

PROKLÍNÁM

Choreo: Jano Valtýni a Gabika Kučerová **Release:** 26.4.2011
Rhythm: Rumba III+0+1 (natural top) **Timing:** QQS (unless noted)
Footwork: Described for man, opposite for lady, or as noted in parentheses
Music: Janek Ledecký, CD: Jenom tak (B&M Music, 1994)
Sequence: Intro - A-B-Inter1 - A-B-Inter2 - Bmod - End

INTRODUCTION

- 1-5** **WAIT 3 PICKUP NOTES, HALF BASIC FWD; UNDER ARM TRN; QUICK CUCARACHAS; OPEN BREAK TO NATURAL TOP IN 3 TO SEMI::**
in low BFLY wait 3 quick pickup notes
1 (**half bas fwd**) fwd L, rec R, sd & bk L, -;
2 (**under arm trn**) Bk R, rec L, close R, -; (*W: Cross L in front under joined lead hands commence 1/2 RF trn, rec R omplete RF trn to fc partner, close L, -;*) to low BFLY
- Q&Q Q&Q 3 (**quick cucarachas**) rock side L / rec R, close L, rock side R / recover L, close R;
4,5 (**open break to nat top 3 to SEMI**) rock apart strongly on L to left open facing pos while extending free arm up with palm out, rec R lowering free arm, fwd and side L commence 1/4 RF trn, -; cont RF trn cross R in back, side L, sd R twd REV to SEMI pos fc LINE, -; (*W: rock apart R, rec L, fwd & sd R comm 1/4 RF trn, -; cont RF trn sd L, cross in front R, sd L,-;*)
- 6-9** **BK BREAK TO SEMI; SWIVEL WALKS IN 6;; SPOT TRN BFLY:**
6 (**bk brk to SEMI**) in SEMI pos bk L, rec R, fwd L,swvl RF; (*W: bk R, rec L, fwd R,-;*)
7,8 (**swivel walks 6**) in SEMI fwd R swivl RF, fwd L, fwd R swvl RF,-; fwd L, fwd R swvl RF, fwd L,-;
9 (**spot trn**) cross in front R commence ½ turn on crossing foot, rec L complete turn to face partner, side R, -;

PART A

- 1-4** **SPOT TRN/LADY IN 2 TO SHADOW WALL; CRAB WALK 3 TO SKATERS; TWO SD CLOSES; SWAY LEFT AND RIGHT/ W LUNGE;**
(*W: SS*) 1 (**spot trn/lady in 2 to shadow**) cross in front L commence ½ turn on crossing foot, rec R complete turn, side L, -; (*W:cross in front R comm 1/2 trn,-; sd L to fc WALL,-;*)
2 (**crab walk 3 to SKATERS**) for both cross R in front, sd L, cros R in front , -; joining Lhands, M put his R hand on W's R hip to SKATERS pos
- QQQQ
SS 3 (**two sd closes**) for both sd L, cl R, sd L, cl R;
4 (**sway L&R**) sd L on straight leg, push towards the floor, L hip roll,-, rec R on straight leg push twd floor R hip roll,-; (*W:sd and lower L with hand action,-, rec R,-;*)
- 5-8** **CRAB WALKS TO REV;; SPOT TRN /LADY IN 2 TO FC; HALF BAS BACK;**
5,6 (**crab walks to REV**) both cross L in front, sd R, cross L in front, -; sd R, cross L in front, sd R,-; release hands
(*W: SS*) 7 (**spot trn/L in 2 to FC**) cross in front L commence ½ turn on crossing foot, rec R complete turn, side L, -; (*W:cross in front L comm 1/2 trn,-; sd R to fc M,-;*)
8 (**half basic back**) in BFLY Bk R, rec L, fwd R, -;

