

YEARS HAVE PASSED

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Music: CD – Como Han Pasado Los Anos (Album Amor Elemo Tr. # 16)

Sequence: Intro – A – A – B – INTER – B MOD – END

SLOW FOR COMFORT

Rhythm & Level - Rumba, Phase V+2 (Adv. alem & cir hip twist) Difficulty Level: - Average

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses) (Version 1.1 Released 07/15)

MEAS.

INTRO

1-4 CP/WALL W P/U NOTES & 2 MEAS;; BOTH X SWIVEL TWICE; OP HIP TWIST;

- 1-2 CP/WALL wait p/u notes & 2 meas;;
ss 3-4 [x swvls] CP/wall M XLIF of R & swvl LF, -, XRIF of L & swvl RF, - (W XRIB of L & swvl LF, -, XLIB of R swvl LF to fc, -) CP/WALL; [op hip twist] Fwd L, rec R, cl L to R (W bk R, rec L, fwd R twd prt swivel ¼ RF bringing L knee thru to LOD & keep shoulders as square as possible to M),-;

5-8 FAN; HKY STK;; SLOW HIP RK 2;

- 5-6 [fan] Bk R, rec L, sd & fwd R (W fwd LOD L, fwd R trn LF, cont LF trn sd & bk L),-;
[hky stk] Fwd L, rec R, shape twd ptr cl R to L (W cl R to L, fwd L, fwd R),-;
ss 7-8 [fin hky stk] Bk R, rec L, fwd R (W fwd L, fwd R trn LF, bk L) LOP/FC DRW;
[2 sl hip rks] Rk sd L,-, rk sd R, -;

PART A

1-4 LOP/FC WALL ADVANCED ALEMANA FC COH;; SERPIENTE;;

- 1-2 [adv alemana] Fwd L, rec R, trn RF 1/4 sd L (W Bk R, rec L, fwd R swvl RF to fc M), - ; XRIB of L trn RF, sd L complete RF 1/4 RF trn, cl R to L (W fwd L trn RF under jnd ld hds, fwd R cont RF trn, fwd L cont RF trn to fc M) Loose CP/COH;
3-4 [serpiente] Step thru RLOD L trng LF (W RF), sd RLOD R, XLIB of R (both XIB) remaining in loose closed, ronde R ft CW (W ronde L ft CCW); XRIB of L (both XIB), sd L, cl R to L ;

5-8 CUDDLE 3X;; W SPIRAL OUT TO FC;

- 5-6 [cuddle 3x] Slight RF body trn to lead W out sd L to ½ open, rec R, cl L both arms around W's back (W trn RF bk R to ½ open, rec L trn LF, fwd R return hand to M's shoulder) , - ; Slight LF body trn to lead W out sd R to ½ open, rec L, cl R both arms around W on back (W trn LF bk L to L ½ open, rec R trn RF, fwd L return hand to M's shoulder) , - ;
7-8 [cont cuddle w/spiral] Slight RF body trn to lead W out sd L to ½ OP, rec R, sd L join lead (W trn RF bk R to ½ open, rec L trn LF, fwd R, spiral LF under joined lead hands);
[W spiral out to fc] Bk R leading W fwd, rec L, fwd R (W fwd L, fwd R trn LF ½ to fc M, bk L),-;

REPEAT PART A END LOD/ FC WALL

PART B

1-4 LOP/FC WALL ALEMANA CP/WALL;; CL HIP TWIST; FAN;

- 1-2 [alemana] LOP/WALL Fwd L, rec R, cl L to R lead W to comm RF trn under jnd hds (W bk R, fwd L, fwd R comm RF trn under jnd lead hds), - ; bk R, rec L, sd & fwd R (W cont trn fwd L, cont trn fwd R, sd & bk L to fc ptr) end CP/WALL;
3-4 [cl hip twist] Trn body Slightly RF sd L, rec R, cl L lower lead hds to lead W to hip twist (W swvl ½ RF on L bk R, rec L swvl LF ½ to fc M, cl R to L swvl ¼ RF bringing L knee thru to LOD & keep shoulders as square as possible to M), - ; [fan] Bk R, rec L, sd & fwd R (W fwd LOD, fwd R trn LF, cont LF trn bk L),-;

