

FALLEN

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Music: Fallen Artist: Lauren Wood Album: Cat Trick U. S. Release, Track 7, Single available for download

Time: As downloaded 3:41, Cut at 3:18, fade from 3:10-3:18 Recommend speed: slow to 27 mpm (approx. 43.4 in Dancemaster)

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

Rhythm: Rumba Phase: III+2+1 (Aida, Hip Rocks) (Twisty Serpiente)

Difficulty: Average

Sequence: INTRO, A, B, A(1-8), C, B, BRG, A, D, END

INTRO

1-4 (BFLY/WALL) LD FT FREE WAIT 2 MEAS ; ; ½ BASIC ; UNDERARM TURN TO WOMAN'S TAMARA ;

- (1-2) **{BFLY/WALL Wait 2 Meas}** Wait ; ;
- QQS (3) **{1/2 Basic}** fwd L, rec R, sd L, - ;
- QQS (4) **{Underarm Turn}** Raising jnd ld hnds keeping trail hnds jnd low trn body slightly RF bk R, rec L squaring body to fc ptr, cl R keeping ld hnds raised to Tamara, - ; (Swiveling ¼ RF fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L keeping ld hnds jnd to W's Tamara, - ;)
- ### **5-8 WHEEL 3 ; UNWRAP & REWRAP ; WHEEL 3 ; UNWRAP (BFLY/WALL) ;**
- QQS (5) **{Wheel 3}** moving CW fwd L, fwd R, fwd L, - ; (moving CW fwd R, fwd L, fwd R, - ;) (COH)
- QQS (6) **{Unwrap & Rewrap}** cont CW movement fwd R leading W to comm LF trn undr jnd ld hnds to unwrap, fwd L leading W cont LF trn undr jnd ld hnds, fwd R to wrap, - ; (fwd L comm ½ LF trn, fwd R cont LF trn, sd L trng LF undr ld hnds, - ;) (WRAPPED/WALL)
- QQS (7) **{Wheel 3}** in wrapped pos moving CW fwd L, fwd R, fwd L, - ; (bk R, bk L, bk R, - ;) (both fc COH)
- QQS (8) **{Unwrap}** fwd R lead W to trn RF undr jnd ld hnds, fwd L, sd R, - ; (bk L, sd & fwd R comm RF trn undr jnd ld hnds, cont trn sd & fwd L to fc ptr, - ;) (BFLY/WALL)

PART A

1-4 ½ BASIC ; THRU SERPIENTE ; ; FENCE LINE ;

- QQS (1) **{1/2 Basic}** fwd L, rec R, sd L, - ;
- QQS QQS (2-3) **{Thru Serpiente}** thru R, sd L, bhd R, fan L CCW, ; bhd L, sd R, thru L, fan R CCW, ; (thru L, sd R, bhd L, fan R CW, ; bhd R, sd L, thru R, fan L CW, ;)
- QQS (4) **{Fence Line}** X lun thru R w/bent knee looking in the dir of lun, rec L trng to face partner, sd R, - ; (X lun thru L w/bent knee looking in the dir of lun, rec R trng to face partner, sd L, - ;)
- ### **5-8 M FRT TWISTY SERPIENTE to RLOD ; ; SHOULDER – SHOULDER (2X) ; ;**
- QQS QQS (5-6) **{Twisty Serpiente}** thru L, sd R, bhd L, fan R CW, ; bhd R, sd L, thru R, fan L CW, ; (bhd R, sd L, thru R, fan L CW, ; thru L, sd R, bhd L, fan R CW, ;)
- QQS QQS (7-8) **{Shoulder-Shoulder (2X)}** fwd L to BFLY/SCAR, rec R to fc, sd L, - ; fwd R to BFLY/BJO, rec L to fc, sd R, - ;
- ### **9-12 REVERSE UNDERARM TURN ; UNDERARM TURN ; LARIAT ½ MAN FACE COH ; FENCE LINE ;**
- QQS (9) **{Rev Underarm Turn}** Raising jnd ld hnds XLif, rec R, sd L, - ; (Swvlg ¼ LF fwd R trng ½ LF under ld hnds, rec L trng ¼ LF to fc ptr, sd R, - ;)
- QQS (10) **{Underarm Turn}** Raising jnd ld hnds trn body slightly RF bk R, rec L squaring body to fc ptr, sd R, - ; (Swvlg ¼ RF fwd L trng ½ RF under jnd ld hnds, rec R trng ¼ RF to fc ptr, sd L, - ;)
- QQS (11) **{Lariat ½ M - COH}** Raising jnd ld hnds sd L, rec R, cl L, sharply swvlg ½ LF under jnd ld hands to FC COH, - ; (fwd R, fwd L, fwd R trng RF to fc ptr & wall, -;) BFLY/COH
- QQS (12) **{Fence Line}** X lun thru R w/bent knee looking in the dir of lun, rec L trng to face partner, sd R, - ; (X lun thru L w/bent knee looking in the dir of lun, rec R trng to face partner, sd L, - ;)

