

LA MEDIA RUMBA

By: Milo Molitoris and Cinda Firstenburg, milomolitoris@yahoo.com, 818-992-1714
6121 Shoup Ave #25, Woodland Hills, CA 91367

Music: "La Media Vuelta", Luis Miguel, Todos Los Romances CD #2, Trk 4

Seq: Intro, A, Brk, A 1-20, End Time: 2:41 Release: July 08

Rhythm & Phase: Rumba Ph 3 + 2 (Aida, Hip Rks) Difficulty Level: Above Average



INTRO

1-2 SHADOW FCG WALL LEFT FT FREE FOR BOTH WAIT 1; SHADOW FNCLN RLOD;

- 1 In Shadow fcg Wall W in front on M's right side both with left foot free M's rt hand on W's waist left hands extended twd LOD wait 1;
2 [Shadow Fenceline] XLIF with relaxed knee both look twd DRW, rec R, sd L, -;

3-6 SHADOW CRAB WLKS LOD;-; SHADOW FNCLN LOD; FNCLN 4-LADY TRN in 3 BFLY;

- 3-4 [Shad Crab Walks LOD] Shadow fcg Wall XRIF, sd L, XRIF, -; sd L, XRIF, sd L, -;
5 [Shad Fenceline LOD] Shadow fcg Wall XRIF with relaxed knee both look twd DLW, rec L, sd R, -;
6 QQQQ [Shad Fenceline 4-Lady Trn in 3] Shadow fcg Wall XLIF with relaxed knee, rec R, sd L, cls R (QQS W XLIF, rec R, trng LF sd L, - to fce M);

PART A

1-4 BASIC;-; NEW YORKER 2X;-;

- 1-2 [Basic] In BFLY fcg Wall fwd L, rec R, sd L, -; bk R, rec L, sd R, - BFLY Wall;
3-4 [New Yorker] Swvl on R to fce RLOD fwd L extend lead hands twd RLOD trailing hands up and out, rec R to fce ptrn, sd L, -; Swvl on L to fce LOD fwd R extend trailing hands twd LOD lead hands up and out, rec L to fce ptrn, sd R, -;

5-8 OPEN BREAK; SERPIENTE WRAP;-; LADY ROLL ACROSS BFLY;

- 5 [Open Break] Rk apt L extend trailing hands out to sd from shoulder, rec R, sd L, -;
6-7 [Serpiente Wrap] Thru R twd LOD, sd L, XRIB, flare L CCW (*W flare R CW*); XLIB, sd R, thru L twd RLOD raise lead hands trng W LF to wrap pos fcg LOD, flare R CCW trng LF to end Wrapped Pos fcg LOD lead hands over trailing hands in front of W (*W thru L, sd R, XLIB, flare R CW; XRIB, sd L, thru R trng LF under joined lead hands, keep L pointed twd LOD*);
8 [Lady Roll Across] In Wrapped POS fcg LOD rk bk R release trailing hands, rec L trn fce COH lead W across, sd R twd LOD, - (*W fwd L across M, unwrap fwd sd R trng RF to fce Wall, sd L, -*);

9-12 AIDA LOD; AIDA RLOD; LARIAT 6 BFLY WALL;-;

- 9 [Aida LOD] Thru L twd LOD extend lead hands twd LOD, sd R twd LOD trng LF to fce RLOD release lead hands, bk L to "V" pos fwd RLOD trailing hands extended twd RLOD;
10 [Aida RLOD] Thru R twd RLOD extend trailing hands twd RLOD, sd L twd RLOD trng RF to fce LOD release trailing hands, bk R to "V" pos fcg LOD lead hands extended twd LOD, -;
11-12 [Lariat 6] Rec fwd L trng LF under joined lead hands lead W to M's rt side, fwd R, fwd L to fce RLOD, - (*W fwd R around M's right side, fwd L, fwd R to end fcg RLOD on outside of circle, -*); fwd R trng LF, fwd L, fwd R to BFLY POS fcg Wall, - (*W fwd L, fwd R, cls L, - to fce COH*);

13-16 AIDA RLOD; AIDA LOD; LARIAT 6 BFLY COH;-;

- 13 [Aida RLOD] Thru L twd RLOD extend lead hands twd RLOD, sd R trng LF to fce LOD release trailing hands, bk L to "V" pos fcg LOD lead hands extended twd LOD, -;
14 [Aida LOD] Thru R twd LOD extend trailing hands twd LOD, sd L trng LF to fce RLOD release trailing hands, bk L to "V" pos fwd RLOD lead hands extended twd RLOD;
15-16 [Lariat 6] Rec fwd L trng LF under joined lead hands lead W to M's rt side, fwd R, fwd L to fce LOD, - (*W fwd R around M's right side, fwd L, fwd R to end fcg LOD on outside of circle, -*); fwd R trng LF, fwd L, fwd R to BFLY POS fcg COH, - (*W fwd L, fwd R, cls L, - to fce Wall*);

17-20 OPEN BREAK; SERPIENTE WRAP;-; LADY ROLL ACROSS BFLY;

