

LA MEDIA VUELTA(The Turn Around)

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Music: Luis Miguel La Media Vuelta Available at Amazon.com or contact choreographer

Sequence: Intro – A – B – INTERLUDE – A – END

Phase & Rhythm: PHASE V + 2 Rumba (Circular Hip Twist; Nat Top)

Timing: (QQS except where noted) Difficulty Level: - Average Slow for Comfort

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses) (Verson 1.0 Released 07/17)

MEAS.

INTRO

1-6 CP WALL TRAIL FT FREE WAIT;; THRU TO HINGE; W CURL & FWD TO SHAD/LOW; SHAD WK 3; W SPOT TRN M CUCA HEAD LOOP TCH;

- 1-2** In CP Wall wait 2 ms;;
- ss** **3-4** [**hinge**] . Thru LOD R, sd & fwd LOD L joining ld hnds, trng upper bdy LF lower into L leg keeping R sd off ptr (W thru LOD L, sd R comm to trn bdy LF, plc L ft undr bdy then lower on L leg extend R ft twd RLOD in Hinge),-;
- [**W curl fwd to shad**]Rec R keeping taking jnd ld hnds ovr W's hd,-,fwd LOD L (W rec R trng 3/8 LF undr jnd ld hnds,-,fwd LOD L) blending to SHDW DLW,-;
- 5-6** [**shad wk**] SHDW LOD w/ identical footwork wlk fwd LOD R,L,R,-;[**W spot trn m cuca**] Rk sd & fwd L LOD raising jnd L hnds to ld W's RF trn, rec R trng W RF while taking jnd L hnds ovr W's hd and preparing to take L hnds ovr M's hd, tch L to R taking jnd L hnds ovr M's hd and resting them behnd M's neck while placing M's R hnd arnd W in a normal CP hold (W fwd LOD L commencing to trn RF, rec R cont trng RF undr jnd L hnds to fc ptr & COH, sm sd L RLOD taking jnd L hnds ovr M's hd) to CP WALLI,-;

PART A

1-4 CP/WALL ALEMANA;; CIRCULAR HIP TWISTS;;

- 1-2** [**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
- 3-4** [**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 1/2 RF on L bk & sd R, rec L swvl 1/2 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),-;

5-8 FINISH CIRCULAR HIP TWIST; FAN; SL STEP TOG M'S HEAD LOOP & SHAPE; M TRN AWAY W TO FAN;

- 5-6** [**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 fc WALL,-;[**fan**] Bk R, rec L, sd & fwd R (W fwd LOD L, fwd R trn LF, cont LF trn sd & bk L),-;
- s** **7-8** [**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 LOD L trn 1/2 RF to fc wall, sd R (W step bk L) to fan,-;

9-12 ALEMANA TO CUDDLE POS WALL;;CUDDLE TWICE;;

- 9-10** [**alemana**] Fwd L, rec R, sd & bk L, - (W cl R to L, fwd L, fwd R trn RF fc M, -); Bk R beh L lead W under ld hands, rec L, sd R CP, - (W fwd L trn RF under lead hands, fwd R trn RF fc M, sd & fwd L to cuddle pos/wall);
- 11-12** [**cuddle 2x**] Slight RF body trn to lead W out sd L extend L arms to sd to 1/2 OP , rec R, cl L both arms around W on back, - (W trn RF sd R to 1/2 OP, rec L trng LF, fwd R return hand to M's shoulder, -);Slight LF body trn to lead W out sd R extend R arms to sd to L 1/2 OP, rec L, cl R both arms around W on back, -(W trn LF sd L to L 1/2 OP, rec R trng RF, fwd L return hand to M's shoulder, -);

13-14 **1/2 BASIC; NAT TOP;;;**

13-14 [1/2 basic] Fwd L, rec R, sd & fwd L trng RF to CP RLOD, -(W bk R, rec L, fwd R trng RF to CP, -); [start nat top] Trng RF XRIB, sd L, XRIB, -(W sd L, XRIF, sd L, -);

15-16 [Finish Nat Top] Sd L, XRIB, sd L, -(W XRIF, sd L, XRIF, -) XRIB, sd L, cl R to CP fc Wall, -(W, sd L, XRIF, sd L, -) blend to CP/WALL;
-;

