

# WHO I AM INSIDE

**BY:** Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235  
**MUSIC:** "Reflection" - Rumba Ballroom Dance Collection - Track 6 - Christina Aguilera w/Rumba beat  
**SEQUENCE:** Intro, A, B, A (1-4, 8-13), C, D, E, Ending **RELEASED:** Aug 2015 **SPEED:** Slow to 24mpm  
**RHYTHM:** Rumba **PHASE:** IV+2 (Spirals & Stop & Go) **E-MAIL:** cworlock@tampabay.rr.com  
**FOOTWORK:** Described for Man - Woman opposite (or as noted) **WEB SITE:** www.curtandtampabay.com

## INTRO

### **1 - 4 WAIT; RISE TCH; CUCARACHA CROSS; CUCARACHA M TOUCH LADY SWIVEL R TO FACE;**

- 1 - Wait in TANDEM L LUNGE POS FCING WALL M BEHIND W both looking down twd DRW & R ft pting sd twd RLOD M's hands around W's waist & W's hands down in front by waist;
- 2 - Slowly rise straightening L leg drawing R to L over measure now both looking straight ahead twd WALL;
- 3 - Keeping hands on W's waist sd R RLOD, rec L, XRIF of L,-;
- QQ-- 4 - Sd L sweep lead arm down out & up, rec R bring lead arm down, tch L to R (sd L sweep lead arm down out  
(QQS) & up, rec R bring lead arm down swvl ½ RF to fc M, cl L to R) to join lead hands low M FCING WALL,-;

## PART A

### **1 - 4 OPEN BREAK; CRAB WALK 3; SIDE WALK 3; UNDERARM TURN;**

- 1 - Bk L extending R arm out to sd, rec R, sd L blending to BFLY WALL,-;
- 2 - Fwd & across R trng hips to LOD, sd L trng hips to WALL, fwd & across R trng hips to LOD,-;
- 3 - Sd L, cl R to L, sd L still in BFLY,-;
- 4 - Bk R, rec L, sd R (fwd & across L LOD trng RF under joined lead hands, rec R cont RF trn to fc M, sd L) to BFLY WALL,-;

### **5 - 7 \* NEW YORKER TWICE;; (TO REV) SLOW OPEN CRAB WALK 2; \* (2<sup>nd</sup> TIME OMIT 5-7)**

- 5 - Trng RF fwd L RLOD, rec R trng LF, cont LF trn sd L to fc ptr in BFLY,-;
- 6 - Trng LF fwd R LOD, rec L trng RF, cont RF trn sd R to fc ptr in BFLY,-;
- ss 7 - Trng RF to L OPEN fwd L RLOD,-, trng ¼ LF to fc ptr sd R to BFLY M FCING WALL,-;

### **8 - 10 REVERSE UNDERARM TURN TO SIDECAR; AIDA M BK UP; SWITCH CROSS w/RONDE TO;**

- 8 - Trng RF fwd & across L leading W under joined lead hands, rec R, bk L (fwd & across R trng LF under lead hands, rec L cont LF trn, fwd R) to end in a loose SDCR shape,-;
- 9 - Bk R, bk L trng W around, bk R (fwd L, fwd R trng LF, bk L to end bk to bk V-shape pos fcng RLOD,-;
- 10 - Taking lead hands thru twd LOD trng LF (RF) sd L to BFLY WALL, rec R, XLIF of R, ronde R ft CCW;

### **11-13 FENCE LINE TWICE; 2<sup>ND</sup> ONE w/SPIN; (TO REV) SD WALK w/CHA LEAD HANDS LOW;**

- 11 - Soften L knee fwd & across R LOD flexing R knee, rec L trng RF, sd R,-;
- 12 - Soften R knee fwd & across L RLOD flexing L knee, rec R trng LF, sd L release ptr & free spin LF 1 full trn on L to end w/feet tog fcng ptr nothing tching,-;
- QQQ&Q 13 - Sd R, cl L to R, joining lead hands low sd R/cl L to R, sd R to LEFT OPEN FCING M FCING WALL;