- 13-16 AIDA ; HIP ROCK 3 TO FACE ; SIDE WALK 3 to RLOD ; WHIP (LD HANDS/WALL) ;**
- QQS (13) **{Aida}** thru L trng LF, sd R continue LF trn, bk L to bk-bk V pos, - ; (thru R trng RF, sd L continue RF trn, bk R to bk-bk V pos, - ;) (BK-BK V/RLOD)
- QQS (14) **{Hip Rock 3}** rk fwd R rolling hip sd & bk, rec L with hip roll, rec R trng RF to fc ptr, - ; (rk fwd L rolling hip sd & bk, rec R with hip roll, rec L trng LF to fc ptr, - ;) (BFLY/COH)
- QQS (15) **{SD Walk}** sd L, cl R, sd L, - ;
- QQS (16) **{Whip}** slip bk R comm ¼ LF trn, rec fwd L trng ¼ LF to complete trn, sd R, - ; (fwd L outside man on his L sd, fwd R comm ½ LF trn, sd L, - ;)
1st Time (LD HNDS/WALL) **2nd Time** (BFLY/WALL)

PART B

- 1-4 CHASE W/ UNDERARM PASS ; ; ½ BASIC ; UNDERARM TURN (CP/COH) ;**
- QQS QQS (1-2) **{Chase with Underarm Pass}** fwd L comm ½ RF trn keeping ld hnds jnd, rec R, cl L, - ; bk R raising jnd ld hnds, rec L, sd R, - ; (bk R, rec L, fwd R to man's L sd, - ; fwd L, fwd R trng ½ LF under jnd ld hnds, sd L, - ;) (BFLY/COH)
- QQS (3) **{1/2 Basic}** fwd L, rec R, sd L, - ;
- QQS (4) **{Underarm Turn}** Raising jnd ld hnds trn body slightly RF bk R, rec L squaring body to fc ptr, sd R, - ; (Swiveling ¼ RF fwd L trng ½ RF under jnd ld hnds, rec R trng ¼ RF to fc ptr, sd L, - ;) CP/COH
- 5-8 BREAK BACK to ½ OP/RLOD ; PROGRESSIVE WALK 3 ; SLIDING DOOR ; CUCARACHA to FACE (BFLY) ;**
- QQS (5) **{Break Back}** swvlg LF ¼ on R bk L to ½ OP, rec R, fwd L, - ; (swvlg RF ¼ on L bk R, rec L, fwd R, - ;)
- QQS (6) **{Progressive Walk 3}** fwd R, fwd L, fwd R, - ; (fwd L, fwd R, fwd L, - ;)
- QQS (7) **{Sliding Door}** rk apt L, rec R relg hnds, XLif chgg sds Xib of W, - ; (rk apt R, rec L relg hnds, XRif chgg sds Xif of M, - ;)
- QQS (8) **{Cucaracha}** sd R, rec L swvlg LF to fc ptr, cl R, - ; (sd L, rec R swvlg RF to fc ptr, cl L, - ;)
1st Time (BFLY/WALL) **2nd Time** (CP/WALL)

