

# Band Of Gold 3

**CHOREO:** Desmond & Ruth Cunningham, [email: des.ruth.cunningham@usa.net](mailto:des.ruth.cunningham@usa.net)  
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**MUSIC:** CD STAR 515 with "How Deep Is Your Love" available from Palomino & choreographer  
**RHYTHM:** Cha Cha **PHASE:** RAL Ph III+2(alemana, parallel chase) **TIMING:** QQQ&Q or as noted in left margin  
**FOOTWORK:** Opposite, except where noted for woman in parentheses **Recommended Speed:** 45 rpm  
**SEQUENCE:** INTRO – A-B-C-B -ENDING **Release Date:** November 2004

## INTRO

### 1-4 WAIT; ½ BASIC; SPOT TRN; BREAK BK, REC FC, KNEE/PT, -;

1. Wait 1 meas hnds on hips fcg ptr & Wall ld ft ptg to LOD;
- 2 {1/2 basic} fwd L, rec R, sd L/cl R, sd L;
- 3 {spot trn} XRIF of L trng ½ LF, rec L cont trn to fc ptr, sd R/cl L, sd R; [hnds still on hips]
4. {break bk,rec, knee/pt} trng LF to fc LOD bk L, rec R swiveling to fc ptr, raise L knee to R knee/ extd L leg to sd & pt L toe LOD lowering on R, -;

## PART A

### 1-4 CHASE;:::

- 1 {chase} fwd L trng RF ½, rec fwd R, fwd L/cl R, fwd L;(W bk R, rec L, fwd R/cl L, fwd R;) fcg COH, M in frt of W
- 2 fwd R trng LF ½, rec fwd L, fwd R/cl L, fwd R; (W fwd L trng LF ½, rec fwd R, fwd L/cl R, fwd L;) WALL, M beh W
- 3 fwd L, rec R, bk L/cl R, bk L; (W fwd R trng LF ½, rec L, fwd R/cl L, fwd R;)
- 4 bk R, rec L, fwd R/cl L, fwd R; (W fwd L, rec R, bk L/cl R, bk L;) LOP/FCG

### 5-10 FWD BASIC; WHIP to COH; OP BREAK; SPOT TRN; NY; UNDERARM TRN;

- 5 {fwd basic} Fwd L, rec R, bk L/cl R, bk L;
- 6 {whip} Bk R trng LF ¼, cont trng sd L, sd R/cl L, sd R; (W fwd L on M's left sd, trng LF ½ sd & bk R, sd L/cl R, sd L;) LOP/COH
- 7 {op break} rk apt L to LOP fcg while extdg free arm up, rec R lowering arm, sd L/cl R, sd L;
- 8 {spot trn} repeat meas 3, INTRO;
- 9 {ny} thru L w/straight leg trng to sd by sd pos, rec R to fc ptr, sd L/cl R, sd L;
- 10 {undrarm trn} bk R leading W to trn RF, rec L, sd R/cl L, sd R; (W fwd L trng RF undr jnd ld hnds, fwd R cont trn, sd L/cl R, sd L;) drop hndhold

### 11-14 CHASE;:::

11-14 START FCG COH repeat meas 1-4, PART A;::;

### 15-20 FWD BASIC; WHIP to WALL; OP BREAK; SPOT TRN; NY; UNDERARM TRN;

15-20 repeat meas 5-10, PART A;::;;; END BFLY/ WALL

## PART B

### 1-5 SH'DR to SH'DR TWICE;; FWD BASIC LADY WRAP; WHEEL;;

- 1 {shdr to shdr 2x} fwd L to bfly SCAR, rec R to fc ptr, sd L/cl R, sd L;
- 2 fwd R to bfly BJO, rec L to fc ptr, sd R/cl L, sd R;
- 3 {fwd basic wrap} fwd L, rec R, bk L/cl R, bk L; (W bk R, fwd L to m's R sd trng LF ½ undr ld hnds, bk R/cl L, bk R;) WRAPPED POS both fcg WALL
- 4 {wheel} fwd R, fwd L, fwd R/cl L, fwd R; (W bk L, bk R, bk L/cl R, bk L;) WRAPPED/COH
- 5 fwd L, fwd R, fwd L/cl R, fwd L; (W bk R, bk L, bk R/cl L, bk R;) WRAPPED/WALL

