CARESS
(Por Debajo De La Mesa)

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Music: Artist: Luis Miguel CD “Romances” Track #3 WEA 19798-2
or Special CD “Shall We Round Dance 19” available from choreographers

Suggested speed: Increase speed from 18MPM (the original CD) to 21MPM (as on Special CD) 2:43@21MPM

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Bolero VI

Sequence: Intro A B End Released: June, 2010

Meas  INTRO

1-8  WAIT; SOLO SPOT TRN TWICE TO R-HNDSHAKE M FC RLOD::
W SPIRAL LF & WALK AROUND TO M’S SKATER; W ROLL ACROSS TRANS TO SHADOW;
SHADOW RONDE OPENING OUT; W SPIRAL LF & ROLL OUT TO FC; FWD BREAK;
1  Wait 1 meas in Bk-to-Bk Pos M fcg Wall (W fcg COH) R-ft free for both pointed sd;
2-3  {Solo Spot Trn Twice to R-Hnshak M Fc RLOD} Sd R twd RLOD (W twd LOD), -, XLIF trng RF to fc LOD, fwd R cont trng LF to fc WALL; Sd L twd LOD (W twd RLOD), -, XRIF trng LF to fc RLOD, fwd L twd ptr joining R-hnds end FCG Pos M fcg RLOD R-hnds jnd;
4  {W Spiral LF & Walk Around to M’s Skater} Fwd R leading W spriral LF under jnd R-hnds, -, XLIF, trng slightly RF to fc COH sd R joining L-hnds (W fwd R spiraling LF under jnd R-hnds, -, walking around M CW fwd L, fwd R to fc COH) end M’s Skater Pos fcg COH W on M’s L sd & bk R-hnds jnd at M’s R hip L-hnds extended sd;
SOQ 5  {W Roll Across Trans to Shadow} Bk L comm trng RF, -, cont trng RF XRIB releasing R-hnds, cont trng RF sd & fwd L assuming SHADOW Pos (W fwd L comm trng RF, -, fwd R cont trng RF/sd L to fc M, cont trng RF on L bk R) end SHADOW Pos fcg LOD L-hnds jnd & extended sd M’s R-hnd on W’s shoulder blade W’s R-hnd extended sd; (now opposite footwork)
S-- 6  {Shadow Ronde Opening Out} Fwd R trng RF to fc WALL, -, flexing R-knee extending L sd twd LOD, start straightening R-knee draw L twd R (W bk L trng RF to fc WALL ronde R CW, -, bk R flexing knee, fwd L) end SHADOW Pos fcg WALL;
7  {W Spiral LF & Roll Out to Fc} Cl L leading W spiral LF & release hnds, -, bk R, fwd L (W fwd R spiraling LF one full trn, -, fwd L cont trng LF 1/2 to fc COH & M, bk R) end Fcg Pos M fcg WALL no hnd jnd;
8  {Fwd Break} Joining lead hnds sd & fwd R, -, fwd L, bk R end LOP Fcg Pos M fcg WALL;

PART A

1-8  HIP TWIST OVERTRN TO SWEETHEART TWICE:: SWIVEL CROSS BODY w/ SYNC UNDERARM TRN;
OPEN BREAK; W SPIRAL TO NAT TOP; DBL RONDE & WHEEL 2 TO BJ0;
OUTSIDE SWIVEL & CROSS SWIVELS; WHIPLASH W CURL TO SHADOW;
1-2  {Hip Twist Overt'n to Sweetheart Twice} LOP Fcg Pos M fcg WALL cl L leading W fwd & spin RF, -, joining L-hnds XRIF trng upper body RF, bk L (W fwd R & spin RF 1/2 to fc WALL momentary end in TANDEM Pos W IF of M fcg WALL, -, XLIR trng upper body LF, fwd R); Sd & fwd R releasing L-hnds, -, joining R-hnds XLIF trng upper body LF, bk R (W sd L crossing IF of M, -, XRIF trng upper body RF, fwd L) end TANDEM Pos W IF of M fcg WALL R-hnds jnd;
SQQ 3  {Swivel Cross Body w/ Sync Underarm Trn} Trng body LF sd L twd COH leading W fwd & swivel RF, -, bk R under body raising jnd R-hnds to lead W trn LF, fwd L trng LF to fc COH (W sd & fwd R swiveling RF to fc COH, -, fwd L comm trng LF under jnd R-hnds/cont trng LF step R, L almost in pl/completing LF trn bk R) end Fcg Pos M fcg COH R-hnds jnd;
4  {Open Break} Sd R chg hnds to join lead hnds, -, apt L bk, rec R end LOP Fcg Pos M fcg COH;
5  {W Spiral to Nat Top} Sd & fwd L comm trng RF raising jnd lead hnds to lead W spiral LF, -, assuming loose CP XRIB cont trng RF, sd L cont trng RF (W fwd R spiraling LF under jnd lead hnds, -, sd & fwd L comm trng RF, XRIF cont trng RF) end BJ0 Pos M fcg RLOD;
6  {Db1 Ronde & Wheel 2 to Bj0} Fwd R outside ptr ronde L OW comm trng RF, -, cont trng RF fwd L, fwd R w/ checking motion (W fwd L trng RF ronde R CW, -, cont trng RF XRIB, slightly trng LF sd & fwd L) end BJ0 M fcg LOD;
PART A (cont’ed)

