

# La Mer Bolero

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**Music:** Beyond The Sea(La Mer) – Manuel – The Latin Classics Vol 3  
Avail for download from Casa-Musica.com  
**Footwork/Timing:** Opposite except where noted/SQQ except where noted  
**Rhythm/Phase** Bolero Phase 6 Speed 45 rpm  
**Sequence:** Intro-A-B-C-B-C(Mod)-A(Mod) -End Release 1. 0 November 2024

## INTRO

### 1-4 WAIT ; SHADOW NEW YORKER ; ALTERNATING CROSS BODY 2X ; ;

- 1 OP fc ptr & wall right hands joined trailing foot free ;
- 2 Sd R, -, trn RF to fc RLOD chk thru L lft arm beh W/s back, rec R comm LF trn  
(W sd L, -, trn LF chk fwd R ext L arm to sd, rec L comm RF trn);
- 3 Sd L LOD, -, bk R, rec L comm LF trn  
(W sd & fwd R to LOD, -, fwd L LOD trn LF, sd & bk R fc Wall);
- 4 Trng LF sd & fwd R fc LOD, -, fwd L trng LF, sd & bk R fc Wall  
(W Sd L LOD, -, bk R, rec L comm LF trn);

## PART A

### 1-4 RH UNDERARM TURN ; ADVANCED HIP TWIST TO CROSS HAND UNDERARM TURN ; ; BREAK BK MAN'S HEAD LOOP ½ OPEN ;

- 1 Sd L, -, XRIB lead W to turn under R hands, rec L  
(W sd & fwd R LOD, -, fwd L under R hands trng ½ RF, rec R);
- 2 Keep rt hands high cl R to L join L hands at waist level, -, fwd L slight RF body trn, rec R  
(W sd & fwd L to M's rt sd swivel ½ RF on L, -, bk R, rec L trng ½ LF);
- 3 Bk L in bk of R, -, small bk R lead W under R hands bringing R hands down & L hands up, rec L  
bringing L hands over W's head);  
(W fwd R outsd M, swivel ¼ RF on R, fwd L across in front of M under R hand trng RF, fwd R );
- 4 Sd R release R hands, -, trng LF bk L bring L hands over M's head, rec R to ½ OP LOD  
(W sd L, -, trng RF bk R, rec L);

### 5-8 FWD MANUEVER PIVOT ; RUDOLF RONDE BEH SD LOP ; CHECK THRU & SYNCOP ROLL LOD ; AIDA ;

- 5 Fwd L, -, fwd R trng RF in front of W to CP, bk L pivot ½ RF  
(W fwd R, -, fwd L CP, fwd R pivot RF);
- 6 Fwd R relax knee trng body RF, -, rec bk L, trng RF sd R fc prt & wall LOP  
(W bk L ronde R off floor CW, -, bk R to RLOD, sd L fc prt);
- S&QQ 7 Trn RF chk thru L RLOD, -/rec R trng LF, roll to LOD L, R; join lead hands  
(W fwd R swivel RF to fc RLOD, -, fwd L, fwd R trng LF to fc M);
- 8 Sd R, -, thru L, sd R trng LF;

## Cont Part A

**9-12 AIDA LINE & ROCK 2 ; FC HIP ROCK 2 ; NEW YORKER ; RIFF TURNS ;**

- 9 Bk R in V bk to bk Aida line, - trail arms up & bk, fwd L sweep trail arms fwd, rec bk R bring trail arms bk;
- 10 Fwd L trng to fc ptr, -, rk sd R, rec L;
- 11 Sd R, -, trng RF fwd L, rec R trng LF;
- QQQQ 12 Sd L lead W to spin under lead hands, cl R, sd L lead W to spin under lead hands, cl R  
(W fwd R LOD spin full trn to fc M, cl L, fwd R LOD spin full trn to fc M, cl L);

