

FOOTPRINTS IN THE SAND

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Music: "Footprints in the Sand" Bert Kaempfert "Tropical Sunrise" Album Track 1
Aka-(Huellas En La Arena) Available download on Itunes & various other sources
Rhythm & Phase: Rumba Ph VI (medium difficulty) Released August 2017
Footwork: Opposite unless indicated (W's footwork in parentheses)
Sequence: Intro-A-B-C-A-Ending

Introduction

- 1-10 Wait in Shadow Position no Hands Fac Wall Wgt on L for Both;; Side W/ Arm Burst; Rk 3; Crab Wk 3; Lady Underarm/Man Breaks to Shadow; Sliding Door W/ Lunge;; Sliding Door W/ Spiral Exit;;**
- 1-2 Wait 2 Measures in Shadow Position no Hds facg Wall;;
3 **[Side W/ Arm Burst]** Sd R, Arms Extended up & outward circle,;;
4 **[Rk 3]** Sd L, replace R, replace L to Shadow L to L hd hold,-;
5 **[Crab Wk 3]** L Shadow facg Wall XRIF of L, sd L, XRIF of L,-;
6 **[Lady Underarm/ Man Breaks]** Sd L raising joined L hds (Sd L trng 1/4 RF under the joined L hds), replace R (fwd R cont trng 1/2 RF), tch L to R w/o wgt (fwd L Cont trng 1/2 RF to Shadow fac Wall),-;
7-8 **[Sliding Door W/ Lunge]** Fwd L rotate upper body RF (Bk R extend R arm upwards), rec R return upper body (Rec fwd L), XLIB of R small step (XRIF of L sweeping R arm in front of body),-; Flex L knee extend R ft to sd in lunge rotate upper body LF (Sd L in bent L knee complete arm sweep), rise straitening L knee retract R leg return upper body (Rec sd to R rise), fwd XRIF of L to Shadow fac Wall (XLIB of R),-;
9-10 **[Sliding Door W/ Spiral Exit]** Fwd L rotate upper body RF (Bk R extend R arm upwards), rec R return upper body (Rec fwd L), clo L to R (fwd & acrs R spiral LF 7/8 trn fac DW/RLOD),-; Bk R trn RF fac DW/RLOD (Fwd L), rec L (Fwd R trng 1/2 LF on R ft), fwd R to LOP fac DW/RLOD (Bk L),-;

PART A

- 1-16 1/2 Basic to Sd by Sd Pos; Rk 3; Lady's Rev Underarm Trn; Lady's fan/Man Spot Trn; Mod 3-3's to R Hd Shake;;; Advance Sliding Door W/ Underarm;; Adv Sliding Door to Face R Hd Shake; Circular 3 Alemana's W/ Ronde Exit;;; Chg Sds; Roll Lady Out to Op Fac;**
- 1 **[1/2 Basic to sd/sd pos]** Fwd L, rec R, bk & sl sd L trng LF to R sd/sd pos (Fwd & sl sd R trng LF),-;
2 **[Rk 3]** Sd R, replace L, replace R,-;
3 **[Lady's Rev Underarm trn]** Fwd & acrs L chkg trng RF raising L arm (Fwd & acrs R trng LF under the joined hds), rec bk R complete W's underarm trn (Fwd L brushing to R cont trng LF complete Underarm trn), sd L to fac Wall (Fwd R fac LOD) endg LOP at RT angles,-;
4 **[Lady's Fan/ Man Spot]** Fwd & acrs R trn 1/4 LF to fac LOD releasing hds (Fwd L), Fwd L brushing to R trng 1/2 LF to fac RLOD (Fwd R trng 1/2 LF on R ft), sd R to Fan pos (Bk L to Fan),-;
5-8 **[Mod 3-3's to R hd Shake]** Fan pos Fwd L (Cl R to L), rec bk R (Fwd L), cl L to R leading W to tandem M beh W both hds on W's shoulders (Fwd R trng 1/4 LF to tandem),-; Sd R (L cl to R), rec L (inplace R), cl R to L leading W to complete full trn LF (inplace L pressing to trn full LF trn to tandem),-; Diag fwd L leading W to go diag bk, rec R, cl L to R releasing hds (Fwd R wkg away from