- 9-12 HALF BAS FWD; WHIP LADY; NEW YORKER IN 4; NEW YORKER;**
 9 (**half bas fwd**) fwd L, rec R, bk L, -;
 10 (**whip lady**) back R comm ¼ LF turn, rec fwd L trng ¼ to complete turn, side R, -;
(W: fwd L outside man on his left side, fwd R comm 1/2 LF turn, side L, -;)
 QQQQ 11 (**NY in 4**) cross L in front trng RF to LOP RLOD, rec R trng LF to fc ptr, sd L, rec R;
 12 (**NY**) cross L in front trng RF to LOP RLOD, rec R trng LF to fc ptr, sd L, -;
- 13-17 CRAB WALKS TO REV;; WHIP LADY; FULL BASIC;;**
 13,14 (**crab walks to REV**) both cross R in front, sd L, cross R in front, -; sd L, cross R in front, sd L, -;
 15 (**whip lady**) back R comm ¼ LF turn, rec fwd L trng ¼ to complete turn, side R, -;
(W: fwd L outside man on his left side, fwd R comm 1/2 LF turn, side L, -;)
 16,17 (**full basic**) Fwd L, rec R, side L, -; back R, rec L, side R, -;

PART B

- 1-4 CHASE 3/4;;; SWAY R&L;**
 1-3 (**chase 3/4**) Fwd L commence ½ RF turn, rec fwd R, fwd L, -; fwd R commence ½ LF turn, rec fwd L, fwd R, -; fwd L, rec R, close L, -; *(W: Bk R, rec L, fwd R, -; fwd L commence ½ RF turn, rec fwd R, fwd left, -; fwd R commence ½ LF turn, rec fwd L, close R, -;)*
 SS 4 (**sway R&L**) sd R straight leg pushing twd floor, R hip roll,-, rec L straight leg pushing twd floor - L hip roll,-; hand action
- 5-8 CUCARACHA R; OP BREAK TO NAT TOP 3 TO CLOSE;; QUICK DOUBLE TWRL;**
 5 (**cucaracha R**) sd R, rec L, close R,-;
 6,7 (**open break to nat top 3 to CLOSE**) rock apart strongly on L to left open facing pos while extending free arm up with palm out, rec R lowering free arm, fwd and side L commence 1/4 RF trn, -; cont RF trn cross R in back, side L, close R to CL fc WL, -;
(W: rock apart R, rec L, fwd & sd R comm 1/4 RF trn, -; cont RF trn sd L, cross in front R, close L,-;)
 QQQQ 8 (**quick double twrl**) sd L, cl R, sd L, cl R; *(W: sd and fwd R full RF trn under joined hands, close L, sd and fwd R full RF trn under joined hands, close L;)*
- 9-12 SWAY L&R; CUCARACHA L; UNDERARM TRN OVERTURNED TO OPEN; SWAY APART AND TOGETHER (LOW BFLY);**
 9 (**sway L&R**) sd L straight leg pushing twd floor - L hip roll,-, rec R straight leg pushing twd floor - R hip roll,-; hand action
 10 (**cucaracha L**) sd L, rec R, close L,-;
 11 (**under arm trn overturned to OPEN**) Bk R, rec L comm 1/4 LF trn, close R finish 1/4 LF trn to fc LOD, -; *(W: Cross L in front under joined lead hands commence 1/2 RF trn, rec R omntinue more 1/4 RF trn, close L to fc LOD, -;) - to LOP fc LOD*
 SS 9 (**sway apart and together**) sd L straight leg pushing twd floor - L hip roll,-, rec R 1/4 RF turn to low BFLY,-; *(W: sd R traight leg pushing twd floor - R hip roll, -, rec fwd L 1/4 LF trn to low BFLY,-;)*
- 13-14 SIDE WALKS 6 TO RHSK;;**
 13,14 (**side walks 6**) in low BFLY sd L, cl R, sd L,-; cl R, sd L, cl R,-;

INTERLUDE 1

1-4

OPEN BREAK/ STACK R OVER L; X HANDS UNDER ARM TRN; LARIAT;;

1 (**open break**) in RHSK rock apart strongly on L while extending left arm up with palm out, rec R lowering free arm, side L joining left hands under right hands, -; (W: rock apart R, rec L, sd R,-;)