- 17 [Open Break] Fcg COH rk apt L extend trailing hands out to sd from shoulder, rec R, sd L, -;
18-19 [Serpiente Wrap] Thru R twd RLOD, sd L, XRIB, flare L CCW (*W flare R CW*); XLIB, sd R, thru L twd LOD raise lead hands trng W LF to wrap pos fcg RLOD, flare R CCW trng LF to end Wrapped Pos fcg RLOD lead hands over trailing hands in front of W (*W thru L, sd R, XLIB, flare R CW; XRIB, sd L, thru R trng LF under joined lead hands, keep L pointed twd RLOD*);
20 [Lady Roll Across] In Wrapped POS fcg RLOD rk bk R release trailing hands, rec L trn fce Wall lead W across, sd R twd RLOD, - (*W fwd L across M, unwrap fwd sd R trng RF to fce COH, sd L, -*);

21-24 REV UNDERARM TURN; UNDERARM TURN; SHOULDER TO SHOULDER 2X;-;

- 21 [Rev Underarm Turn] XLIF twd DRW raising lead hands trng W RF, rec L finish W's turn to fce, cls L, - (W XRIF trng RF under lead hands, fwd L cont trng to fce ptrn, sd R, -);
- 22 [Underarm Turn] XRIB twd DLC raising lead hands trng W LF, rec R finish W's turn to fce, cls R, - (W XLIF trng LF under lead hands, fwd R continue turn to fce ptrn, fwd L, -);
- 23-24 [Shldr to Shldr 2X] BFLY Wall fwd L to W's rt side, rec R, sd L, -; fwd R to W's left side, rec L, sd R, -;

25-28 CHASE;-;-;

- 25-28 In BFLY fcg Wall release all hands fwd L trng ½ RF fce COH, rec fwd R, fwd L, - (W bk R, rec fwd L, fwd R, -); fwd R trng ½ LF fce Wall, rec fwd L, fwd R, - (W fwd L trng ½ RF fwd Wall, rec fwd R, fwd L, -); fwd L, rec bk R, bk L, - (W fwd R trng ½ LF fce COH, rec fwd L, fwd R, -); bk R, rec L, fwd R, - (W fwd L, rec R, bk L, -);

INTER

1-5 OPEN BREAK to TAMARA POS; WHEEL 6 FC WALL;-; LADY UNWIND; NY 4 BFLY;

- 1 [Open Break to Tamara] Rk apt L, rec R, sd L raise lead hands palm twd ptrn make small window with W's rt arm bent up at elbow join trailing hands bhnd W's back, - (W rk bk R, rec L, fwd R, - bend rt elbow up to look at M);
- 2-3 [Wheel 6] Looking at ptrn wheel RF fwd R, fwd L, fwd R, -; cont RF trn fwd L, fwd R, fwd L, - to end fcg Wall;
- 4 [Lady Unwind] Release trailing hands in place R, L, R, - lead W to trn LF joined lead hands (W trng LF under joined lead hands L, R, L, - to end fcg M);
- 5 QQQQ [New Yorker in 4] Swvl on R to fce LOD fwd L extend lead hands twd LOD trailing hands up and out, rec R to fce ptrn, sd L, cls R;

END

1-5 NY BFLY; FENCLINE & RECOVER CP; HIP RKS 2X;-; SIDE LUNGE;

- 1 [New Yorker] Swvl on R to fce RLOD fwd L extend lead hands twd RLOD trailing hands up and out, rec R to fce ptrn, sd L BFLY fcg COH, -;
- 2 SS [Fenceline Recover] Thru R twd RLOD with relaxed knee both looking RLOD, -, rec L to CP WALL, -;
- 3-4 [Hip Rks 2X] CP WALL rk sd R, rec L, rk sd R, -; rk sd L, rec R, rk sd L, -;
- 5 S-- [Side Lunge] CP COH sd R soften right knee look at ptrn, -, -, -;

LA MEDIA RUMBA

Intro, A, Brk, A 1-20, End

INTRO

1-2 SHADOW FCG WALL LEFT FT FREE FOR BOTH WAIT 1; SHADOW FNCLN RLOD;

3-6 SHADOW CRAB WALKS LOD;-; SHADOW FNCLN LOD; FNCLN 4-LADY TRN in 3 BFLY;

PART A

1-4 BASIC;-; NEW YORKER 2X;-;

5-8 OPEN BREAK; SERPIENTE WRAP;-; LADY ROLL ACROSS BFLY;

9-12 AIDA LOD; AIDA RLOD; LARIAT 6 MAN FC WALL;-;

13-16 AIDA RLOD; AIDA LOD; LARIAT 6 MAN FC COH;-;

17-20 OPEN BREAK; SERPIENTE WRAP;-; LADY ROLL ACROSS BFLY;

21-24 REV UNDERARM TURN; UNDERARM TURN; SHOULDER TO SHOULDER 2X;-;

25-28 CHASE;-;-;

INTER

1-5 OPEN BREAK to TAMARA POS; WHEEL 6 FC WALL;-; LADY UNWIND; NY 4 BFLY;

END

1-5 NY BFLY; FENCLINE & RECOVER CP; HIP RKS 2X;-; SIDE LUNGE;