

El Reloj

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Music: El Reloj download @walmart.com or other online music store, or contact choreographers
Artist: Luis Miguel **CD:** Romances – track: 10
Phase: IV + 1 (Riff trn) **Footwork:** Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Bolero **Release Date:** November 13, 2005
Sequence: Intro – A – A – B – B (MOD) – C – B – B – END
Suggested Speed: As on CD (no adjustment to original source)

Meas

INTRO

1-4 CUDDLE POS – M FC WALL LEAD FT FREE FOR BOTH WAIT 2 MEAS;; HIP LIFT (2X)::

- 1-2 In cuddle pos M fcg WALL M's L ft (W's R ft) free — wait 2 meas;;
3 [Hip lift] Sd L bring R to L (W sd R bring L to R), -, with slight pressure on R ft lift R hip, lower hip;
4 [Hip lift] Sd R bring L to R (W sd L bring R to L), -, with slight pressure on L ft lift L hip, lower to CP;

PART A

1-8 BASIC;; TRNG BASIC FC COH;; CROSS BODY; FWD BK; UNDERARM TRN; LUNGE BRK;

- 1-2 [Basic] CP sd L with body rise (W sd R), -, bk R lower with slipping action, fwd L; sd R with rise, -, fwd L lower with slip action, bk R;
3-4 [Turning Basic] Sd & fwd L with slight body trn RF rising (W Sd & fwd R trn RF Look R), -, trn LF slip piv action bk R lowering, sd and fwd L trn LF to fc DLC with soft knee; sd & fwd R with rise, -, lower & trn LF fwd L with contra ck action, bk R with soft knee to end CP fcg COH;
5-6 [Cross Body] Sd & bk L trn LF with rise (W Sd & fwd R), -, bk R lower with slipping action (W fwd L crossing in front of M trng LF), fwd L trng LF (W sd & bk R) to end fcg WALL;
[Fwd Brk] sd & fwd R rising to LOP fcg WALL, -, fwd L with lower to contra chk like action, bk R with soft knee to end BFLY pos fcg WALL;
7-8 [Underarm Trn] Release trail hnds sd L with body rise, -, xRib of L, rec L (W sd R with body rise commence RF trn under jnd ld hnds, -, xLif of R lowering and continue trng RF ½, fwd R complete the RF trn to fc ptr) end fcg WALL;
[Lunge Brk] with lead hnds jnd fwd & sd R with rise to LOP fcg (W side & bk L with body rise), -, lower on R with slight RF body trn leading W back extend L to sd & back (W bk R with contra chk action), rise on R with slight LF body trn to recover (W fwd L) to end in BFLY fcg WALL;

PART B

1-8 RIFF TRN; FENCELINE W/ARMS; NEW YORKER; PREP THE AIDA; AIDA LINE & RK 2; SWIVEL TO FC FOR SPOT TRN; SHLDR-TO-SHLDR; SLO HIP RK 2;

- 1-2 [Riff trn] Sd L raising lead hnds start W into RF spin, cl R to L as W completes spin, sd L keep lead hnds high, cl R to L (W sd & fwd R commence RF spin, cl L to R spinning RF completing 1 full trn under lead hnds, fwd R commence RF spin, cl L to R completing 2nd full spin under lead hnds);
[Fenceline w/arms] Sd L rise, -, X lunge thru on R lowering & looking LOD bring trailing hnds in sweeping motion up & down between partners toward LOD, bk L trng to fc ptr in BFLY fcg WALL;
3-4 [New Yorker] Release trailing hnds sd R rising, -, fwd L with slipping action lowering & trng to sd by sd pos, bk R commence trn to fc ptr in BFLY;
[Prep Aida] sd L rise to modified slight open V shape twd ptr, -, thru R, trng RF step sd L;
5-6 [Aida Line & Rk 2] Cont trng RF to fc RLOD bk R to bk to bk V shape twd ptr, -, rk in place L, R;
[Swivl (to fc) Spot Trn] Fwd L swivel LF (W fwd R swivel RF) to fc ptr, -, xRib of L start LF trn (W xLif of R to start RF trn), fwd L cont trng LF (W fwd R cont trng RF) to end in BFLY;
7-8 [Shldr-to-Shldr] Sd R with rise, -, xLif of R lowering, bk R (W sd L with rise, -, xRib, fwd L) trng to fc ptr in BFLY end fcg WALL;
[*Slo Hip Rk 2] rk sd L rolling hip side & bk, -, rk sd R rolling hip side & bk, -;
***Note 2nd time thru Part B is Modified - as below**
****Note 4th time thru Part B (just before the ending) the Hip Rk 2 is qwk (½ meas)**

PART B (MOD)

1-9 RIFF TRN; FENCELINE W/ARMS; NEW YORKER; PREP THE AIDA; AIDA LINE & RK 2; SWIVEL TO FC FOR SPOT TRN; SHLDR-TO-SHLDR; HIP LIFT (2X);;