- M,-; Bk R (Fwd L trng ½ RF on L ft), rec L leftwards towards W's R sd (Fwd R), fwd R to R hd shake pos (Fwd L w/ R hd Shake trng ½ RF on L ft at the end of the meas),-;
- 9-11 **[Adv Sliding door w/ Underarm & to Fac]** (Use R hd shake for meas 9-14) Fwd L rotate upper body RF raising R arm (Bk R extend L arm upwards), rec R return upper body lower the arm (Rec fwd L trng ¼ LF press R ft fwd in press line pos), XLIB of R small step trng LF (Fwd R),-; Trn W under the R hds on the & beat then diag bk R (Trng ½ RF on the r ft end w/ L ft bk), rec L leading W fwd, (Fwd R passing in front of M), fwd XRIF of L to R hd shake pos fac Wall (Fwd L to M's R sd w/ R hd Shake trng ½ RF on L ft at the end of the meas)),;-; Repeat meas 9 M cl L to R & W steps sd R to fac M R hds raised on step 3;
- 12-14 **[Circular 3 Alemana's w/ Ronde exit]** Bk R trng W under the joined hds (Fwd & acrs L trng RF under the joined hds), sd L trng RF complete W's alemana trn Rf (Fwd R circling RF), XRIF of L cont trng RF lowering the joined hds (Fwd L),-; Fwd L raising the hds up & trng W LF (Fwd & acrs R trng LF under the joined hds), fwd R (Fwd L circling LF), fwd L curving 3 walks in a circle (Fwd R),-; Bk R trng W under the joined (Fwd & acrs L trng RF under the joined hds), sd L cont trng RF leading W to complete alemana trn (Fwd R circling RF under the joined hds), fwd R cont trng RF (Fwd L to M's R sd trng ½ RF on L ronde R leg clockwise),-;
- 15 **[Chg Sds]** XLIF of R moving in front of the W releasing hd hold (XRIB of L moving beh the M), sd R Passing the W (Sd L beh M), XLIB of R (XLIF of R) Taking hold of M's L and W's L hds,-;
- 16 **[Roll Lady Out]** Bk brk R leading W fwd (Fwd L), rec fwd L (Fwd R trng RF), fwd R to CP (Bk L complete RF trn facg M),-;

Part B

- 1-16 Diamond Turn W/ Hip Twist;;; Overturn Exit; Face & Swivel 2 Slows; Underarm to Hammerlock; Rev Sync Underarm to Wrap; Fan; Hockey Stick Overturned to R/R Hds;; Opposite Brks 2x;; New Yorker; Alemana; Advanced Hip Twist to Fan;;**
- 1-4 **[Diamond trn w/ Hip Twist;;; Overtrned Exit;]** Fwd L trng LF CP, sd R trng ¼ LF, bk L in BJO twisting W RF to momentary SCAR (Fwd R twisting ¼ RF),-; Bk R blending to CP, sd L trng ¼ LF, fwd R in BJO,-; Repeat meas 1-2 endg w/ M cl R to L releasing W to overturn W to tandem pos maintain L to R hd hold end fac Wall in tandem pos W in front (Fwd L, sd R releasing from CP maintain L to R hd hold M trng ½ LF on R, fwd L fac away from M));;
- 5 **[Face & Swivel 2x]** Sd L (Trng RF ½ on L ft on & beat swivel RF on L step diag fwd R), sd R (Swivel LF on R step diag fwd L),-;
- 6 **[Underarm to Hammerlock]** Blending to BFLY Sd L raising M's L hd trng W RF (Sd R trng RF comm underarm) , cl R to L cont trng W maintain both hds L hd high R hd low (Fwd L cont trn RF), sd L complete W's trn endg in hammerlock fac Wall (Sd R complete trn RF),-;
- 7 **[Rev Sync Underarm to Wrap]** Sd R unwinding W LF (Sd L trng LF/fwd R cont trn LF), cl L to R (Sd L trng LF), sd R trng 3/8 LF to fac LOD lowering the raised hands & maintain hold w/ both hands to end in wrapped facg DW/LOD (W fwd R to wrapped pos fac DW/LOD),-;
- 8 **[Fan]** Sd L (Fwd L), Hold on L (Fwd R trng ½ LF on R ft), rec sd R to Fan pos fac Wall (Bk L to Fan),-;
- 9-10 **[Hockey Stick Overturned to R/R hd shake]** Fan pos Fwd L (Cl R to L), rec R (Fwd L), cl L to R endg w/ W at R angles w/ the M (fwd R),-; Bk R (Fwd L), rec L (Fwd R trng ¾ LF on the R ft), sd R endg bk R to R hd hold (Sd L to R to R hd hold),-;
- 11-12 **[Opposite Breaks 2x]** Bk L fac LOD (Fwd R chkg fac RLOD),rec fwd R (rec bk L), sd L trng ¼ RF to fac ptr to L to L hd hold (Sd R trng ¼ RF),-; Bk R fac RLOD (Fwd L chkg fac LOD),rec fwd L (rec bk R), sd R trng ¼ LF to fac ptr to L to R hd hold (Sd L trng ¼ LF),-;
- 13 **[New Yorker]** Chkg fwd & acrs L trng ¼ RF in L OP facg RLOD, rec bk R, sd L trng ¼ LF fac ptr Wall,-;

