

Como

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Music: "Como" Artist: Luis Miguel CD: Romance [released Nov 1991, **not** Romances]
Single download available from Amazon.com or Itunes

Time/Speed: 3:14 @download speed Modifications: Increase speed 1.5% or to suit

Phase/Rhythm: VI Bolero Degree of Difficulty: Avg

Footwork: Opposite unless noted (Woman's footwork in parentheses)

Sequence: **INTRO A B BRIDGE A B C BRIDGE END**

Vers 1.2

INTRODUCTION

1-4 TANDEM POS BOTH FACING WALL WAIT PICKUP NOTES,,, RISE TO SUNBURST; SWEETHEART 2X;; SWIVEL LADY TO SYNCOPATED HIP ROCKS:

[Wait pickup notes] Tandem pos WALL W in front of M with heads down with W's arms down in front of body & M's hnds on top of W's arms both with soft knees M L & W R ft free Wait pickup notes,,,

[1] [Rise to Sunburst] Raise heads and slowly rise in place M causing hands to come into center of W's body & straight up above head circling arms out & down to join R-R hnds & L-L hnds just above W's shoulder height still in Tandem WALL;

[2-3] [Sweetheart 2X] Sd L raising jnd R hnds, -, XRIF lowering hnds in front of W, bk L raising hnds to VARS; Sd R to L VARS raising L hnds, -, XLIF lowering hnds in front of W, bk R release L hnds (Sd R, - XLIB, fwd R; Sd L, -, XRIB, fwd L);

SQ&Q [4] [Swivel W to Syncopated Hip Rocks to lead hnds] Sd L swvl W RF to fc jn lead hnds, -, rk sd R/rec L, rec R (Fwd & sd R swvl RF to fc M, - rk sd L/rec R, rec L);

PART A

1-4 CP SYNCOPATED TURNING BASIC & PIVOT; CROSS BODY BFLY; SYNCOPATED HIP ROCKS TO R HANDSHAKE; CONTRA BREAK;

S&QQ [1] [Syncopated Turning Basic & Pivot] Blending to CP sd L with rise slight RF body trn, -/strong LF trn slp R bk to CP DLC, fwd L pvt LF, sd & bk R pvt LF to L-shape pos fcg DLW (Sd R with rise slight RF body trn, -/strong LF trn slp L fwd to CP, bk R comm LF trn, cont LF trn cl L to L-shape pos fcg LOD);

[2] [Cross Body] Slight LF trn sd L DLC, -, slp bk R trng LF, fwd L cont LF trn to low BFLY COH (Fwd R, -, fwd L comm LF trn, cont trn sd & bk R to low BFLY);

SQ&Q [3] [Syncopated Hip RocksTo R Handshake] Sm sd R, -, rec L/rec R, rec L to R handshake (Sm sd L, -, rk sd R/rec L, rec R to R hndshake);

[4] [Contra Break] Sd & fwd R with R sd stretch, -, w R sd ld fwd L, bk R (Sd & bk L with L sd stretch, -, w L sd ld with contra check like action bk R, fwd L);

5-8 SPIRAL LADY & CIRCULAR WALK 2X TO L-SHAPE;; CROSS BODY LADY SYNCOPATE INSIDE UNDERARM TURN; SLOW HIP ROCK 2;

[5-6] [Spiral W & Circular Walk 2X to L-Shape] Sd & fwd L ld W to M's R sd to spiral LF trn RF, -, keeping jnd R hnds at shldr level comm RF circle XRIB, fwd L cont circle (Fwd R spiral LF 7/8, -, comm RF circle fwd L, cont circle fwd R); XRIF ldg W to spiral RF cont slight RF circle to L-shape pos fcg RLOD, -, rk fwd L, rec R (Fwd L spiral RF 7/8, -, cont RF circle fwd R, fwd L trng to L-shape pos fc WALL);