5-8 SLOW STEP TOG WITH M'S HEAD LOOP AND SHAPE TO W; M TRN AWAY W TO FAN; STOP & GO HKY STK WITH X LUNGE;;

- s 5-6 **[slow tog m's head loop]** Step L twd W(W step fwd R twd M) raising jnd ld hnds w/M's palm up and elbow bent and pointed twd Wall then take joined hnds over M's hd and slowly lower them to rest on M's R shldr while W place L hnd on M's L rib cage and M leaves free R hnd down at R sd ,-; **[M trn away RF to fan]** Releasing hnds step sd RLOD R trn RF to fc RLOD, fwd RLOD L trn ½ RF to fc wall, sd R (W step bk L) to fan,-,-;
- s 7-8 **[stop & go hky stk with x lng]** Fwd L, rec R, sm sd L,- (W cl R, fwd L, fwd R trn LF to fc Wall,-) end Tandem Wall; chk fwd R with lunge action hnds extended sd looking at ptr, rec L, sd R,- (W chk bk L with lunge action hnds extended sd looking at ptr, rec R trn RF to fc RLOD, sd & bk L,-) end Fan Pos M fc Wall;

9-12 ALEMANA;; OP HIP TWIST; TO FC FAN JN RT HDS;

- 9-10 **[alemana]** Fwd L, rec R, cl L to R lead W to comm RF trn under jnd hds (W Bk R, fwd L, fwd R comm RF trn under jnd lead hds),-; Bk R, rec L, sd & fwd R (W cont trn fwd L, cont trn fwd R, sd & bk L to fc ptr)end CP/Wall;
- 11-12 **[op hip twist]** Fwd L, rec R, cl L to R (W bk R, rec L, fwd R twd prt swivel ¼ RF bringing L knee thru to LOD & keep shoulders as square as possible to M),-; **[facing fan]** Bk R, rec L trn ¼ LF to fc LOD, fwd R (W fwd L LOD, fwd R trn LF, bk L) jn R hds end LOP/LOD:

13-16 ½ BASIC W/SPIRAL M'S HEAD LOOP FC RLOD; PROG WK 3; CUDDLE PVT 3 FC COH; HIP RK 3;

- 13-14 **[1/2 basic w/spiral]** Fwd L, rec R, fwd L lead W to spiral under lead hds & bring hands over M's head (W bk R, rec L, fwd R spiral LF under joined R hands)end fc RLOD,-; **[fwd 3]** Release hands blend to L ½ opn RLOD fwd R, fwd L, fwd R,-;
- 15-16 **[cuddle pvt 3 fc coh]** Fwd L leading W in front of M, fwd R trn RF, sd L fc COH both arms around W on W's back,-, (W fwd R trn in front of M place hands on M's shoulders, sd L cont trn, sd R), - ; **[hip rk]** Sd R, sd L, sd R, - ;

17-20 START X BODY; M RK (W X SWVL 2X) ; FINISH X BODY; NY'R IN 4

- 17-18 **[start x body]** Fwd L, rec R trn LF, sd twd wall (W bk R, rec L twd wall, fwd R), - ;
ss **[x swvls]** Sd R, - , sd L (W fwd L swvl LF, -l fwd R swvl RF),- ;
- 19-20 **[fin x body]** Bk R, rec L trn LF, sd R LOP fc WALL (W fwd L to Wall, fwd R trn LF fc M, sd L), - ;
qqqq **[ny'r 4]** trn RF fwd L, rec R trn RF to fc ptr, sd L, rec R, jn R hds, - ;