### 6-8 LADY ROLL LEFT TO LOP; X-CHK, REC, CHG SIDES 2X Lady TRN to FC;;

- 6 {w roll l} in pl step R, L, sm sd R/cl L, sd R;(W sd & fwd L trng LF ½, cont trng sd & bk R, sd L/cl R, sd L;)LOP/WALL
- 7 {x-chk, rec, chg sds 2x} X lunge L in frt of R, rec R, crossing behind W sd L/cl R, sd L; OP/ both fcg WALL
- 8 X lunge R in frt of L, rec L, sd R/cl L, sd R; (W X lunge L in frt of R, rec R trng LF to fc ptr, sd L/cl R, sd L;) BFLY/WALL

### 9-12 TRAV'G DOOR [both ways];; CIRCLE AWAY & TOG;;

- 9-10 {travg door} rk sd L, rec R, XLIF/sd R, XLIF; rk sd R, rec L, XRIF/sd L, XRIF;
- 11 {circle awy & tog} Trng LF twd COH(W RF twd WALL) fwd & sd L, cont trn fwd R, fwd L/cl R, fwd L;
- 12 cont trng twd ptr fwd R, fwd L, fwd R/cl L, fwd R;

**PART B cont'd**

**13-16 TIME STEPS;; ALEMANA; Lady TRN in 4 to R VARSOUVIENNE;**

13-14{time steps} XLIB of R, rec R, sd L/cl R, sd L; XRIB of L, rec L, sd R/cl L, sd R; to LOP fcg

15 {alemana} fwd L, rec R, sd L/cl R, sd L comm. leading W to trn RF;(W bk R, rec L, sd R/cl L, sd R comm. RF trn;)

(QQQQ) 16 bk R, rec L sd R/cl L, sd R;(W cont trng undr jnd ld hnds fwd L, cont trn fwd R, cont trn sd L, cl R;)R VARS/ WALL

**17-20 PARALLEL CHASE 4X [on last- Lady trn to fc in 4] ;;;;**

THE SAME FOOTWORK FOR M & W THE NEXT 3 MEASURES

17 {parallel chase} sd L trng RF, rec fwd R trng LF, fwd L/cl R, fwd L;

18 sd R trng LF, rec fwd L trng RF, fwd R/cl L, fwd R;

19 repeat meas 17;

(QQQQ) 20 repeat meas 18; (W sd R trng LF, rec L cont trng to fc ptr, sd R, rec L;)

**PART C**

**1-4 FULL BASIC;; NY; UNDRARM TRN;**

1-2 {full basic} fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;

3-4 repeat meas 9-10 PART A;;

**5-10 ALEMANA;; OP BREAK; SPOT TRN; NY IN 4; CIRCLE IN 4 to BFLY;**

5 {Alemana}Repeat meas 15 PART B;

6 bk R, rec L, sd R/cl L, sd R;(W cont trng undr jnd ld hnds fwd L, cont trn fwd R to fc ptr, sd L/cl R, sd L;)

7-8 repeat meas 7 PART A; repeat meas 3 INTRO;

QQQQ 9 {ny in 4} thru L with straight leg trng to sd by sd pos, rec R trng to fc ptr, sd L, cl R;

QQQQ 10 {circle in 4} trng LF (W RF) awy from ptr fwd L, cont trn fwd R, cont trn twd ptr fwd L, fwd R; BFLY/WALL

**REPEAT B**

**ENDING**

**1-4 NY IN 4; OP BREAK; SPOT TRN; KNEE, PT, FREEZE, -;**

1 Repeat meas 9, PART C;

2-3 Repeat meas 7-8 PART A;;

QQ - 4 {knee, pt} hnds on hips lift L knee to R knee, lowering on R extd L leg to sd & pt L toe LOD, hold, -;