7  {Outside Swivel & Cross Swivels} Bk L lead W fwd & swivel RF, -, rk R fwd leading W fwd & swivel LF, rk L bk leading W fwd & swivel RF (W fwd R swiveling RF to SCP, -, fwd L swiveling LF to BJO, fwrd R swiveling RF to SCP) end SCP fcg LOD;

S-- 8  {Whiplash W Curl Trans to Shadow} Thru R leading W swivel LF extending L fwd, -, slightly swiveling RF on R lead W curl LF, - (W thru L swiveling LF ronde R CCW & extended bk end momentary BJO M fcg LOD, -, fwrd R spiraling LF to fc WALL) end assuming SHADOW Pos fcg WALL L-hnds jnd & extended sd M’s R-hnd at W’s shoulder blade W’s R-hnd extended sd; (now same footwork)

9-17  SHADOW FENCE LINE TWICE;; SHADOW SYNC WALKS; W SYNC ROLL OUT TRANS TO FC;

LUNGE BREAK; R PASS w/ UNDERARM ROLL TO FC; NEW YORKER;

W SPIN RF TO CHECKED NEW YORKER; W SPIN LF & RK 2;

9-10  {Shadow Fence Line Twice} Shadow Pos fcg WALL sd L, -, XRIF, rec L; Sd R, XLIF, rec R;

SQQ 11  {Shadow Sync Walks} Trng LF to fc LOD fwd L, -, fwrd R/L, R end SHADOW Pos fcg LOD;

SQQ 12  {W Sync Roll Out Trans to Fc} Fwd L, -, bk R lead W fwd, rec L (W fwd L, -, fwrd R comm full spin (W SQQ) LF/step almost in pl L to fc momentary LOD, fwrd R small step cont trng LF 1/2 to fc M & RLOD) end OP Fcg Pos M fcg LOD; (now opposite footwork)

S-- 13  {Lunge Break} Sd & fwr R joining lead hnds, -, flexing R-knee extend L sd & bk, comm rising on R straightening knee (W sd & bk L, -, bk R under body flexing knee pointing L fwd, fwr L) end LOP Fcg Pos M fcg LOD;

14  {R Pass w/ Underarm Roll to fc} Cl L raising jnd lead hnds to lead W trn LF, -, trng slightly RF to fc WALL sd R keeping jnd lead hnds above W’s head to lead W roll LF, XLIF (W fwd R spiraling LF under jnd lead hnds to fc M & COH, -, sd L cont spin LF under jnd lead hnds, cont spinning RF on L to fc M & COH cl R) end LOP Fcg Pos M fcg WALL;

15  {New Yorker} Sd R trng RF to fc RLOD, -, fwr L w/ checking motion, rec R trng LF to fc WALL end LOP Fcg Pos M fcg WALL;

SQQ 16  {W Spin RF to Checked New Yorker} Sd L leading W spin RF & release hnds, -, grabbing W’s L-wrist w/ R-hnd sd R flexing knee w/ checking motion, hold (W sd R spinning RF one full trn, -, cont trng RF to fc LOD fwd L w/ checking motion, rec R trng LF to fc M & COH) end LOP Fcg Pos M fcg WALL; (W SQQ)

--QQ 17  {W Spin LF & RK 2} Hold leading W spin LF by pulling W’s L-arm, -, assuming CP rk L sd, rec R (W sd L spinning LF one full trn to fc M & COH, -, rk R sd, rec L) end CP M fcg WALL;

