

APOLOGIZE

Rumba PHASE 4+ 2 (Sweethearts and Tornillo Wheel)

Choreographed by Matt and Roxanne Boelter email: dancingroxie@hotmail.com

Music: Apologize by One Republic/Timbaland Album- Dreaming Out Loud:Track #13

Can be downloaded at Amazon.com

Time: Slow 5% to 3:14

Footwork: Opposite unless noted (Woman's footwork in Parentheses)

Sequence: Intro-A-B-A-B-BRIDGE-BMOD-END

Intro

Begin Man facing line, Woman facing Reverse Side by side but slightly offset (woman slightly behind man) Both with right Foot Crossed in Front of Left. Wait;; Woman Unwind; Man Unwind; Doors Twice;; Cucaracha (Man in 2 steps); Fan to butterfly and wall;

A

Half Basic; Ladies Spot Turn w/Shoulder Wrap; Kiki Walks;; Unwrap to face; Thru Side Close; Open Break; Full Natural Top;;;Explode apart Cucaracha; Spot Turn (woman over turn to face wall); Chase (woman end facing wall);;;;

B

2 Cucarachas;; Sweethearts;; Lariat;; Half Basic; Spot Turn; Tornillo Wheel;; Slow Hip Roll 4;;

Bridge

Chase Peek-a-Boo (both end facing wall);;; Hold (with arms)

B mod

2 Cucarachas;; Sweethearts;; Lariat;; Half Basic; Spot Turn; Circle Away and Together;; Bolero Wheel 6 (optional: Wheel around twice);; Doors;; Circle Away and Together;;

End

Half Basic; Whip; Fwd Develope;

STEP BREAK DOWN:

Intro

A

1-4 Half Basic; Ladies Spot Turn w/Shoulder Wrap to RLOD; Kiki Walks;;

Fwd L, rec R, sd L to fc WALL, -; Rk bk R to fc RLOD trng W rf wrap W into M's lf arm, rec L, fwd R, -; (W XLIFR trng rf to fc RLOD, fwd R, fwd L, -;) FWD L, FWD R, FWD L, -; FWD R, FWD L, FWD R, -;

5-10 Unwrap to face; Thru Side Close; Open Break; Full Natural Top;;;

Fwd L trng LF ¼, sd R, cl L, -; (W, fwd R trng LF ¾, sd L, cl R) XRIF, sd L, cl R BFLY WALL, -; rk apt L w/ trl hnd up, rec R, sd L, -; Comm RF trn XRIB of L, sd L, XRIB of L, -; sd L, XRIB of L, sd L, -; XRIB of L, sd L, cl R CP and WALL, -;

11-16 Explode apart Cucaracha; Spot Turn (woman over turn to face wall); Chase (woman end facing wall);;;;

[Opening out to face LOD] push sd L, rec R, cl L, -; strong XRIFL trng LF, cont trn rec L to fc ptr, sd R, -; (W strong XLIFR trng RF, cont trn rec R over trn to fc WALL, sd R, -;) Fwd trn L, rec R, fwd L, -; fwd trn R, rec L, fwd R, -; fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; (fwd trn R, rec L, fwd R, -; fwd trn L, rec R, fwd L, -; fwd trn R, rec L, fwd R, -; fwd trn L, rec R, fwd L to WALL, -;)

B

1-4 2 Cucarachas;; Sweethearts;;

press sd L, rec R, cl L, -; press sd R, rec L, cl R, -; ck fwd L, rec R, sd L, -; (ck bk R, rec L, sd R, -;) ck fwd R, rec L, sd R, -; (ck bk L, rec R, sd L, -;)

5-8 Lariat;; Half Basic; Spot Turn;

SIP L, R, L, -; SIP R, L, R, -; (W circ M CW R, L, R, -; cont arnd M L, R sd L to fc M, -;) FWD L, REC R, SD L, -; strong XRIFL trng LF, cont trn rec L to fc ptr, sd R, -;

9-12 Tornillo Wheel;; Slow Hip Roll 4;;

Walking CW around W fwd L, R, L, -; continuing around W fwd R, L, R BFLY Wall, -; (W Bring R Foot up to L Knee staying on L tow Throughout the 2nd measure keeping right knee relaxed while man walks around) SIP rolling hips in figure 8 motion L, R, L, -; SIP R, L, R, -;

Bridge

1-5 Chase Peek-a-Boo (both end facing wall);;;; Hold (with arms)

rk fwd L trn ½ rf, rec fwd R, fwd L, -; rk sd R peek at W, rec L, cl R, -; (W rk bk R, rec L, fwd R, -; rk sd L, rec R, cl L, -;) rk sd L peek at W, rec R, cl L, -; rk fwd R trng ½ Lf, rec L, fwd R, -; (W rk sd R, rec L, cl R, -; rk fwd L trng RF 1/2, rec R, cl L, -;) Hold and do something with your arms;

B mod

1-4 2 Cucarachas;; Sweethearts;;

press sd L, rec R, cl L, -; press sd R, rec L, cl R, -; ck fwd L, rec R, sd L, -;
(ck bk R, rec L, sd R, -;) ck fwd R, rec L, sd R, -; (ck bk L, rec R, sd L, -;)

5-8 Lariat;; Half Basic; Spot Turn;

SIP L, R, L, -; SIP R, L, R, -; (W circ M CCW R, L, R, -; cont arnd M L, R sd L to fc M, -;) FWD L, RECR, SD L, -; strong XRIFL trng
LF, cont trn rec L to fc ptr, sd R, -;

9-12 Circle Away and Together;; Bolero Wheel 6 (optional: Wheel around twice);;

circle away frm ptr twd COH L, R, L,-; cont circle LF twd ptr & WALL R, L, R,-; Beg RF trn fwd L, R, L, -; cont RF trn fwd R, L, R
to BFLY WALL, -;

13-16 Doors;; Circle Away and Together;;

rk sd L, rec R, XLIF, -; rk sd R, rec L, XRIF, -; circle away frm ptr twd COH L, R, L,-; cont circle LF twd ptr & WALL R, L, R,-;

End

1-3 Half Basic; Whip; Fwd Develope;

Fwd L, rec R, sd L to fc WALL, -; bk R trng LF keep both hnds jnd in frnt Idg W acr, rec L, sd R to BFLY COH (W fwd L, fwd fwd
R trng LF, sd L,-; fwd ck L, -, -, -; (W bk R -, L ft up, extend L ft;)