SQ&Q& [7] [Cross Body W Syncopate Inside Underarm Turn] Sd L ldg W fwd to WALL, -, raising jnd ld hnds to trn W LF slp bk R/fwd L fc wall cont W trn, sm sd R/cl L to low BFLY WALL (Fwd R, -, comm LF trn under jnd hnds XLIF/cl R cont trn, cont trn sd & fwd L/cl R to low BFLY fcg COH);

[8] [Slow Hip Rock 2] Sd R, -, rec L, - (Sd L, -, rec R, -);

PART B

1-4 FORWARD BREAK; CURL TO CONTINUOUS NATURAL TOP:::

[1] [Forward Break] Sd & fwd R, -, fwd L, bk R (Sd & bk L, bk R, fwd L);
[2-4] [Curl to Continuous Natural Top] Fwd & sd L comm RF trn ldg W fwd to turn 5/8 LF under jnd hnds to CP, -, cont trn sm XRIB, sd L cont trn fc DLC; XRIB cont trn, -, sd L cont trn raising jnd hnds ldg W to trn LF, XRIB cont trn; Sd L cont trn, -, XRIB cont trn, raising jnd hnds ldg W to trn LF sm sd L to LOP WALL (Fwd R trn 5/8 LF under jnd hnds, -, sd & fwd L, fwd R; Fwd L, -, fwd R trn RF und jnd hnds, fwd L; Fwd R, -, fwd L, fwd R trn RF und jnd hnds to LOP);

5-8 LUNGE BREAK; CHECKED RIGHT PASS; MAN RONDE TO FORWARD BREAK; SYNCOPATED HIP ROCKS; [2nd X to R HANDSHAKE]

[5] [Lunge Break] Sd & fwd R, -, comm slight RF body trn lowering on R extend L sd & bk, slight rise on R (Sd & bk L, -, bk R, fwd L);
[6] [Checked R Pass] Comm RF trn sd & fwd L raising jnd ld hnds high and placing R hand on front of W's R hip, -, cont trn XRIB lowering ld hnds to chk W, cont RF trn sd & fwd L (Fwd R, -, fwd & across L twd COH no trn, bk R);
[7] [Ronde to Forward Break] Fwd R twd DLC swvlg 3/8 RF to ronde L CW to fc ptr LOP WALL, -, fwd L, bk R to low BFLY WALL (Bk L, bk R, fwd L);
[8] [Syncopated Hip Rocks] Sd L, -, rec R/rec L, rec R (Sd R, - rec L/rec R, rec L);
[Note: 2nd X to R handshake]

BRIDGE

1 RIFF TURN;

[1] [Riff Turn] Raising jnd ld hnds ldg W to trn sd L, cl R, keeping hnds up ld W to trn RF sd L, cl R comm blend to CP (Sd & fwd R spin RF full trn, cl L, sd & fwd R spin RF full trn, cl L comm blend to CP);

PART C

1-4 FULL MOON:::

[Full Moon] [1] Comm slight LF trn Sd & fwd L, -, trng LF slp R bk, cont LF trn fwd L bringing R hands up behind ldg W to spiral (Trng RF sd & fwd R, -, fwd L, fwd R twd COH/spiral 7/8 LF);
[2] Fwd R COH joining L hands to VARS COH, -, fwd L ckg, releasing L hands bk R (Cont LF trn fwd L to COH to VARS, -, fwd R ckg, bk L comm RF trn);
[3] Comm slight LF trn Sd & fwd L, -, trng LF slp R bk, cont LF trn fwd L bringing R hands up behind ldg W to spiral (W trng RF sd & fwd R, -, fwd L, fwd R twd COH/spiral 7/8 LF);
[4] Fwd R WALL joining L hands to VARS WALL, -, fwd L ckg, releasing L hands bk R (Cont LF trn fwd L to COH to VARS, -, fwd R ckg, bk L comm RF trn);