PART B

1-8  SYNC TRNG BASIC TWICE;; SD TO HINNGE; PICK-UP RUDOLPH RONDE w/ REV UNDERARM TRN;

HORSESHOE TRN;; W ROLL ACROSS TO REV HORSE & CART TRAN;

SHADOW R LUNGE & RK REC;

S&QQ 1-2  {Sync Trng Basic Twice} CP M fcg WALL sd L slightly rotating upper body RF, -/bk R under body w/ slipping action comm trng LF, fwr L cont trng LF, sd R cont trng LF to fc WALL (W sd R slightly rotating upper body looking right, -/fwr L small step w/ slipping action closing head comm trng LF, sf & bk R cont trng LF, cl L cont trng LF) end CP M fcg WALL; Repeat Meas 1 Part B;

S-- 3  {Sd to Hinge} Sd L trng body LF, -, flexing L-knee lower to Hinge Line, - (W sd R, -/swiveling LF on R cl L, flexing L-knee extend R fwrd L RLOD look left);

(S&--) 4  {Pick-up Rudolph Ronde w/ Rev Underarm Trn} Rotating body RF sd & slightly fwr R btwn W’s ft leading W ronde CW, -., trng RF on R bk L under body momentary in FALLAWAY Pos fcg RLOD/trng RF to fc COH sd R raising jnd lead hnds to lead W trn LF, cl L (W fwd R trng RF to fc M/sd & fwrd L around M trng RF ronde R CW, -., cont trng RF bk R under body/trng LF sd L comm spinning LF under jnd lead hnds, cont spinning on L cl R) end LOP Fcg Pos M fcg COH;

5-6  {Horseshoe Trn} Sd R trng RF to fc LOD, -, fwr L w/ checking motion, rec R (W sd L trng LF to fc LOD, -, fwr R w/ checking motion, rec L) end LOP fcg LOD; Fwd L comm half circular walk CCW, -., raising jnd lead hnds fwrd cont circular walk, fwd L completing half circular walk to fc RLOD (W fwd comm half circular walk CW, -, fwr L cont circular walk under jnd lead hnds, fwr R completing half circular walk to fc RLOD) end LOP fcg RLOD;

S-Q 7  {W Roll Across to Rev Horse & Cart Trans} Fwr R & slightly across small step leading W trn RF joining L-hnds assuming SHADOW Pos both fcg RLOD, -, flexing R-knee swivel RF 3/4 on R to fc WALL ronde L CW, cl L (W fwd L IF of M spinning strongly RF to fc RLOD, -, bk R comm wheel RF/bk L cont wheel RF, bk R cont wheel RF/bk L completing wheel RF) end SHADOW Pos fcg WALL; (now same footwork)

8  {Shadow R Lunge & Rk Rec} Sd & fwr R flexing knee shaping to right, -, rk L, rec R;
PART B (cont’d)

9-17  SHADOW TRNG BASIC;; W ROLL OUT TRANS TO FC; OPEN CONTRA BREAK;
BK WALKS w/ HNDS TWICE;; X-HND UNDERARM TRN; BROKEN SPRING W DEvelope;;

9-10  {Shadow Trng Basic} SHADOW Pos fcg WALL sd L rotating upper body RF looking well left, -, bk R under body flexing knee comm trng LF, cont trng LF fwd L twd COH; Sd & fwd R, -, fwd L flexing knee w/ checking motion, bk R end SHADOW Pos both fcg COH;

SQQ 11  {W Roll Out Trans to Fc} Sd L rotating upper body RF looking well left, -, bk R trng comm trn LF leading W roll LF & release L-hnds, cont trng LF to fc RLOD fwd L (Sd L rotating upper body RF looking well left, -, bk R trng comm trn LF/sd & fwd L twd RLOD cont trng LF, cont trng LF bk R) end Fcg Pos M fcg RLOD no hnd jnd; (now opposite footwork)

12  {Open Contra Break} Joining R-hnds sd & fwd R sweeping free L-hnd fwd & up above head, -, rotating upper body LF fwd L twd RLOD across body flexing knee w/ checking action, bk R (W sd & bk L sweeping free L-hnd fwd & up above head, -, rotating upper body LF bk R twd RLOD across body looking well left, fwd L) end Fcg Pos M fcg RLOD R-hnd jnd;