INTERLUDE**1-4 CIRCULAR HIP TWIST;;; FAN;**

- 1-2 **[circular hip twist]** Fwd L trng 1/8 RF leading W to open out, rec R trn 1/8 LF, bk L behind R (W Swvl ½ RF on L bk & sd R, rec L swvl ½ LF on L, cont LF trn fwd R outsd prt to M's R sd/trng Hips RF towards LOD), - ; trn LF sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R (W fwd L/swvl LF to fc ptr, cl R to L/trn hip RF fwd L),-;
- 3-4 **[cont cir hip twist]** Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (W swvl LF to fc ptr/cl R, trn hips RF/fwd L, swvl LF to fc ptr/cl R to L, trn hips RF towards LOD) to end M facing WALL,-; **[fan]** Bk R, rec L, sd & fwd R (W fwd LOD L, fwd R trn LF, cont LF trn sd & bk L),-;

5-8 CHECK LK TO FAN; HKY STK;; HIP RK 2 SL;

- qqqq 5-6 **[ck lk fan]** Ck fwd L, rec R, cl L to R, sd R (W cl R to L, fwd L, lk RIF of L, bk L) to fan pos, - ;
[start hky stk] Fwd L, rec R, cl R to L (W cl R to L, fwd L, fwd R),-;
- ss 7-8 **[fin hky stk]** Bk R, rec L, fwd R (W fwd L, fwd R trn LF, bk L) LOP/FC DRW;
[2 sl hip rks] Rk sd L,-, rk sd R, - ;

MODIFIED B**1-4 ALEMANA CP/WALL;; CL HIP TWIST; FAN;**

- 1-2 Repeat Meas 1 & 2 Part B;;
 3-4 Repeat Meas 3 & 4 Part B;;-

5-8 SL STEP TOG WITH M'S HEAD LOOP AND SHAPE TO W , M TRN AWAY W TO FAN; STOP & GO HKY STK WITH LUNGE;;

- 5-6 Repeat Meas 5 & 6 Part B;;
 7-8 Repeat Meas 7 & 8 Part B;;

9-12 ALEMANA;; OP HIP TWIST; FC FAN JN RT HDS

- 9-10 Repeat Meas 9 & 10 Part B;;
 11-12 Repeat Meas 11 & 12 Part B;;

13-16 ½ BASIC W/SPIRAL M'S HEAD LOOP; PROG WK 3; OT CUDDLE PVT 3 FC WALL; CUCARACHA;

- 13-14 Repeat Meas 13 & 14 Part B;;
 15-16 Repeat Meas 15 to fc wall; [cuca] Rk sd & bk R, rec L, cl R to L (W rk sd & bk L, rec R, cl L to R),-;

END**1-4 OPEN HIP TWIST W OT M TCH TO TANDEM FC WALL; HIP RK 3; HOLD W CARESS; W ROLL OUT RF;**

ss (qq)

- 1-2 [op hip twist ot M tch] Fwd L, rec R, tch L to R (W bk R, rec L, fwd R trn RF) to tandem/wall hands to W's waist; [hip rk 3] L ft rk sd L, rec R, sd L, - ;
 3-4 {w caress} M hold (W trn upper body slightly LF and caress M with R hand,-,- ; [W roll out] M hold first two beats, -, sd R RLOD (W roll RF twd RLOD R,L,R) joining M's R & W's L hnds at end of meas to OP/WALL;

5-8 OP FENCE LN; HIP RK 3; BOTH SLOWLY ROLL LF TO M'S TANDEM/COH;SD LUNGE (W DRAPE w/LEG CRAWL);

- 5-6 [op fn ln] Both XLIF of R, rec R, sd & bk L,-; [hip rk 3] Rk sd R, rec L, sd R, - ;
 7-8 [both slow roll LF to M's TANDEM/COH] Both roll LF ½ to M's tandem W slightly to R of M fc COH L, R, L, - ; [sd lunge (W drape/leg crawl] Sd fwd & sd R lower into R leg, -, rise on R leg and pl L hd on outside of W's left thigh (W place hds on M's shoulders sd & fwd R lower into R leg,-, rise on R leg and raising L leg up on the outside of M's L leg) , - ;