5-8 HIP TWIST TO FAN; HOCKEY STICK TO FACE TO R HANDSHAKE:: CONTRA BREAK;

[5] [Hip Twist to Fan] Bk L ldg W to trn RF, -, bk R, rec L chg to ld hnds (Sm fwd R trng RF fc LOD, -, fwd L to LOD, fwd R trng LF 1/2 fc RLOD);
[6-7] [Hockey Stick to Face R Handshake] Sd R, -, fwd L, rec R; Cl L, slight RF trn sm bk R, fwd L ldg W's trn slight LF trn jn R hnds fcg WALL (Sd & bk L to Fan pos, -, cl R, fwd L; Fwd R, -, fwd L, fwd R trng LF under jnd hnds to fc ptr jn R hnds);
[8] [Contra Break] Repeat ms 4 Part A;

PART C [Contd]

9-12 FULL MOON;;;:

[9-12] [Full Moon] Repeat ms 1-4 Part C end VARS fcg WALL;;;:

13-16 HIP TWIST TO UNDERARM TURN [LEAD HANDS]; AIDA; AIDA LINE SWITCH LUNGE; RISE TO SUNBURST:

[13] [Hip Twist to Underarm Turn] Bk L ckg ldg W to trn RF, -, XRIF ldg W to trn RF, bk L to fc jn ld hnds (Sm fwd R trng RF fc LOD, -, fwd L to LOD trn ½ RF, fwd R trn ¼ RF);

[14] [Aida] Sd R, -, thru L, trng LF sd R (Sd L, -, thru R, trng LF sd L);

[15] [Aida Line Switch Lunge] Cont LF trn bk L in Aida Line, -, taking jnd trail hnds twd RLOD trng RF ldg W to trn LF sd lunge R fcg ptr tch ld hnds, - (Cont RF trn bk R in Aida Line, -, trng LF sd lunge L fcg ptr tch ld hnds, -);

[16] [Rise to Sunburst] Rise on R ft draw L twd R bring all jnd hnds into center of body, cont rise slowly raising hnds up then circling arms out away from body & lowering to BFLY,, soften R knee (Rise on L ft draw R twd L bringing jnd hnds into center of body, cont rise slowly raising hnds up then circling arms out away from body & lowering to BFLY,, soften L knee);

ENDING

1-5 [SLOWING] SYNCOPATED TELEMAR 2X;; FORWARD LADY INSIDE UNDERARM MAN IN 2; SHADOW BOLERO WALKS 2X TO FACE WALL;;

S&QQ [1-2] [*Slowing* Syncopated Telemark 2X] Sd L to CP WALL rise slight body trn RF ckg, - /strong LF trn slp R bk CP DLC, fwd L comm LF trn, sd & fwd R cont LF trn (Sd R rise slight body trn RF, -/strong LF trn slp L fwd CP, bk R comm LF trn, cont LF trn heel trn cl L); Repeat ms 1 Ending;

SS [3] [Forward W Inside Underarm M in 2] Sd & fwd L to SCP LOD, -, fwd R releasing CP (SQQ) ldg W to trn LF under jnd hnds, - (Sd & fwd R to SCP, -, fwd L comm LF U/A roll, cont LF roll sd & bk R trng to LOD);

[4-5] [Shadow Bolero Walks 2X to Face Wall] [*Identical footwork*] Jn M's L & W's L hnds in front of M plcg M's R hnd on W's bk to SHDW LOD W extend R hnd to sd both fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R trn ¼ RF to SHDW WALL;

6 SIDE TO SLOW CROSS LUNGE WITH ARMS & EXTEND:

[6] [Side to Slow Cross Lunge w/Arms] [*Identical foot & arm work*] Both sd L releasing contact with ptr extend arms out & circle up to cross hnds just above head, -, slow XRIF lower hnds to chest height and slowly extend to sides with R sd stretch both look LOD;

[Note: Ending music slows significantly]