2 (**under arm trn**) Bk R, rec L, side R, -; (W: Cross L in front under joined hands commence 1/2 RF trn, rec R complete RF trn to fc partner, side L, -;) keep both hands joined leading left hand to lariat

3,4 (**lariat**) with both hands joined sd L, rec R, cl L,-; bk R, rec L, sd R,-; (W: circle around man fwd R, fwd L, fwd R, -; fwd L, fwd R, fwd and sd L,-;)

INTERLUDE 2

1-2

CANTER WITH M'S HEAD LOOP; QUICK CUCARACHAS:

SS

1 (**canter with M's head loop**) in RHSK sd L picking up R hnds,-, close R,-; M's R hand behind his neck, W's to M's chest

Q&Q Q&Q

2 (**quick cucarachas**) Rock side L twd LOD/ rec R, close L, rock side R toward RLOD/ recover L, close R;

PART B MOD

1-3

OPEN BREAK TO NATURAL TOP 3 TO CLOSE;; HALF BASIC FWD;

1,2 (**open break to nat top 3 to CLOSE**) - repeat meas 6,7 of part B

3 (**half basic fwd**) in CLOSE pos fwd L, rec R, close L,-;

4-14

SWAY R&L; CUCARACHA R; OPEN BREAK TO NATURAL TOP 3 TO CLOSE; QUICK DOUBLE TWRL; SWAY L&R; CUCARACHA L; UNDERARM TRN OVERTURNED TO OPEN; SWAY APART AND TOGETHER (LOW BFLY); SD WALKS 6 TO RHSK;;

repeat measures 4-14 from part B

ENDING

1-3

OPEN BREAK TO NATURAL TOP 3 TO SEMI;; BACK BREAK TO SEMI;

repeat measures 4-6 from INTRO

4-5

MANUEVER PIVOT 2; SD CL, SD LUNGE;

4 (**manuever pivot 2**) fwd R comm 1/4 RF trn to close pos fc RLOD, bk L cont 3/4 RF trn, fwd R finishing 3/4 RF trn to fc WALL,-; (W: fwd L to close pos fc LOD, fwd R 3/4 RF trn, bk L finishing 3/4 RF trn to fc COH,-;)

5 (**sd close, sd lunge**) in close position sd L, close R, sd L lower on L, -;

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Rhythm: Rumba III+0+1 (natural top)

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Intro (low BFLY)

wait for 3 pickup notes,
half basic fwd; under arm trn (low BFLY); quick cucarachas;
open break to natural top in 3 to SEMI;;
bk break to SEMI; swivel walk in 6;; spot trn BFLY;

A (BFLY)

spot trn lady in 2 to shadow fc wall; crab walk 3 to SKATERS; two sd closes;
sway left and right lady lunge; crab walks 6 to REV;;
spot trn lady in 2 to fc; half bas back;
half basic fwd; whip lady x; NY in 4; NY; crab walks to REV;; whip lady; full basic;;

B (BFLY)

chase 3/4;;; sway R&L; cucaracha R; open break to natural top 3 to close;;
quick double twrl;
sway L&R; cucaracha L; underarm trn overturned to open;
sway apart and together (low BFLY); sd walks 6 to RHSK;;

Inter 1 (RHSK)

open break R over L; X hands under arm trn; lariat;;

Inter 2 (RHSK)

canter with man's head loop; quick cucarachas;

B mod (low BFLY)

open break to natural top 3 to close;; half basic fwd; sway R&L; cucaracha R;
open break to natural top 3 to close;; quick double twrl;
sway L&R; cucaracha L; underarm trn overturned to open;
sway apart and together (low BFLY); sd walks 6;;

End (low BFLY)

open break to natural top 3 to SEMI;; bak break to SEMI;
man pivot 2; sd cl, sd lunge;

SEQ: Intro - A-B-Inter1 - A-B-Inter2 - B mod - End