REPEAT PART A 1-8**PART C**

- 1-4 START A CHASE TO (TANDEM/WALL) ; ; SOLO FENCE LINE (2X) ; ;**
- QQS QQS (1-2) **{Start a Chase}** no hnds jnd fwd L trng RF ½ rec R, fwd L, - ; fwd R trng LF ½, rec L, fwd R, - ; (bk R, rec L, fwd R, - ; fwd L trng RF ½, rec R, fwd L, - ;)
- QQS QQS (3-4) **{Solo Fence Line}** X lun thru L w/bent knee looking in the dir of lun, rec R, sd L, - ; (X lun thru R w/bent knee looking in the dir of lun, rec L, sd R, - ;) X lun thru R w/bent knee looking in the dir of lun, rec L, sd R, - ; (X lun thru L w/bent knee looking in the dir of lun, rec R, sd L, - ;)
- 5-8 BOTH TURN TO COH ; CUCARACHA CROSS (2X) ; ; FINISH CHASE MAN FACE WALL (LEAD HANDS JOINED) ;**
- QQS (5) **{Both Turn to COH}** fwd L trng RF ½, rec R, fwd L, - ; (fwd R trng LF ½, rec L, fwd R, - ;)
- QQS QQS (6-7) **{Cucaracha Cross}** sd R, rec L, XRif, - ; (sd L, rec R, XLif, - ;) sd L, rec R, XLif, - ; (sd R, rec L, XRif, - ;)
- QQS 8 **{Finish Chase}** fwd R trng LF ½, rec L, fwd R, - ; (fwd L, rec R, bk L, - ;) (ld hnds/WALL)

REPEAT PART B END IN CP/WALL**BRIDGE**

- 1 CORTE & RECOVER ;**
- SS (1) **{Corte & Recover}** bk & sd L using lowering action with supporting leg relaxed, - , rec R, - ;

REPEAT PART A BLEND ½ BASIC TO BFLY/WALL, MEAS 16 END WHIP IN BFLY/WALL

PART D

- 1-4 BASIC ; ; NEW YORKER ; AIDA ;**
 QQS QQS (1-2) **{Basic}** fwd L, rec R, sd L, - ; bk R, rec L, sd R, - ;
 QQS (3) **{New Yorker}** swvlg ¼ RF thru L with straight leg to a sd by sd pos, rec R trng LF to fc ptr, sd L, - ; (swvlg ¼ LF thru R with straight leg to a sd by sd pos, rec L trng RF to fc ptr, sd R, - ;)
 QQS (4) **{Aida}** thru R trng RF, sd L continue RF trn, bk R to bk-bk V pos, - ; (thru L trng LF, sd R continue LF trn, bk L to bk-bk V pos, - ;) (BK-BK V/RLOD)
- 5-8 HIP ROCK 3 to FACE ; SIDE WALK 3 to RLOD ; HAND to HAND (2X) ; ;**
 QQS (5) **{Hip Rock}** rk fwd L rolling hip sd & bk, rec R with hip roll, rec L trng LF to fc ptr, - ; (rk fwd R rolling hip sd & bk, rec L with hip roll, rec R trng RF to fc ptr, - ;) BFLY/WALL
 QQS (6) **{Side Walk}** sd R, cl L, sd R, - ;
 QQS QQS (7-8) **{Hand to Hand}** swvlg ¼ LF bk L to OP, rec R trng ¼ RF to fc ptr, sd L, - ; (swvlg ¼ RF bk R to OP, rec L trng ¼ LF to fc ptr, sd R, - ;) swvlg ¼ RF bk R to LOP, rec L trng ¼ LF to fc ptr, sd R, - ; (swvlg ¼ LF bk L to LOP, rec R trng ¼ RF to fc ptr, sd L, - ;) (BFLY/WALL)

