

MACHTLOS

Choreographer: Jim & Vonnie Spence 227 L St SW, Quincy, WA 98848

Phone: 509-787-2329 Email: james.spence3@frontier.com

Music: CD: Andrea Berg "Machtlos" track #1 Download from Itunes

Footwork: Opposite unless noted

Rhythm: Rumba Phase: Phase IV + 1 (Cuddle) Difficulty: Average

Sequence: Intro, A, B, A Modified, B Modified, Interlude, C, Ending Release 6/2012

INTRODUCTION

(1-4) WAIT 2 MEASURES ; ; CUDDLE TWICE ; ;

(1-2) BFLY/WALL wait; wait;

(3) Sd & slightly fwd L shape twd ptr, rec R, cl L (*W trn RF ½ bk R, trn LF ½ rec L, sd R,-*) to fc ptr, -;

(4) Sd & slightly fwd R shape twd ptr, rec L, cl R (*W trn LF ½ bk L, trn RF ½ rec R, sd L,-*) to BFLY -;

(5-8) BREAK BACK TO OPEN ; AIDA ; SWITCH CROSS ; CRAB WALK ENDING ;

(5) Swvl sharply ¼ LF (*W ¼ RF*) bk L to OP LOD, rec R, fwd L, -; (6) Thru R trng ¼ RF (*W LF*), sd l cont ¼ RF trn, bk R to LOP "V" Bk to Bk POS,-; (7) trng LF to fc ptr sd L chk bringing jd hds thru, rec R, XLif trng LF to fc ptr (*W trng RF to fc ptr sd R chk bringing jnd ld hnds thru, rec L, XRif trng RF to fc ptr,-*); (8) sd R, XLIF, sd R-;

(9-10) HAND TO HAND 2X ; ;

(9) Swvl sharply ¼ LF (*W ¼ RF*) bk L to OP LOD, rec R trng ¼ RF (*W ¼ LF*) to fc ptr, sd L, -; (10) swvl sharply ¼ RF (*W ¼ LF*) bk R to LOP RLOD, rec L trng ¼ LF (*W ¼ RF*) to fc ptr, sd R BFLY WALL, -;

PART A

(1-4) 1/2 BASIC ; FAN ; HOCKEYSTICK ; ;

(1) Fwd L, rec R, sd L, -; (2) bk R, rec L, sd R (*W fwd L into M, rec sd & bk R trng ¼ LF to fc RLOD, bk L leaving right ft xtn d in frt no wgt,-*);

(3) Fwd L, rec R, cl L raising lead hands in front of W, (*W cl R to L, fwd L, fwd R, -,-*); (4) bk R, rec L, sd R, (*W fwd L, fwd R trng sharply LF to fc M, sd L, -,-*);

(5-8) NEW YORKER ; CRAB WALKS ; ; SPOT TURN ;

(5) Swvlg sharply on R thru L w/ straight leg to LOP RLOD, rec R to fc ptr, sd L to BFLY WALL, -; (6) XRIF, sd L. XRIF,-;

(7) Sd L, XRIF, sd L,-; (8) XRIF trng LF, cont trn rec L, sd R to fc ptr,-;

(9-12) FENCE LINE ; THROUGH SERPIENTE ; ; FENCE LINE ;

(9) XLif (*W XRif*) w/bent knee, rec R, sd L,-; (10) Thru R, sd L, XRib (*W XLib*), fan L;

(11) XLib (*W XRib*), sd R, XLif (*W XRif*), fan R; (12) XRif (*W XLif*) w/bent knee, rec L, sd R,-;

(13-16) CHASE ; ; ; ;

(13) Fwd L trn ½ RF fc COH, rec R, fwd L (*W bk R, rec L, fwd R*), -; (14) fwd R trn ½ LF fc WALL, rec L, fwd R (*W fwd L, trn ½ RF fc WALL, rec R, fwd L*), -; (15) fwd L, rec R, bk L (*W fwd R trng ½ LF fc COH, rec L, fwd R*), -; (16) bk R, rec L, fwd R, -;

PART B

(1-4) SHOULDER TO SHOULDER TWICE LEFT HAND STAR ; ; START UMBRELLA TURNS ; ;

(1) Fwd L to bfly sdcar pos, rec R to fc, sd L, -;

(2) Fwd R to bfly bjo pos, rec L to fc, sd R trn Rt (*W Lf*) jn lf hnds to LH Star, -;

(3) Fwd L, rec R, bk L (*W bk R, rec L, fwd R trn ½ LF under jnd hds,-*); (4) bk R, rec L, fwd R (*W bk L, rec R, fwd L trn ½ RF under jnd hds,-*);

(5-8) FINISH UMBRELLA TURNS ; ; NEW YORKER ; SPOT TURN TO HAND SHAKE ;

(5-6) Rpt meas 3-4 Part B blending to BFLY/WALL;; (7) rpt meas 5 Part A; (8) XRif trng ½ LF (*W RF*), rec R to fc ptr, sd R jn rt hnds, -;