## PART B

**1-4 FENCE LINE ; OPEN BREAK BFLY ; EGGBEATER TURN ; WRAP TO RIGHT LUNGE LINE ;**

- 1 Blend BLFY sd L, -, lunge thru R sweep trail hands up, down & out between ptrs, rec L;
- 2 Sd R coming slightly tog, -, brk apt L extend trailing arm to sd, rec R;
- 3 Sd L raising lead hands & taking trailing hands thru twd LOD at shoulder level,-, XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to release hand hold & re-join under M's R arm while trng W under trailing hands  
(W fwd R trng RF to fc M,-, fwd & across L to LOD trng RF under joined lead hands, fwd R cont RF trn under trailing hands);
- S- 4 Sd R leading W under trailing hands again,-, flex R knee in lunge line, -  
(SS) (W sd & fwd L twd RLOD trng ½ RF on L under joined trailing hands,-, small sd R flex knee in lunge line, -); end in R lunge wrap Pos wall

**5-8 SHADOW FENCE LINE ; SHDW FWD BASIC ; SHDW TRNG BASIC LADY SYNC FC ; START HORSESHOE TURN ;**

- 5 Both sd L blend to shadow LF hands joined, -, XRIF of L on soft knee, rec L;
- 6 Both sd & fwd R, -, chk fwd L, rec R;
- SQQ 7 Sd L, -, comm LF trn bk R, rec L trn LF fc COH  
(SQ&Q) (W sd L, -, comm LF trn bk R/rec L trng LF, sd R trng LF fc Wall); join lead hands LOP fc ptr
- 8 Sd R trng body RF, -, chk thru L in V pos, rec R raise lead hands;

**9-12 CONT. HORSESHOE TURN ; LUNGE BREAK ; CHECKED RIGHT PASS ; MAN FC FWD BREAK TO HANDSHK ;**

- 9 Fwd L comm LF circle around W, -, fwd R cont LF circle, fwd L to fc W  
(W fwd R trng RF, -, fwd L under joined hands trng RF, fwd R trng to fc M);
- S- 10 Sd R, -, lower on R in lunge line extend L arm to W, rise  
(SQQ) (W sd L, -, bk R, rec L);
- 11 Fwd & sd L comm RF trn raising lead hands high and placing R hand on the front of W's R hip,-, cont RF trn XRIB of L lowering lead hands in front of W to check her, cont RF trn sd & fwd L  
(W fwd R,-, fwd & across L twd COH no turn, bk R) to end with lead hands joined in front of W's L hip to mod wrap both fc COH;
- 12 Fwd R swiv RF to fc prt & wall, -, fwd L ext trailing arm to sd, rec R join R hands  
(W bk L, - bk R, rec L) LOP fc wall;

## PART C

**1-4 CROSS HAND TURKISH TOWEL FC LOD ; ; ; LADY ACROSS TO SHDW ;**

- 1 Join L hands under R sd L raising joined R hands,-, XRIB raising L hands, rec L bring L hands over W head  
(W sd R, -, trng RF fwd L under R hands trng RF, fwd R to RLOD);
- 2 Trng LF sd R twd wall hands in M's varsouvienne, bk L shaping to W, rec R  
(W trng RF sd L twd COH to M's Varsouvienne, -, chk fwd R shaping to M, rec L);
- 3 Sd L in front of W, -, bk R shaping to W, rec L  
(W sd R beh M, -, chk fwd L shaping to M, rec R);
- 4 Sd R in front of W, -, small bk & sd L, fwd R keep L hands joined  
(W sd L beh M, -, roll across in front of M R, L to shdw LOD);

**5-8 LEFT HAND SWEETHEART ; RIGHT HAND SWEETHEART ; START FULL MOON RLOD ; ;**

- 5 Sd L, -, ck fwd R slight RF body turn, rec L  
(W sd R, -, ck bk L slight LF body trng, rec R);
- 6 Release L hands sd R join R hands, -, ck fwd L slight RF body trn, rec R  
(W sd L, -, ck bk R slight LF body turn, rec L);
- 7 Trng LF to RLOD sd & fwd L,-, bk R, cont LF trn fwd L bringing R hands up behind W to lead spiral  
(W trng RF sd & fwd R, -, fwd L, fwd R twd RLOD/spiral 7/8 LF);
- 8 Fwd R RLOD joining L hands to Varsouvienne,-, fwd L, bk R releasing L hands  
(W cont LF trn fwd L RLOD to Varsouvienne,-, fwd R, bk L comm trng RF);