## PART B

### **1 - 4 LUNGE & CLOSE LADY SIT & SPIRAL; FAN M FC LOD; STOP & GO; TO FAN M FC WALL;**

- s 1 - Lower in R knee keeping a straight back allow L to slide sd & bk,-, rise raising lead hands to lead W under LF  
(QQS) & cl L to R (bk R flexing R knee to momentary sit line, rec L, fwd R, spiral ¾ LF under lead hands allowing L arm to fold in front of body) to end M FCING WALL trailing arm extended side twd RLOD & W FCING LOD,-;
- 2 - Bk R, rec L trng ¼ LF to fc LOD, fwd R (fwd L LOD, fwd R trng LF, cont LF trn bk L) to end LEFT OPEN FCING M FCING LOD,-;
- 3 - Fwd L, rec R slightly in back of L, cl L to R (bk R, rec L, fwd R trng ½ LF under joined lead hands)-;
- 4 - Lower well in L knee lunge fwd R cking, rec L trng RF, sd R (bk L lowering in to sit line raising L arm straight up palm out, rec R out of sit line lowering arm, fwd L trng ½ RF under joined lead hands) to FAN POS,-;

### **5 - 9 BRING LADY TO TANDEM WALL M POINT; FENCE RECOVER POINT; HIP ROCK 3; SIDE WALK 3 CHECKING; CUCARACHA M TOUCH LADY SWIVEL R TO FACE;**

- QQ--(QQS) 5 - Fwd L, rec R, pt L sd LOD (cl R to L, fwd L, trng ¼ LF sd & fwd R) to TANDEM WALL M BEHIND W,-;
- QQ-- 6 - Fwd & across L twd DRW extending R arm out to side, rec R, pt L sd LOD placing R hand on W's R hip,-;
- 7 - Sd L, rec R, rec L,-;
- 8 - With hands still on W's waist sd R, cl L to R, sd R cking (sweep arms in up and out to sides)-;
- 9 - Repeat meas 4 of Intro;

**\* PART A \* (OMIT MEAS 5-7) \*****PART C****1 - 4 LUNGE & CLOSE LADY SIT & SPIRAL; FAN M FC LOD; STOP & GO; TO FAN M FC WALL;**

- 1 - Repeat meas 1 of Part B;
- 2 - Repeat meas 2 of Part B;
- 3 - Repeat meas 3 of Part B;
- 4 - Repeat meas 4 of Part B;

**5 - 8 BRING LADY TO TANDEM WALL M POINT; FENCE RECOVER POINT; HIP ROCK 3; SIDE WALK 3 TO;**

- 5 - Repeat meas 5 of Part B;
- 6 - Repeat meas 6 of Part B;
- 7 - Repeat meas 7 of Part B;
- 8 - Repeat meas 8 of Part B;

**9 -12 2 SLOW FOOT SWIVELS TO SHADOW LINE; BK BREAK; FWD UNDERARM ROLL R; FENCE RECOVER LADY TURN UNDER LEFT & POINT TO;**

- ss 9 - Keeping hands on W's waist swvl LF on R fwd L twd LOD,-, swvl RF on L fwd R twd RLOD swvl LF,-;
- 10 - Cont swvl LF on R break bk L joining L hands to SHADOW POS FCING LOD, rec R, fwd,L LOD-;
- 11 - Fwd R, fwd L trng 1/2 RF as L arm loops over W's head, cont RF trn sd & fwd R taking joined L hands down behind M's back,-;
- 12 - Lower well in R knee fwd & across L LOD and extend R arm out to sd towards LOD, rec R, sd & bk L toe pointing DRC and swivel 1/2 LF as L arm swings up and over W's head again point R sd & bk RLOD swaying slightly R to look toward WALL to SHADOW POSITION DLW,-;

**13-16 SHADOW CRAB WALK 3 w/ARM; PARALLEL CHASE w/CARESS;; FAN M 2 SLOW FC WALL;**

- 13 - Fwd & across R trng hips to LOD, sd L trng hips to WALL, fwd & across R trng hips to LOD (sweep R arm up and comb R hand down in front of R sd of face and out again) back to SHADOW DLW,-;
- 14 - Fwd L LOD releasing joined L hands trng 1/4 RF, sd & fwd R, XLIF of R (using same footwork comb R hand again but this time to M's R sd of face) to end w/L arm around W's waist both fcng DRW,-;
- 15 - Fwd R RLOD trng 1/4 LF, sd & fwd L, XRIF of L (using same footwork comb L hand to M's L sd of face) to end w/R arm around W's waist both facing DLW,-;
- ss (QQS) 16 - Fwd L leading W to fan,-, trng 1/4 RF to fc WALL joining lead hands small sd R (fwd L, fwd R trng LF join lead hands, bk L) to FAN POS M FCING WALL,-;