PART B**1-4** **CP/WALL CL HIP TWIST; FAN; CHECKED HKY STK TANDEM/WALL; SL HIP RK;**

1-2 [cl hip twist] Rk sd L, rec R, cl L ld W to swvl,-; (W swvl ½ RF on L bk R, rec swvl ½ LF L, sd R swvl ¼ RF,-;) [fan] Bk R, rec L, sd R,-; (W fwd L, fwd R trng ½ LF, bk L to fc RLOD, -);

3-4 [Chk Hockey Stick] Fwd L, rec R, sd L M's both hands on W's waist (W cl R, fwd L trn LF, sd R extend right arm up) Tandem pos fc WALL,-; [Slow Hip Rocks]] Rock sd R,-, rock sd L (W rock sd L,-, rock sd R),-;

5-8 **SYNC HIP RKS (QQ&S); HKY STK END; ALEMAMA;;**

5-6 [Syncopated Hip Rocks] Rock sd R, rock sd L/sd R, rock sd L,-;
[Hky St End] Bk R, rec L, sd & fwd R (W fwd L to WALL, fwd R trn LF, bk L) LOP fc WALL,-;

7-8 [Alemana] Fwd L, rec R, cl L raising joined lead hands,-; bk R, rec L, sd R (W bk R, rec L, fwd R,-; trn RF under joined hands fwd L, conti trn RF fwd R, fwd L) LOP fc WALL,-;

CHASE w/UNDERARM PASS;; CHASE w/UNDERARM PASS;;

5-6 [chase w/underarm pass] Fwd L comm ½ RF trn keep ld hds jnd, rec R, fwd L (W bk R keep ld hds jnd, rec L, fwd R twd M's R sd); Bk R raising jnd ld hds, rec L Lead W to trn LF, sm trn fc COH (W fwd L, fwd R trn ½ LF under jnd ld hds to fc ptr & Wall, sm L);

7-8 [chase w/underarm pass] Repeat meas 5-6 jn R hds;;

INTERLUDE**1-5** **JN RT HDS TURKISH TOWEL ;;; W OUT TO FC; HIP RK 4;**

1-2 [Start Turkish Towel] R hds jnd Fwd L, rec R, cl L, -(W bk R, rec L, fwd R comm RF trn undr jnd hnds, -); Bk R, rec L, sd R to L cont to lead W in U/A trn, -(W XLIF trng RF undr jnd R/R hnds, fwd R cont trn, fwd L around M to his L sd joining L hnds);

3-4 [Finish Turkish Towel] XLIB of R chk, rec R, sd to W's L sd, -(W ck fwd R, rec L, sd R to M's R sd, -); [W out to fc] Bk R, rec L, sd & bk R (W fwd L, fwd R trn LF to fc ptr/coh, sd L).- low brly;;

5 [hip rk 4] rk sd L, rk sd R, rk sd L, rec sd R (W rk sd R, rk sd L rk sd R, rek sd L); CP/Wall;

REPEAT A**END****1-4** **OP HIP TWIST; FAN; HKY STK ;;**

1-2 [op hip twist] Ld hds jnd Fwd L, rec R, cl L to R (W bk R, rec L, fwd R twd ptr swivel 1/4 RF), -;

[fan] Bk R, rec L, sd R (W fwd L, fwd R trn LF ½, sd & bk L) end "L" pos M fac ptr/wall, - ;

3-4 [hky stk] Fwd L, rec R, shape twd ptr cl R to L (W cl R to L, fwd L, fwd R),-; Bk R, rec L, fwd R (W fwd L, fwd R trn LF, bk L) LOP FC DRW,

5-8 **CUCARACHA PAUSE; CUCARACHA; BRK BKOP; THRU SL OP HINGE & EXTEND;**

5-6 [cuca] Rk sd L, rec R, cl L {slight pause}; Rk R, rec L, cl R (W Rk sd R, rec L, cl R {slight pause} Rk L, rec R, cl L) -;

7-8 [brk bk] Trn LF on R bk L, rec R trn RF to fc ptr sd L; [sl hinge] Slow thru R, - sd L to CP, -, begin to lower on L lead W to step under body L to hinge, -(W Sl thruj L, -, slow sd R to CP, - begin to lower on R, X L well under body to hinge); Relax L knee & continue to lower look at W, - and extend L arm (W keep L sd twd ptrn continue to lower,-, & slightly point R toe fwd between ptrs feet and extend L arm);