 9 [Half Box (SQQ)] Forward L in CP facing WALL, -, side R, close L to R;
- 10 [Cross Body Lead (SQQ)] Back R, -, side L turning LF to face LOD, close R to L; [W: Forward L, -, forward R commencing to pass in front of partner, forward L passing in front of partner and commence LF turn;]
- 11 [Explosion (SQQ)] Turning LF 1/4 to face partner and COH forward L, -, explode side R to LOP facing LOD, recover L commence LF turn;
- 12 [Roll Across to Open Break (SQQ)] Forward R towards COH and passing partner with R shoulders then spiral LF 1/2 to face WALL and joining R hands, -, rock apart L, recover R; [W: Forward L towards WALL then spiral RF 1/2 to face partner and join R hands, -, rock apart R, recover L;]
- 13 [Change Side to Hip Catch (SQQ)] Forward L towards WALL then spiral RF 1/2 to face COH and placing R hand on partner's R hip, -, R XIB of L placing L hand on partner's L hip, side L; [W: Forward R toward COH, -, rock forward L sweeping both arms from low to high in front of the body then out in front of you palms up, recover back R;]
- 14 [Change Side to Open Break (SQQ)] Forward R towards COH then spiral 1/2 LF to Open Facing man facing WALL joining lead hands, -, rock apart L, recover R; [W: Back L joining lead hands, -, rock apart R, recover L;]
- 15 [Reverse Underarm Turn to Sit Line S hold)] Raising joined lead hands and turning RF 1/4 lunge side L toward WALL body facing RLOD then lower hands and hold extending the line; [W: Forward R turning LF under joined lead hands then swivel LF on R foot to a sit line leaving L extended towards WALL foot pointed and hold;]
- 16 [Recover to Back to Back (SQQ)] Recover side & forward R while leading W to recover forward, -, forward L towards COH releasing hand hold, forward R towards COH now back to back and several feet away from partner; [W: Recover forward L, -, forward R toward WALL then spiral LF full turn, releasing hands forward L towards WALL;]

NOTE: The second time through PART A, measure 16 is:

- 16 [Recover to Open Break (SQQ)] Recover side R turning LF to face WALL, -, rock apart L, recover R blending to CP facing WALL; [W: Recover forward L, turning LF rock side and back R, recover forward L to CP;]

Part B

1 - 8 Walk Away 2; Forward and Swivel to Face, -, Walk Together Slow, -; Walk Together Arm Sweep to Bolero Banjo; Wheel 3; Woman Swivel, -, Both Spot Turn; Open Break; Woman Curl; Man Curl;

- 1 [Walk Away (SS)] Forward to COH L, -, forward R, -; [W: Forward to WALL R, -, forward L, -;]
- 2 [Walk & Swivel, Walk Together (SS)] Forward L then swivel LF 1/2 [W: Swivel RF 1/2] to face partner and WALL, -, forward R, -;
- 3 [Walks with Arm Sweep (SQQ)] Walk towards partner L, -, R, L and both swing trailing arm back then up around and forward;
- 4 [Wheel (SQQ)] Forward R toward DWR to Bolero Banjo complete arm sweep by placing R arm on W's L shoulder [W: places her R arm on M's L shoulder and completes arm sweep with L arm to side], -, wheel RF 1/2 L, R to DC;
- 5 [Woman Swivel, Spot Turn (SQQ)] Forward L towards WALL leading Woman to swivel RF, -, thru R turn 1/2 LF, forward L continue LF turn to face partner and RLOD; [W: Forward R and swivel RF on R to face WALL, -, thru L turn 1/2 RF, forward R continue RF turn to face partner;]
- 6 [Open Break (SQQ)] Facing RLOD side R towards COH and joining lead hands, -, rock apart L, recover R;
- 7 [Curl (S hold)] Raising joined lead hands forward L allowing Woman to turn LF under joined lead hands, -, lower hand and hold looking at partner; [W: forward R towards M's R side and spiral LF on R turn 7/8 then settling weight and look at Man;]
- 8 [Man Curl (S hold)] Raising joined lead hands step forward R toward W's R side and spiral LF 7/8, -, lower hands and look at partner to end in Left Open Facing Position facing partner and COH; [W: Close L near R allowing M to turn under joined hands, -, look at partner;]

