

PLENTY OF LOVE

REV 1.2

Choreographers: George & Pam Hurd, PO Box 1184, Gilmer, TX 75644 PH: (602) 321-2078
Special Press: Contact Palomino Records SP-246 "When You Loved Me" (Flip side: "La Mer")
Rythm: Rumba Footwork: Opposite except where noted Phase: VI
Sequence: A-B-B-C-A-C-END Recommended Speed: 39-40 RPM Release Date: Aug 2000

In CP Fcg/Wall with ld feet free wait 2 bts or 4 pkup notes

PART A

1-4 ADV HIP TWIST; FAN; CURL; LADY U/A TRN/M CUCARACHA:

- 1 [Adv Hip Twst] Fwd L on ball of ft and slight RF body trn, rec R, bk L in bk of R (W swvl ½ on wgt d ft bk R, rec L swvlng ½ LF, fwd R outsd ptr swvl ¼ RF),-;
- 2 [Fan] Bk R, rec L, sd R (W fwd L, trng ¼ LF sd & bk R, bk L),-;
- 3 [Curl] Fwd L, rec R, cl L ld W to spiral LF undr ld hnds (W cl R, fwd L, fwd R ovrtrn spiral LF ¾ to fc LOD),-;
- 4 [W U/A Trn/M Cucar] Stp sd R, rec L, cl R (W fwd L trng RF, sd R trng RF to fc, sd L) undr jnd ld hnds,-;

5-8 REV U/A TRN TO CP; SYNC HIP RKS/W SPIRALS TO; SWVL WKS ROPESPIN/M TRNS TO FC::

- 5 [Rev U/A Trn] XLIF (W XRIF trng ½ LF undr jnd ld hnds), rec R (W rec L trng to fc), sd & bk L to CP,-;
- 6 [Sync Hip Rks w/Spiral {Q&QS}] Rk Sd R/sd L, sd R, sd L (W Spirals LF) undr jnd ld hnds,-;
- 9-10 [Swvl Wks to Ropespin/M Trns to Fc] Sd R, rec L, cl R (W fwd L twd LOD swvlng LF, fwd R swvlng RF, fwd L to M's rt sd spiral RF),-; Sd L, rec R/cl L trng strongly LF ½ to Fc/COH, pt R ft to sd (W fwd R curvg RF, fwd L cont trn to fc ptr, cl R/ XLIF of R) blndng to loose CP,-; {QQ&S}

9-10 W SYNC CROSSES; FAN/M RK 2 SLOWS:

- 9 [W Sync X's {W: Q&Q&S}] Lunge sd R, hold, hold (W swvlng LF on L XRIF of L/sd L, XRIF of L/sd L, XRIF of L to M's rt sd) still in loose CP,-;
- 10 [Fan/M Rk 2 Slos] Rk sd L,-, rk sd R (W swvlng RF on R XLIF of R, fwd R trng ½ LF, bk L to Fc/LOD),-;

*PART B

1-4 ADV ALEMANA TO SHAD:: ADV SLIDING DOOR::

- 1-2 [Adv Alemana] Fwd L, rec R, trng 1/8 RF small sd L (W cl R, fwd L, fwd R swvlng RF),-; XRIB of L trng RF, sd L trng RF 3/8, cl R (W cont trn fwd L, cont trn fwd R, cont trn fwd L) to Shad/Wall,-; **2nd time Shad/COH**
- 3-4 [Adv Sldng Dr] Fwd L on ball of ft w/slight RF body trn, rec R, cross L bhnd R trng ½ LF (W bk R w/pressure on ball of ft w/RF body trn, rec L w/slight LF body trn, fwd R),-; slide R ft to sd pointing w/o wgt, rec upright no wgt chg, cl R trng RF (W lunge sd L w/L sd stretch, rec R, bk L),-;

5-8 ADV SLIDING DOOR; LUNGE & SIT LN; ADV SLIDING DR/LADY SPIRAL OUT TO FC (SHK HND::

- 5 [Adv Sldng Dr] Same as mea 3 Part B except M cl L to R on last step;
- 6 [Lunge/Sit Ln] sd & bk R lunge ln extnd R arm up palms out, rec L lwr arm, cl R (W sd & bk L trng RF in sit ln pos extnd R up palms out, rec R trng RF lwr arm, sd L cont trn) to Shad,-;
- 7-8 [Adv Sldng Dr/W Spiral Out to Fc] Same as mea 5 Part B except (W spirals LF on last stp); Bk R, rec L, fwd R (W fwd L, fwd R trng LF, bk L) to hnd shk M Fcg ptr & Wall,-; **2nd time Fcg/COH**

9-12 ALEMANA TO M'S SHAD:: W REV U/A TRN/M NAT'L TOP; U/A TRN to SD BY SD:

- 9-10 [Alemana to M's Shad] Fwd L, rec R, sd L (W sd R start RF trn),-; Bk R, rec L trng ¼ LF, sd R (W fwd L,R,L trng RF end on M's L sd) keep R hnds high end in M's Shad Fcg/LOD,-; **2ND time Fcg/RLOD**
- 11 [W Rev U/A Trn/M Nat'l Top] Backing undr jnd R hnds bk L, XRIB of L trng RF, sd L to fc/dlw (W fwd R trng LF, rec L, fwd R to fc drc) with R hnds jnd high thruout,-;
- 12 [U/A Trn to Sd by Sd] XRIB of L, sd L, XRIF of L (W XLIF of R trng RF, fwd R trng RF, fwd L trng RF place L hnd on M's shldr) to end sd by sd Fcg/Wall w/W on rt sd of M & R hnds jnd at waist level,-; **2nd time Fcg/COH**

PART B (Continued)

13-16 CIRCULAR HIP TWIST;;; FAN;

- 13-15 [Cir Hip Twist] Fwd L, rec R, XLIB of R,-; sd & bk R trng LF, XLIB of R trng LF, sd & bk R trng LF,-; XLIB of R trng LF, sd & bk R trng LF, cl L to end Fcg/Wall,-; (W stp bk R, rec L swvng LF, fwd R outsd ptr swvng RF,-; Stp fwd L swvng ½ LF, stp fwd R swvng ½ RF, stp fwd L swvng ¼ LF,-; Stp fwd R swvng ½ RF, stp fwd L swvng ½ LF, stp fwd R swvng RF ¼ ,,-) **2nd Time end Fcg/COH**
- 16 [Fan] Bk R, rec L, sd R (W fwd L, trng ¼ LF stp bk R, bk L),-;
*NOTE 2nd time thru Part B dance starts in fan'd pos M Fcg/Wall

PART C

1-4 HOCKEY STICK;; OPEN BREAK TO; NAT'L TOP 3 TO FC/WALL;

- 1-2 [Hockey Stk] Fwd L, rec R, cl L (W cl R, fwd L, fwd R),-; Bk R, rec L, sd & fwd R twds DLC (W fwd L, fwd R trng LF, sd & bk L),-;
- 3 [Op Brk] Rk apt L extnd free arm up palm out, rec R lowering free arm, sd L,-;
- 4 [Nat'l Top] XRIB of L, sd L trng RF, cl R (W sd L trng RF, XRIF of L, cl L) to end in CP/Wall,-;

5-8 CURL TO FC/LOD; KIKI WK 6;; U/A TURN TO FC/WALL;

- 5 [Curl] Fwd L, rec R trng LF, fwd L ldng W to spiral LF undr jnd ld hnds (W fwd R spiralng LF) lwr hnds to end wrapped pos Fcg/LOD,-;
- 6-7 [Kiki Wks] fwd R, fwd L, fwd R,-; fwd L, fwd R, fwd L,-;
- 8 [U/A Trn] fwd R release trng hnds keep ld hnds jnd, rec L trng RF, sd R (W fwd L commence RF trn, rec R trng to fc, sd L) to end fcg ptr & wall,-;

9-12 ADV ALEMANA TO CP;; DBL RONDE TO BJO/LOD; SLO CURL W/ARMS;

- 9-10 [Adv Alemana] Fwd L, rec R, trng 1/8 RF sm stp L,-; XRIB of L trng RF, sd L trng RF, sm fwd R btwn W's ft (W fwd L cont to trn RF undr jnd ld hnds, fwd R cont trn, fwd L cont trn) to CP/COH,-;
- 11 [Dbl Ronde {W: &QQS}] Wgt still on R starting RF body rotation ld W to Ronde, ronde L ft up out & dn, swvl RF XLIB of R leave R ft pntd twds LOD (W ronde/XRIB of L, fwd L, fwd R to BJO Fcg/RLOD) ,-;
- 12 [Slo Curl] Trng body LF raise ld hnds swvl lady LF to Fc/LOD (W spirals LF on R ft extnd L ft fwd twds LOD),-, lwr ld hnds & raise trng arm straight up slowly palms dn trng ft pntd LOD for both,-;

13-16 RUN 2 & CHAIR; REC TO HIP RKS; SYNC REV TWRL TO FC; NEW YORKER 4 TO CP;

- 13 [Run 2 & Chair] Fwd R, fwd L, fwd R lowering into R knee trng hnds still up but with palms straightened & ld hnds jnd waist level,-;
- 14 [Rec to Hip Rks] Rec L trng to Fc, rk sd R rolling hip to wgted ft, rk sd L rolling hip to wgted ft to fcg ptr & wall,-;
Note: bring trng hnds dn bhnd neck with sweeping motion on 1st Q then fc loop action on QS
- 15 [Sync Rev Twrl {W: Q&Q&S}] Sd R, XLIF of R, sd R (W twrl LF L/R, L/R, L trng 2 full trns to fc ptr) lowering ld hnds,-; **OPTION for W:** Twrl LF L,R,L one full trn to fc ptr,-;
- 16 [Nykr in 4] XLIF trng to Fc/RLOD, rec R trng to fc, stp sd L, rec sd R blndng to CP; **2nd time to LOP/Fcg**

END

1+ SPOT TURN TO A; SIT LN & HOLD,,

- 1 [Spot Trn] XLIF trng ½ RF, rec R trng RF to fc, sd L jn ld hnds,-;
[Lunge & Sit/Ln {&S}] Sm bk R lowerng into R knee/extnd L ft fwd free arm up palm out,-;