CON LOS ANOS QUE ME QUEDAN

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CD: 2009 Dancelife, CD Title “Dancelife: Rumba (The Best Rumba Collection Of Dancelife)” (Artist: Ballroom Orchestra & Singers) Track 8 “Con Los Anos Que Me Quedan”  or download from internet site such as ITunes
FOOTWORK: Opposite unless noted (Woman’s footwork in parentheses)  Time: 3:03  Tempo: 25 Bpm
RHYTHM: Rumba  RAL PHASE III
DEGREE OF DIFFICULTY: AVERAGE

MEAS: INTRODUCTION
1-4  BFLY WALL WAIT 2 MEAS;; FORWARD BASIC; BACK BASIC:
  1-2 Wait in BFLY WALL w/ ld ft free;;
  3  {Fwd Basic} BFLY WALL Fwd L, rec R, bk L, -;
  4  {Back Basic} BFLY WALL Bk R, rec L, fwd R, -;

PART A
1-4  START CHASE;; SIDE WALKS APART; TIME STEP WITH PEEKS:
  1-2  {Start Chase} BFLY WALL Fwd L stg 1/2 RF trn, rec R fc COH, fwd L (W bk R no trn, rec L, fwd R), -; Fwd R stg 1/2 LF trn, rec L fc WALL, fwd R to TANDEM WALL (W fwd L stg 1/2 RF trn, rec R fc WALL, fwd L), -;
  3  {Side Walks Apart} TANDEM WALL mv LOD sd L, cl R, sd L (W mv RLOD sd R, cl L, sd R), -;
  4  {Time Step with PEEKS} XRib look at W, rec L, sd R (W XLib look at M, rec R, sd L), -;

5-8  CRAB WALKS TO TANDEM; CUCARACHA; FINISH CHASE;;
  5  {Crab Walks to TANDEM} XLif, sd R, XLif (W XRif, sd L, XRif) to TANDEM WALL W in front, -;
  6  {Cucaracha} TANDEM WALL Sd R, rec L, cl R (W sd L, rec R, cl L), -;
  7-8  {Finish Chase} TANDEM WALL Fwd L, rec R, bk L (W fwd R stg 1/2 LF trn, rec L fc COH, fwd R), -; Bk R, rec L, fwd R to BFLY WALL (W fwd L, rec R, bk L), -;

9-12  FENCE LINE TWICE;; SAND STEP TWICE;;
  9  {Fence Line} In BFLY X lun thru L with bent knee look in dir of lun, rec R to face ptr, sd L, -;
  10  {Fence Line} In BFLY X lun thru R with bent knee look in dir of lun, rec L to face ptr, sd R, -;
  11  {Sand Step} BFLY WALL Tch L toe to instep of R, tch L heel to floor, XLif (W tch R toe to instep of L, tch R heel to floor, XRif), -;
  12  {Sand Step} BFLY WALL Tch R toe to instep of L, tch R heel to floor, XRif (W tch L toe to instep of R, tch L heel to floor, XLif), -;

13-16  DOOR TWICE;; 1/2 BASIC; UNDERARM TURN;
  13-14  {Door twice} BFLY WALL Rk sd L, rec R, XLif (W XRif), -; Rk sd R, rec L, XRif (W XLif), -;
  15  {1/2 Basic} BFLY WALL Fwd L, rec R, sd L, -;
  16  {Underarm Turn} Bk R, rec L, sd R (W XLif trn 1/2 RF under lead hands, rec R cont trn to face ptr, sd L), -;

INTERLUDE
1-4  HAND TO HAND; SPOT TURN; 1/2 BASIC; UNDERARM TURN:
  1  {Hand to Hand} Behind L to OP LOD, rec R to face ptr, sd L to BFLY WALL, -;
  2  {Spot Turn} XRif (W XLif) trn 1/2 LF (W RF), rec L cont trn to face ptr, sd R to BFLY WALL, -;
  3  {1/2 Basic} BFLY WALL Fwd L, rec R, sd L, -;
  4  {Underarm Turn} Bk R, rec L, sd R (W XLif trn 1/2 RF under lead hands, rec R cont trn to face ptr, sd L), -;
PART B

1-4 BREAK TO OPEN; PROGRESSIVE WALKS 3; SLIDING DOOR; CUCARACA TO LOP:

1 {Break to Open} Behind L to OP LOD, rec f wd R, fwd L, -;
2 {Progressive Walks 3} OP LOD F wd R, fwd L, fwd R, -;
3 {Sliding Door} OP LOD Rk apt L, rec R release h nds, XLif changing sides crossing in bk of W (W rk apt R, rec L, XRif), -;
4 {Cucaracha to LOP} Sd R, rec L, cl R (W sd L, rec R, cl L) to LOP LOD, -;

5-8 KIKI WALKS;; SPOT TURN TO FACE; HAND TO HAND;

5-6 {Kiki Walks} LOP LOD Placing each foot directly in front of other foot fwd L, fwd R, fwd L, -; fwd R, fwd L, fwd R, -;
7 {Spot Turn to Face} LOP LOD Fwd L (W f wd R) trn RF (W LF), rec R cont trn to face ptr, sd L to BFLY COH, -;
8 {Hand to Hand} Behind R to LOP LOD, rec L to face ptr, sd R to BFLY COH, -;

9-12 BREAK TO OPEN; PROGRESSIVE WALKS 3; SLIDING DOOR; CUCARACA TO LOP:

9 {Break to Open} Behind L to OP RLOD, rec f wd R, fwd L, -;
10 {Progressive Walks 3} OP RLOD Fwd R, fwd L, fwd R, -;
11 {Sliding Door} OP RLOD Rk apt L, rec R release h nds, XLif changing sides crossing in bk of W (W rk apt R, rec L, XRif), -;
12 {Cucaracha to LOP} Sd R, rec L, cl R (W sd L, rec R, cl L) to LOP RLOD, -;

13-16 KIKI WALKS;; SPOT TURN TO FACE; HAND TO HAND;

13-14 {Kiki Walks} LOP RLOD Placing each foot directly in front of other foot fwd L, fwd R, fwd L, -; fwd R, fwd L, fwd R, -;
15 {Spot Turn to Face} LOP RLOD Fwd L (W f wd R) trn RF (W LF), rec R cont trn to face ptr, sd L to BFLY WALL, -;
16 {Hand to Hand} Behind R to LOP RLOD, rec L to face ptr, sd R to BFLY WALL, -;

BRIDGE

1 NEW YORKER IN 4:

1 {New Yorker in 4} Thru L to LOP/RLOD, rec R to face ptr, rk sd L, rec R;

ENDING

1 {Step Back with Arm Sweep} Behind R to LOP RLOD, sweep R arm up & out (W behind L to LOP RLOD, sweep L arm up & out), -,
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<td>Crab Walks to Tandem</td>
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| J | New Yorker in 4 |

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3-18 Con Los Anos Que Me Quedan (Ross) 6202
(Bfly Wall Lead Foot Free)