Part C

1 - 4 1/4 Turning Half Box Forward; Back to Man's LF Roll; Back Walk with Head Loop; Back Rock to Head Loop;

- 1 [1/4 Turning Half Box (SQQ)] Forward L turning LF to face RLOD, -, side R, close L to R;
- 2 [Man's LF Roll (SQQ)] Back R releasing hand holds and commence LF turn, -, roll RF L, R completing 1 full turn then join R hands; [W: Forward L releasing Man, -, forward R, forward L joining R hands with Man;]
- 3 [Back Walk w/ Head Loop (SQQ)] Back L and bring joined R hands over M's head and as hands touch M's L shoulder release then allowing hands to slide on M's body, -, back R, back L joining L hands; [W: Forward R, -, L, R;]
- 4 [Back Rock w/ Head Loop (SQQ)] Back R making head loop over M's head with L hands, -, rock back L, recover forward R;

5 - 8 1/2 Turning Half Box Forward; Back to Man's LF Roll; Back Walk with Head Loop; Back Rock to Head Loop;

- 5 [1/2 Turning Box (SQQ)] Forward L commence LF turn, -, side R, close L to R to face nearly LOD;
- 6 - 8 Repeat measures 2 - 4 of Part C on this alignment.

Part D

1 - 8 1/4 Turning Half Box Forward; Side to Open Break; Woman Reverse Underarm Turn to Forward Rocks; Forward and Rock; Forward Swivel and Run 2; Back to Progressive Cucaracha; Back to Progressive Cucaracha; Back to Woman's Underarm Turn to Back to Back; [Second time Underarm turn to CP\COH;]

NOTE: The second time through PART D is commenced facing WALL and no turn is required on the first measure.

- 1 [1/4 Turning Box (SQQ)] Forward L commence LF turn, -, side R, close L to R to face COH in CP;
- 2 [Side to Open Break (SQQ)] Side R releasing R hand from W's back and extending it side, -, rock apart L, recover R;
- 3 [Reverse Underarm Turn to Forward Rocks (SQQ)] Forward L allowing W to turn under joined lead hands then spiral RF ½ to face WALL partner slightly in front and to your left lead hands still joined, -, rock forward R, recover L; [W: Forward R and turn LF under joined lead hands 1 full turn to face WALL, -, rock forward L, recover R;]
- 4 [Forward Rocks (SQQ)] Forward R towards WALL, -, rock forward L, recover R W still slightly in front and to your left;
- 5 [Forward Swivel and Run 2 (SQQ)] Forward L checking, -, back R, back L; [W: Forward R and swivel RF 1/2 to face M and COH, -, forward L, forward R;]
- 6 [Progressive Cucaracha (SQQ)] Back R towards COH, -, rock side L, recover R turning to slight R hip to R hip position;
- 7 [Progressive Cucaracha (SQQ)] Back L [W: Forward R outside partner], -, turning to face partner rock side R, recover L and turning to slight L hip to L hip position;
- 8 [Underarm Turn to Back to Back (SQQ)] Back R raising joined lead hands, - rock side and back L, recover R turning RF to face COH and releasing hand hold now Back to Back with partner a few feet apart; [W: Forward L on partner's L side, commence RF underarm turn, -, forward R towards WALL, forward L towards WALL now back to back with partner;]

NOTE: Second time through PART D measure 8 is:

- 8 [Underarm Turn (SQQ)] Back R raising joined lead hands, -, rock side and back L, recover R to CP facing COH; [W: Forward L and commence RF Underarm Turn under joined lead hands, -, complete underarm turn R, L to CP]

Ending

1 Back Walk with Head Loop to Dip;

- 1 [Back Walk w/ Head Loop to Dip (SS)] Back R making head loop over M's head with L hands, -, dip back L and hold.

NOTE: On all Open Breaks, the free arm should be extended SIDE, not UP.