**9-12 CONT FULL MOON TO LOD ; ; ; LADY SWIV FC RH UNDERARM TURN FC WALL ; LEAD HAND FWD BREAK ;**

- 9 Trng LFsd & bk L, -, cont LF trn bk R, cont LF trn fwd L bring R hands up behind W to lead spiral  
(W fwd R twd M's R sd trng RF,-, fwd L, fwd R twd LOD/spiral 7/8 LF);
- 10 Fwd R LOD joining L hands to Varsouvienne,-, fwd L, bk R releasing L hands  
(W cont LF trn fwd L LOD to Varsouvienne,-, fwd R, bk L comm trng RF);
- 11 Small bk R, -, XRIB trng RF lead W to turn under R hands, rec L to fc Wall  
(W fwd R twd M's R sd trng RF, -, fwd L under R hands trng ½ RF, rec R trng RF fc COH);
- 12 Join lead hands sd R, -, ck fwd L, rec R(W sd L, -, ck bk R, rec L);

## PART B

- 1-4 FENCE LINE ; OPEN BREAK BFLY ; EGGBEATER TURN ; WRAP TO RIGHT LUNGE LINE ;**  
**5-8 SHADOW FENCE LINE ; SHDW FWD BASIC ; SHDW TRNG BASIC LADY SYNC FC ;**  
**START HORSESHOE TURN ;**  
**9-12 CONT. HORSESHOE TURN ; LUNGE BREAK ; CHECKED RIGHT PASS ;**  
**MAN FC FWD BREAK TO HANDSHK ;**

## PART C (Mod)

- 1-4 **CROSS HAND TURKISH TOWEL FC LOD ; ; ; LADY ACROSS TO SHDW ;**  
 5-8 **LEFT HAND SWEETHEART ; RIGHT HAND SWEETHEART ; START FULL MOON ; ;**  
 9-11 **CONT FULL MOON TO LOD ; ; ; LADY SWIV FC RH UNDERARM TURN ;**  
 11 Small bk R, -, XRIB lead W to turn under R hands, rec L  
 (W fwd R twd M's R sd trng RF, -, fwd L under R hands trng ½ RF, rec R trng RF ptrn);
- 14 **SLOW FWD BOL BJO, , WHEEL 6 BFLY WALL ; ; ; VINE 4 JOIN RT HANDS ;**  
 SQQ 12 Fwd L to BOL/BJO, -, wheel RF R, L fc RLOD;  
 QQQQ 13 Cont wheel R, L, R, L blend to BFLY Wall;  
 QQQQ 14 Sd L, XRIB, sd L, XRIF join R hands;

## PART A (Mod)

- 1-4 **RH UNDERARM TURN ; ADVANCED HIP TWIST TO CROSS HAND UNDERARM TURN ; ;**  
**BREAK BK MAN'S HEAD LOOP ½ OPEN ;**  
 5-8 **FWD MANUEVER PIVOT ; RUDOLF RONDE BEH SD LOP ;**  
**CHECK THRU & SYNCOP ROLL LOD ; AIDA ;**  
 9-12 **AIDA LINE & ROCK 2 ; FC HIP ROCK 2 HANDSHK ; SHADOW NEW YORKER ;**  
**UNDERARM TURN TO ;**  
 11 Sd R, -, trng RF fwd L, rec R trng LF join R hands;  
 12 Sd L, -, XRIB lead W to turn under R hands, rec L join L hands low  
 (W sd & fwd R LOD, -, fwd L under R hands trng ½ RF, rec R);

## END

- 1-6 **CROSS HAND ROPE SPIN TO CP ; ; ; HIP ROCKS ; SYNC TURNING BASIC OVERTURN ;**  
**THROWAWAY OVERSWAY ; ;**  
 1 Cl R to L bring L hands up & R down to lead W to spiral RF, -, sd L pushing action, rec R  
 (W fwd L to M's R, spiral RF 7/8 trn on L, fwd around M R, L);  
 2 Cl L, -, sd R pushing action, rec L to CP  
 (W cont around M R, - L, R to CP);  
 3 Sd R, -, sd L, sd R;  
 S&QQ 4 Sd L body trn RF,-/trn LF slip pvt bk R, fwd L trn LF, sd & fwd R pvt LF fc WALL  
 (W sd & fwd R body trn RF look right,-/trn LF cl head fwd L, sd & bk R trn LF, cl L pvt LF);  
 S--- 5-6 Sd L trng LF, lower & rotate body LF over 2 measures  
 (W fwd & sd R, bring L to R, extend L bk to LOD look well to left); ;