13-14  {Bk Walks w/ Hnds Twice} Bk L joining L-hnds & sweeping R-hnds fwd & up above head, -, bk R, bk L; Bk R joining R-hnds & sweeping L-hnds fwd & up above head, -, bk L, bk R;

15  {X-Hnd Underarm Trn} Raising R-hnds sd L joining L-hnds at waist level, -, bk R leading W trn RF under R-hnds then L-hnds, rec L (W sd R comm trng RF, -, XLIF trng RF under R-hnds, rec R cont trng RF under L-hnds) end Modif BJO M fcg RLOD L-hnds high above head R-hnds at waist level;

SQQ 16-17  {Broken Spring W Develope} Fwd R twd RLOD under L-hnds trng LF to fc WALL end momentary ---- M’s VARS both fcg WALL R-hnds above head L-hnds at waist level, -, bk L leading W fwd, rec R (W fwd L twd LOD trng RF to fc WALL, -, fwd R, fwd L trng RF to fc M & COH) end X-HND Fcg Pos M fcg WALL R-hnds held high L-hnds low; Hold leading W trn RF, -, hold releasing L-hnds lead W spin RF, shape to right (W cont trng RF on L to fc WALL sd R small step to M’s R sd & spin RF one full trn to fc WALL, -, placing L-hnd on M’s R-shoulder develope L-shaping to right) end OP Pos both fcg WALL R-hnds jnd IF of W’s body;

18-20  W UNDERARM ROLL M HEADLOOP TRANS TO L HALF OP;
PICK-UP TO SYNC CUDDLE FCOH; CONTRA CHECK & REC;

S-Q 18  {W Underarm Roll M HeadloopTrans to L Half Op} OP Pos both fcg WALL R-hnds jnd fwd L trng RF 1/2 leading W trng LF under jnd R-hnds, -, cont trng RF on L to fc LOD tch R cont leading W trn LF & placing R-hnds over head to M’s R-shoulder, fwd R (W sd & fwd L trng LF under R-hnds, -, sd R cont trngLF, fwd L) end L-HALF OP fcg LOD;

SQQ 19  {Pick-up to Sync Cuddle Pivot FCOH} Fwd L small step picking up W to CUDDLE Pos M fcg LOD, -, fwd R comm pivoting RF/bk L cont pivot RF, fwd R end CUDDLE Pos M fcg COH;

SS 20  {Contra Check & Rec} Fwd L flexing knee extending L-hnd sd & bk looking right, -, rec R, -(W bk R flexing knee extending L-hnd sd & bk looking well left, -, rec L, -) end CUDDLE Pos M fc COH L-hnds extended;

END

1-8  TRNG BASIC;; SYNC TRNG BASIC;; FWD TO SCP & SYNC SERPIENTE & WALK 2;;
BOLEO & CURL; BODY ROLL & EXTEND ARM;

1-2  {Trng Basic} CUDDLE Pos M fcg COH as music slow down assuming CP sd L rotating upper body RF looking well left, -, bk R under body flexing knee comm trng LF, cont trng LF fwd L twd WALL; Sd & fwd R, -, fwd L twd WALL;

S&QQ 3  {Sync Trng Basic} Sd L slightly rotating upper body RF, -/bk R under body w/ slipping action comm trng LF, fwd L cont trng LF, sd R cont trng LF to fc WALL (W sd R slightly rotating upper body looking right, -/fwd L small step w/ slipping action closing head comm trng LF, sf & bk R cont trng LF, cl L cont trng LF) end CP M fcg WALL;

S&QQ 4-6  {Fwd to SCP & Sync Serpiente & Walk 2} Trng LF to SCP fcg LOD fwd L, -, thru R/sd L, XRIB --QQ blending to BFLY; Rondere L CCW (W CW), -, XLIB, sd R; Thru L twd RLOD swiveling LF to SCP fcg SQQ LOD, -, fwd R, fwd L end in SCP fcg LOD;

--S 7  {Boleo & Curl} Hold leading W swivel LF, lead W swivel RF, cl R raising jnd lead hnds to lead W trn LF, -(W lift L bk swivel ON R, swivel RF on R, swivel LF on R under jnd lead hnds to fc WALL lowering L) end Wrapped TANDEM Pos fcg WALL M bhnd W;

---- 8  {Body Roll & Extend Arm} Holding W’s L wrist w/ L-hnd leaning upper body fwd then rotate CCW slowly to left-bk-right-straighten-left, L-arms goes together as body rolls & extend twd LOD;