(9-12) TRADE PLACES TWICE ; ; OPEN BREAK ; UNDERARM TURN ;

(9) With R hnds jnd rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & COH stepping sd & bk L twd WALL (*W rk apt R, rec L trng ¼ LF to fc RLOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & WALL stepping sd & bk R twd COH*) joining L hnds,-;

(10) With L hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R twd COH (W rk apt L, rec R trng ¼ RF to fc RLOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & WALL stepping sd & bk L twd WALL) jn lead hnds,-;

(11) Rk apt L xtndg free arm up w/palm out, rec R lowering free arm, sd L, - ; **(12)** raising jnd ld hnds trn body slightly RF & XRib, rec L to fc ptr, sd R (W XLif undr jnd ld hnds comm ½ RF trn, rec R comp RF trn to fc ptr),-;

(13-16) MODIFIED CHASE 1/2 WITH REVERSE UNDERARM TURN ; ; NEW YORKER ;

SPOT TURN ;

(13) Ld hnds jnd fwd L start ½ RF trn, rec R finish RF trn to fc COH, small fwd L,-; (W bk R, fwd L, fwd R twd M's L sd,-;) **(14)** bk R, rec L ldg W to undrm trn, sd R,-; (W fwd L, fwd R trng ½ LF undrm jnd ld hnds, sd L,-;) BFLY/COH

(15) Rpt meas 5 Part A; **(16)** XRif trng ½ LF (W RF), rec R to fc ptr, sd R BFLY/COH, - ;

REPEAT PART A MODIFIED

(1-4) 1/2 BASIC ; FAN ; HOCKEYSTICK ; ;

(1) Fwd L, rec R, sd L, - ; **(2)** bk R, rec L, sd R (W fwd L into M, rec sd & bk R trng ¼ LF to fc LOD, bk L leaving right ft xtnd in frt no wgt),-;

(3) Fwd L, rec R, cl L raising lead hands in front of W, (W cl R to L, fwd L, fwd R, -),-; **(4)** bk R, rec L, sd R, (W fwd L, fwd R trng sharply LF to fc M, sd L, -),-;

(5-8) NEW YORKER ; CRAB WALKS ; ; SPOT TURN ;

(5) Swvlg sharply on R thru L w/ straight leg to LOP LOD, rec R to fc ptr, sd L to BFLY/COH, - ; **(6)** XRIF, sd L. XRIF,-;

(7) Sd L, XRIF, sd L,-; **(8)** XRIF trng LF, cont trn rec L, sd R to fc ptr,-;

(9-12) FENCE LINE ; THROUGH SERPIENTE ; ; FENCE LINE ;

(9) XLif (W XRif) w/bent knee, rec R, sd L,-; **(10)** Thru R, sd L, XRib (W XLib), fan L;

(11) XLib (W XRib), sd R, XLif (W XRif), fan R; **(12)** XRif (W XLif) w/bent knee, rec L, sd R,-;

(13-16) CHASE ; ; ; ;

(13) Fwd L trn ½ RF fc WALL, rec R, fwd L (W bk R, rec L, fwd R), - ; **(14)** fwd R trn ½ LF fc COH, rec L, fwd R (W fwd L, trn ½ RF fc COH, rec R, fwd L), - ; **(15)** fwd L, rec R, bk L (W fwd R trng ½ LF fc WALL, rec L, fwd R), - ; **(16)** bk R, rec L, fwd R, -;

REPART PART B MODIFIED

(1-4) SHOULDER TO SHOULDER TWICE LEFT HAND STAR ; ; START UMBRELLA TURNS ; ;

(1) Fwd L to bfly sdcar pos, rec R to fc, sd L, -;

(2) Fwd R to bfly bjo pos, rec L to fc, sd R trn Rt (W Lf) jn lf hnds to LH Star, -;

(3) Fwd L, rec R, bk L (W bk R, rec L, fwd R trn ½ LF under jnd hds),-; **(4)** bk R, rec L, fwd R (W bk L, rec R, fwd L trn ½ RF under jnd hds),-;

(5-8) FINISH UMBRELLA TURNS ; ; NEW YORKER ; SPOT TURN TO HAND SHAKE ;

(5-6) Rpt meas 3-4 Part B blending to BFLY/COH;; **(7)** rpt meas 5 Part A; **(8)** XRif trng ½ LF (W RF), rec R to fc ptr, sd R w/rt hnds jnd,-;

(9-12) TRADE PLACES TWICE ; ; OPEN BREAK ; UNDERARM TURN ;

(9) With R hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (W rk apt R, rec L trng ¼ LF to fc LOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & COHstepping sd & bk R twd WALL) joining L hnds,-;

(10) With L hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R twd COH (W rk apt L, rec R trng ¼ RF to fc RLOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & WALL stepping sd & bk L twd WALL) jn lead hnds,-;