**PART D****1 - 4 HOCKEY STICK LADY SPIRAL ON 3; OVERTURNED TO FACE & SHAKE R HANDS; TRADE PLACES 4 TIMES;;**

- 1 - Fwd L, rec R, raising joined lead hands high between ptr cl L to R leading W to spiral (cl R to L, fwd L, fwd R in front of M, spiral 7/8 LF on R),-;
- 2 - Bk R, rec L, sd R (fwd L RLOD, fwd R DRW trng 1/2 LF under joined lead hands, cont LF trn sd L) to a R handshake M FCING WALL,-;
- 3 - Apart L, rec fwd & across R to offset w/partner W to your R, leading W fwd past you fwd L twd Wall trng 1/2 RF as you release R hand hold,-;
- 4 - Joining L hands apart R, rec L, leading W fwd past you fwd R twd COH trng 1/2 LF releasing L hand hold,-;

**5 - 7 2<sup>nd</sup> SET LEFT OVER RIGHT w/PEEK-A-BOO;; BREAK APART REC & HIP ROCK 2 R HANDS;**

- 5 - Joining R hands apart L joining L hands on top of R hands, rec R, fwd L twd WALL trng 1/2 RF leading W under (apt R, rec L, fwd R twd COH trng LF under joined L hands then R hands) to end offset facing looking at ptr w/R hands joined high & L hands joined low,-;
- 6 - Apart R keeping R hands high, rec L, fwd R twd COH trng 1/2 LF leading W under (apt L, rec R, fwd L twd WALL trng RF under joined R hands then L hands) to end looking at ptr w/L hands high & R hands low,-;
- qqqq 7 - Apart L, rec R releasing L hands, sd L, sd R to end fcng ptr & WALL w/R handshake;

**PART E****1 - 4 ALEMANA; TO STACK HANDS (R OVER L); LADY SPIRAL TO TWO HAND LARIAT 6;;**

- 1 - Fwd L, rec R, cl L to R raising joined R hands high (bk R, rec L, fwd R to M toe pting out DLC),-;
- 2 - Bk R, rec L, cl R to L (fwd L trng RF under joined lead hands brushing R to L, fwd R towards DRW cont RF trn to fc M, fwd L to M's R sd, spiral 7/8 RF on L under R hands) to end L hands joined high & R hands low,-;
- 3 - Sd L start taking L arm over own head, rec R starting to bring R arm high, cl L to R start taking R arm over head (lariat circle around M CW fwd R, L, R to M's L sd),-;
- 4 - Bk R bring R hands down in front, rec L, sd R (cont around M fwd L, R trng RF to fc M, sd L) releasing L hands to end fcng ptr & WALL w/R hands joined on top of L,-;

**5 - 8 SHOULDER TO SHOULDER TWICE R ARMS UP; THEN LEFT TO BFLY; (TO REV) SLOW OPEN CRAB WALK 2; NEW YORKER IN 4;**

- 5 - Fwd L checking outside ptr to sdcar extending R arm straight up past ear palm out, rec R, sd L (bk R extending R arm straight up past ear palm out, rec L, sd R),-;
- 6 - Fwd R checking outside ptr to banjo extending L arm straight up past ear palm out, rec L, sd R (bk L extending L arm straight up past ear palm out, rec R, sd L) to BFLY,-;
- ss 7 - Trng RF to L OPEN fwd L RLOD,-, trng ¼ LF to fc ptr sd R to BFLY M FCING WALL,-;
- qqq 8 - Trng RF fwd L RLOD, rec R trng LF, cont LF trn sd L to fc ptr, rec R;

**ENDING****1 - 4 SLOW REVERSE UNDERARM IN 2; SIDE WALK 3; CRAB WALK 3; CUCARACHA TOUCH LADY WRAP & CLOSE (FACE WALL);**

- ss 1 - Trng RF fwd & across L,-, rec R trng LF (fwd & across R trng LF under lead hands,-, rec L cont LF trn),-;
- 2 - Sd L, cl R to L, sd L still in BFLY,-;
- 3 - Fwd & across R trng hips to LOD, sd L trng hips to WALL, fwd & across R trng hips to LOD,-;
- qq-- 4 - Sd L, rec R leading W to wrap LF, tch L to R (sd R, rec L trng ½ LF under lead hands, cl R to L) to end (qqS) WRAP POS FCING WALL,-;

**5 - 6 (L FOOT) SIDE WALK TO L LUNGE; CUDDLE & HOLD;**

- 5 - Sd L, cl R to L, lower on R lunge sd L still in WRAP POS FACING WALL,-;
- 6 - Shape to look at ptr relaxing WRAP POS to allow arms to hug W,-, hold as music quickly fades,-;

**NOTE:** Timing is standard QQS unless noted by side of measure and is reflective of actual weight changes.