- 14 **[Alemana]** Bk R trng W under the joined hds (Fwd & acrs L trng RF under the joined hds), rec L sl leftwards complete W's alemana trn Rf (Fwd R circling RF), XRIF of L lowering the joined hds to mod BJO (Fwd L),-;
- 15-16 **[Advanced Hip Twist]** Fwd L body trns strong RF (Trng RF ½ on the L ft bk R), rec bk R body trns LF (rec L), XLIB of R trng LF twist W LF to RF (Fwd XRIF of L strong 5/8 trn twisting LF to ¼ trn twisting RF),-; Bk R leading W out to fan (Fwd L), rec L (Fwd R trng ½ LF on R ft), sd R to Fan pos fac Wall (Bk L to Fan),-;

PART C

1-22 Alemena W/ Man's Underarm;; Circular Bk Prog Wk 3 to Fac; Rev Underarm to BFLY; New Yorker in 4; Rk & Snap Underarm; Rk & Curl; Roll Out to Fac; Rk 3 (2x) & Cross;; Slow Spiral to Wrap; Prog Walk 3; Unwrap to Fac Man Transitions; Op Brk to Natural top 3;; Closed Hip Twist W/ RF Circular Hip Twist Lady trns Inplace;;; Fan; U turn Alemana;; Hand to Hand W/ Spiral Exit;;