(11) Rk apt L xtndg free arm up w/palm out, rec R lowering free arm, sd L, - ; **(12)** raising jnd ld hnds trn body slightly RF & XRib, rec L to fc ptr, sd R (W XLif undr jnd ld hnds comm ½ RF trn, rec R comp RF trn to fc ptr),-;

(13-16) MODIFIED CHASE 1/2 WITH REVERSE UNDERARM TURN ; ; NEW YORKER ;

SPOT TURN ;

(13) Ld hnds jnd fwd L start ½ RF trn, rec R finish RF trn to fc WALL, small fwd L,-; (W bk R, fwd L, fwd R twd M's L sd,-;) **(14)** bk R, rec L ldg W to undrm trn, sd R,-; (W fwd L, fwd R trng ½ LF undrm jnd ld hnds, sd L,-;) BFLY/WALL

(15) Rpt meas 5 Part A; **(16)** XRif trng ½ LF (W RF), rec R to fc ptr, sd R BFLY/WALL,-;

INTERLUDE

(1-8) CHASE PEEK A BOO DOUBLE ; ; ; ; ; ; ; ;

(1-8) Fwd L trng 1/2 rf, rec R, cl L, -; Sd R look over left shldr, rec L, cl R, -; Sd L look over right shldr, rec R, cl L, -; Fwd R trng 1/2 lf, rec L, cl R, -; Sd L, rec R, cl L, -; Sd R, rec L, cl R, -; Fwd L, rec R, bk L, -; Bk R rec L, cl R blind bfly wall, -; (W bk R, rec L, cl R, -; Sd L, rec R, cl L, -; Sd R, rec L, cl R, -; Fwd L trng 1/2 rf, rec R, cl L, -; Sd R look over left shldr, rec L, cl R, -; Sd L look over right shldr, rec R, cl L, -; Fwd R trng 1/2 lf, rec L, cl R, -; Fwd L, rec R, cl L blind bfly wall, -;)

PART C

(1-4) BASIC ; ; REVERSE UNDERARM TURN ; UNDERARM TURN ;

(1) In bfly pos fcng partner & wall fwd L, rec R, sd L, -; (2) Bk R, rec L, sd R, -;

(3) XLif, rec R, sd L (W XRif under jnd ld hnds comm LF trn 1/2, rec L comp LF trn to fc ptr, sd R), -; (4) raising jnd ld hnds trn body slightly RF & XRib, rec L to fc ptr, sd R (W XLif undr jnd ld hnds comm 1/2 RF trn, rec R comp RF trn to fc ptr),-;

(5-8) BREAK BACK TO OPEN ; AIDA ; SWITCH ROCK ; SPOT TURN TO HANDSHAKE ;

(5) Rpt meas 5 of intro;(6) rpt meas 6 of intro; (7) trng lf to fc partner sd L chkg bring jnd hnds thru, rec R, sd L bfly pos, -;

(8) Rpt meas 16 Part B jn rt hnds;

(9-12) MODIFIED FLIRT TO FAN ; ; ALEMANA ; ;

(9) Fwd L, rec R, sd L (W bk R, fwd L, fwd R turning lf to varsouv pos), -; (10) bk R, rec L, sd R, -; (W bk L, rec R, sd L moving to her lf in front of M and trng 1/4 rf to fc RLOD in fan pos leaving rt ft extended fwd with no wt),-; (11) fwd L, rec R, cl L ldg W to trn RF (W cl R, fwd L, fwd R & swvl RF to fc M w/ jnd ld hnds up palm to palm at eye level),-; (12) bk R, rec L, sd R (W cont RF trn undr jnd ld hds fwd L, cont RF trn fwd R to fc ptr, sd L) BFLY/WALL, -;

(13-16) NEW YORKER TWICE ; ; AIDA ; SWITCH CROSS ;

(13) Rpt meas 5 Part A; (14) Swvlg sharply on L thru R w/ straight leg to OP LOD, rec L to fc ptr, sd R to BFLY/WALL,-;

(15) Thru L trng 1/4 LF (W RF), sd R cont 1/4 LF trn, bk L to OP "V" Bk to Bk POS,-; (16) trng rf to fc pter sd R chkg bring jnd hnds thru, rec L, XRIF toward LOD turning rf to fc ptr, -;

ENDING

(1-3) SIDE WALK 3 ; THROUGH VINE FOUR ; LADY ROLL MAN TRANSITION ;

(1) Sd L, cl R, sd L,-; (2) XRif, sd L, XRib, sd L; (3) Chk thru R strt lady rollout LF retain lead hnds,cl L, pt R RLOD lf op fc DLW mvng LOD (fwd L strt LF roll/sd & fwd R trn LF, sd L LOD to lf op fc DLW mvng LOD, -),-;

(4-5) FENCE LINE RECOVER POINT ; CROSS CHECK AND EXTEND ;

(4) XRif w/bent knee extend arms out from shldrs,rec L, pt R bk RLOD look DLW, -; (5) XRif LOD body erect extend both arms in arch overhead arms soft shpe to right, hold;