END

- 1-4 ½ BASIC ; UNDERARM TURN to TAMARA ; WHEEL 3 ; UNWRAP & REWRAP ;**
 QQS QQS (1-4) Repeat Intro measures 3-6; ; ;
 QQS QQS
- 5-8 WHEEL 3 ; UNWRAP to BFLY/WALL ; BASIC ; ;**
 QQS QQS (5-6) Repeat Intro measures 7-8; ;
 QQS QQS (7-8) Repeat Part D measures 1-2; ;
- 9-12 NEW YORKER ; AIDA ; HIP ROCK 3 ; BK to AIDA LINE & HOLD ;**
 QQS QQS (9-10) Repeat Part D measure 3-4; ;
 QQS (11) **{Hip Rock 3}** rk fwd L rolling hip sd & bk, rec R w/ hip roll, rec L w/hip roll, - ; (rk fwd R rolling hip sd & bk, rec L w/hip roll, rec R w/hip roll, - ;)
 S- (12) **{Aida Line}** rk bk R to bk-bk V pos, - - - ; (rk bk L, - - - ;)

QUICK CUES

INTRO

(BFLY/WALL) LD FT FREE WAIT 2 MEAS ; ; ½ BAS ; UNDRM TRN TO W'S TAMARA ;
WHL 3 (COH) ; UNWRP & REWRP (WALL) ; WHL 3 (COH) ; UNWRP (BFLY/WALL) ;

PART A

½ BAS ; THRU SERP ; ; FNC LINE ;
M FRT TWISTY SERP to RLOD ; ; SHLDR-SHLDR (2X) ; ;
REV UNDRM TRN ; UNDRM TRN ; LARIAT ½ M (COH) ; FNC LINE ;
AIDA ; HIP RK 3 TO FC (BFLY/COH) ; SD WLK 3 to RLOD ; WHIP (LD HNDS/WALL) ;

PART B

CHASE W/UNDRM PASS (BFLY/COH) ; ; ½ BAS ; UNDRM TRN (CP/COH) ;
BRK BK TO ½ OP/RLOD ; PROG WLK 3 ; SLIDING DR ; CUCA to FC (BFLY/WALL) ;

PART A (1-8)

½ BAS ; THRU SERP ; ; FNC LINE ;
M FRT TWISTY SERP to RLOD ; ; SHLDR-SHLDR (2X) (BFLY/WALL) ; ;

PART C

START A CHASE (TANDEM/WALL) ; ; SOLO FNC LINE (2X) ; ;
BOTH TRN (COH) ; CUCA X (2X) ; ; FIN CHASE (LD HNDS/WALL) ;

PART B

CHASE W/UNDRM PASS (BFLY/COH) ; ; ½ BAS ; UNDRM TRN (CP/COH) ;
BRK BK TO ½ OP/RLOD ; PROG WLK 3 ; SLIDING DR ; CUCA to FC (CP/WALL) ;

BRIDGE

CORTE & REC ;

PART A

½ BAS (BFLY/WALL) ; THRU SERP ; ; FNC LINE ;
M FRT TWISTY SERP to RLOD ; ; SHLDR-SHLDR (2X) ; ;
REV UNDRM TRN ; UNDRM TRN ; LARIAT ½ M FC COH ; FNC LINE ;
AIDA ; HIP RK 3 TO FC (BFLY) ; SD WLK 3 to RLOD ; WHIP (BFLY/WALL) ;

PART D

BAS ; ; NY ; AIDA ;
HIP RK 3 to FC (BFLY/WALL) ; SD WLK 3 to RLOD ; HND-HND (2X)(BFLY/WALL) ; ;

END

½ BAS ; UNDRM TRN TO W TAMARA ; WHL 3 (COH) ; UNWRP & REWRP (WALL) ;
WHL 3 (COH) ; UNWRP (BFLY/WALL) ; BAS ; ;
NY ; AIDA ; HIP RK 3 ; BK TO AIDA LN & HOLD ;