- 1-2 **[Alemana w/ M's Underarm;;]** Com in Fan pos Fwd L (Cl R to L), rec bk R (Fwd L), cl L to R leading W to fac M (Fwd R trng ¼ RF to fac M),-; Sd R trng W under the joined hds (Fwd & acrs L trng RF under the joined hds), rec L complete W's alemana trn RF (Fwd R circling RF), trng ½ LF on L ft under the joined hds sd R to LOP/COH lowering the joined hds (Fwd L cont circling to fac COH),-;
- 3 **[Circular Bk Prog wk 3 to Fac]** Bk L (Fwd R), bk R (Fwd L), bk L curving over the 3 steps ¼ RF to fac LOD leading W to trn sharply to fac M (Fwd R curving RF over the 3 steps trng ½ RF to fac M on the R ft),-;
- 4 **[Rev Underarm trn to BFLY]** Bk R trng body RF raising hds to leading W to trn LF (Fwd L trng LF), rec L trng to fac Wall cont leading W underarm (Sd R cont LF trn underarm fac M), sd R lowering the hds,-;
- 5 **[New Yorker in 4]** Chkg fwd & acrs L trng ¼ RF in LOP fac RLOD, Replace wgt to R, sd L trng ¼ LF fac Wall, replace R;
- 6 **[Rk & Snap Underarm]** Replace L, replace R, replace L raising the joined hds (Sd R trng ¾ sharply RF under the joined lead hds), replace R (Bk L complete RF trn under the joined Hands);
- 7 **[Rk & Curl]** Chkg fwd L (Chkg bk R), rec R raising joined hds (rec L), sd L leading W under the joined hds (Fwd & acrs R spiral LF ½ to fac LOD in mod wrap),-;
- 8 **[Roll out to Fac]** Bk R leading W fwd (Fwd L comm LF trn), rec L trng strongly LF (Fwd R trng ¾ on the R ft), sd R to BJO/COH (Sd L),-;
- 9-10 **[Rk 3 (2x) & Cross]** Replace L, replace R, replace L,-; Replace R, replace L, XRIB of L comm RF trn (Fwd & acrs L preparing to spiral),-;
- 11 **[Slow Spiral to Wrap]** Inplace L holding pos on L ft trng body RF to fac RLOD wrap pos (slowly spiral on L ft RF ending w/ R ft loosely XIF of L) ,,,; Both have R ft free in wrapped pos
- 12 **[Prog Wk 3]** Moving RLOD Fwd R, fwd L, fwd R,-;
- 13 **[Unwrap to Fac M Transitions]** Fwd L keeping hds low (Fwd L trng LF), fwd R (Sd R trng to fac M) fwd L/cl R to L fac DW/RLOD in LOP (Sd & sl bk L),-;
- 14-15 **[Op Brk to Natural Top 3]** Bk L (Bk R), rec R trng RF (Rec fwd twds the M), Sd L trng strongly RF fac COH (Fwd R between M's ft),-; XRIB of L trng RF (Fwd L trng RF), sd L cont trn RF (XRIF of L w/ ft ptg btw M's ft), fwd & acrs R to fac Wall (Fwd L to M's R sd trng ½ RF on the & of last beat,-;
- 16-18 **[Closed Hip Twist W/ RF Circular Hip Twist Lady trns Inplace]** Fwd L body trns strong RF (Bk R), rec bk R body trns LF (rec L), clo L to R twist W LF to RF (Cl R to L swivel LF to RF),-; 6 fwd wlks R, L, R,-; L, R, L,-; RF swiveling a full circle around the W who is stationary & twist in one spot (Bending into knees twisting LF, RF, LF,-; RF, LF, RF endg w/ wgt on R & stand up,-;)

- 19 **[Fan]** Bk R leading W out to fan (Fwd L), rec L (Fwd R trng ½ LF on R ft), sd R to Fan pos fac Wall (Bk L to Fan),-;
- 20-21 **[U Turn Alemana]** Fan pos fwd L (Cl R to L), rec R (Fwd L), fwd L curving LF raising the joined hds (Fwd R curving RF under the joined hds),-; Fwd L, R curving LF cont to lead W underarm fac LOD/LOP (Fwd R, L curving RF under the joined hds fac LOD), fwd R trng 1/4 LF on the R ft fac ptr BFLY/COH (Fwd L trng 1/4 RF on the L ft),-;
- 22-23 **[Hand to hand w/ spiral exit]** Bk L trng ¼ LF fac LOP/ROD, rec R, fwd L,-; Bk R trng sl LF fac DW/ROD (Fwd L curving LF fac DW/ROD), rec L (Fwd R trng ½ LF on R ft), fwd R to LOP fac DW/ROD (Bk L),-;

Repeat A

Ending

- 1-11** ½ Basic; Prog wk 2 & Trn to Shadow; Repeat Meas 3-10 of Intro;;;;;;;;;; Basic W/ Corte;
- 1 **[1/2 Basic]** Fwd L, rec R, bk L,-;
- 2 **[Prog Wk 2 & Trn to Shadow]** Bk R, bk L, tch R to L w/o wgt lead W to trn RF release hds (Fwd L trng ½ RF on L ft) Shadow Position no Hds facg Wall,-;
- 3-10 **Repeat meas 3-10 of Intro;;;;;;;;;;**
- 11 **[Basic w/ Corte]** Fwd L, rec R, sd & sl bk L lunging putting both hands around W's back (W fwd R releasing hold with hands and raising the hands above the head), Position held sway R;