- 1-2 [Riff trn] Sd L raising lead hnds start W into RF spin, cl R to L as W completes spin, sd L keep lead hnds high, cl R to L (W sd & fwd R commence RF spin, cl L to R spinning RF completing 1 full trn under lead hnds, fwd R commence RF spin, cl L to R completing 2nd full spin under lead hnds);
[Fenceline w/arms] Sd L rise, -, X lunge thru on R lowering & looking LOD bring trailing hnds in sweeping motion up & down between partners toward LOD, bk L trng to fc ptr in BFLY fcg WALL;
- 3-4 [New Yorker] Release trailing hnds sd R rising, -, fwd L with slipping action lowering & trng to sd by sd pos, bk R commence trn to fc ptr in BFLY;
[Prep Aida] sd L rise to modified slight open V shape twd ptr, -, thru R, trng RF step sd L;
- 5-6 [Aida Line & Rk 2] Cont trng RF to fc RLOD bk R to bk to bk V shape twd ptr, -, rk in place R, L;
[Swivl (to fc) Spot Trn] Fwd L swivel LF (W fwd R swivel RF) to fc ptr, -, xRif of L start LF trn (W xLif of R to start RF trn), fwd L cont trng LF (W fwd R cont trng RF) to end in BFLY;
- 7-9 [Shldr-to-Shldr] Sd R with rise, -, xLif of R lowering, bk R (W sd L with rise, -, xRib, fwd L) trng to fc ptr in LOW BFLY end fcg WALL;
[Hip lift] Sd L bring R to L (W sd R bring L to R), -, with slight pressure on R ft lift R hip, lower hip;
[Hip lift] Sd R bring L to R (W sd L bring R to L), -, with slight pressure on L ft lift L hip, lower hip;

PART C

1-8 DOUBLE HAND OPENING OUT 4X;;; SPOT TURN; OPEN BREAK; BASIC;;

- 1-2 [Opening Out (2x)] BFLY WALL sd & fwd L with body rise commence body rotation LF, -, lower on L foot continue ¼ LF trn twd LOD & extending free R foot to side & back, rise & rotate RF to BFLY WALL no weight chg (W sd & bk R with body rise commence LF body rotation to match ptr, -, xLib of R lowering, rec R to fc ptr in BFLY);
Cl R to L, -, lower on R trng RF ¼ twd RLOD & extend free L foot to side & bk, rise & rotate LF on R no weight chg to BFLY WALL (W sd & bk L with rise commence RF body rotation to match ptr, -, xRib of L lowering, rec L to BFLY);
- 3-4 [Opening Out (2x)] Cl L to R with body rise commence body rotation LF, -, lower on L foot continue ¼ LF trn twd LOD & extending free R foot to side & back, rise & rotate RF to BFLY WALL no weight chg (W sd & bk R with body rise commence LF body rotation to match ptr, -, xLib of R lowering, rec R to fc ptr in BFLY);
Cl R to L, -, lower on R trng RF ¼ twd RLOD & extend free L foot to side & bk, rise & rotate LF on R no weight chg to BFLY WALL (W sd & bk L with rise commence RF body rotation to match ptr, -, xRib of L lowering, rec L to BFLY);
- 5-6 [Spot Turn] Sd L rise & commence LF trn, -, xRif of L lower & trn ½ LF, fwd L cont ¼ LF trn to fc ptr in BFLY;
[Op Brk] Sd & fwd R with body rise to LOP fcg free arms extended to sd, -, bk L lowering, fwd R;
- 7-8 [Basic] Repeat meas 1-2 of Part A;;

ENDING

** Note 4th time thru Part B (just before the ending) the Hip Rk 2 is qwk (½ meas)

1-5 DOUBLE HAND OPENING OUT (2X);; CUDDLE HIP LIFT (2x);; BACK TO LEG CRAWL;

- 1-2 [Opening Out (2x)] Repeat meas 1 – 2 of part C to end in cuddle position;;
- 3-4 [Hip lift (2X)] Repeat meas 3 – 4 of Intro;;
- 5 [Bk (to) Leg Crawl] Back L in CP keeping R leg extended sd lowering (W fwd R lift L leg along M's R outer thigh with toe ptd to the floor and romantically touch foreheads);

EL RELOJ

[Riff Turn]

Phase: IV+1

Rhythm: Bolero

Choreographer: Mary Trankel & Don Gilder

RPM: as on original CD

INTRO: [Cuddle pos/M fcg WALL—lead ft free]: WAIT; WAIT;
hip lift (2x);;

PART A: Basic (CP);; trng basic;; cross body; fwd brk;
underarm trn; lunge brk;

PART A: Basic (CP);; trng basic;; cross body; fwd brk;
underarm trn; lunge brk;

PART B: Riff trn; fenceline w/arms; new yorker; aida; aida line & rk 2;
(swivel to) spot trn; shldr-to-shldr; slo hip rk 2;

PART B: Riff trn; fenceline w/arms; new yorker; aida; aida line & rk 2;
(mod) (swivel to) spot trn; shldr-to-shldr; hip lift (2x);;

PART C: Dbl hnd op outs (4x);;;; spot trn; op brk; basic;;

PART B: Riff trn; fenceline w/arms; new yorker; aida; aida line & rk 2;
(swivel to) spot trn; shldr-to-shldr; slo hip rk 2;

PART B: Riff trn; fenceline w/arms; new yorker; aida; aida line & rk 2;
(swivel to) spot trn; shldr-to-shldr; qwk hip rk 2,,

ENDING: Dbl hnd op outs (2x);; (cuddle pos) hip lift (2x);;
bk (to) leg crawl/hold;
