Don't Give It Up  
(No Te Rindas)

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CD:  
Healing Evolution Track 4 Artist: Inka Gold Available: Inkagoldmusic.com (full CD only at this time)

Rhythm: Rumba RAL Phase V or Choreographer

Footwork:  
Opposite unless noted (Woman's Footwork in parentheses)

Timing:  
Standard RAL Rumba unless noted. Time @ 45 RPM: 4:05 Adjust for comfort Difficulty Level - Average

Sequence: Intro-A-A-B-C-D-B-C-End

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Meas

INTRODUCTION

1 - 4 BFLY WALL WAIT 2; CUCARACHA 2X;

1 - 2 BFLY Feng WALL Wait 2 Meas;

3 - 4 [Cucarachas] Rk sd & slightly bk L, rec R, cl L, -; Rk sd & slightly bk R, rec L, cl R, -;

5 - 8 OP HIP TWIST; FAN; ALEMANA;

5 [Op Hip Twist] Ck fwd L, rec R, cl L, pushing arm fwd gently to tm W, - (Rk bk R, rec L, fwd R swivel ¼ RF on Rt, -);

6 [Fan] Bk R, rec L, sd R, - (Fwd L comm trng ½ LF step sd & bk R completing tm, bk L leaving Rt extended fwd w/no weight, -);

7 - 8 [Alemana] Fwd L, rec R, sd L leading W to tm RF; Bk R, rec L, cl R leading W to M's rt sd (Bk R, rec L, sd R comm swivel; cnt RF tm under joined lead hnds fwi L, cont RF tm fwi R, sd L);

9 - 12 LARIAT BFLY; SHLDR TO SHLDR 2X;

9 - 10 [Lariat] Rk sd L, rec R, cl L, - (Commence to circle M clockwise with joined ld hnds fwi R, fwi L, fwi R, -) -; Rk bk R, rec L, cl R, - (Continue clockwise circle fwi L, fwi R, fwi & sd L trg to fe ptr, -) to BFly;

11 - 12 [Shldr to Shldr 2X] From Bfly Pos fwi L to Bfly SCAR, rec R to fe, sd L, - (Bk R to Bfly SCAR, rec L to fe, sd R, -); From Bfly Pos fwi L to Bfly BJO, rec L to fe, sd R, - (Bk L to Bfly BJO, rec R to fe, sd L, -);

PART A

1 - 4 ½ BASIC TO A; FULL NAT TOP;;

1 [1/2 Basic] Rk fwi L, rec R, sd & fwi L commence RF tm prep stp for, -;

2 - 4 [NAT Top] In CP Comm RF rotation XRB, sd L, XRB, - (Comm RF Rotation sd L, XRF, sd L, -); sd L, XRB, sd L, - (XRF, sd L, XRF, -); XRB, sd L, R, - (sd L, XRF, sd L, -) to CP/WALL;

5 - 8 NAT OPENING OUT; FAN; HOKEYSTICK;;

5 [Nat Opening Out] Giving W a slight lift sd Ld with rt sd stretch to open her out sd Ld inside edge onto ball of ft with pressure into floor, rec R with slight rt sd to ld W to CP, cl L to R, - (With slight lift sd stretch tmg 1/2 RF bk R with rt sd stretch, rec L with sd sttrch tmg LF 1/2 blending to CP, sd R, -);

6 [Fan] Bk R, rec L, sd R (Fwd L, trng LF step & bk R making ¼ tm to lift, bk L leaving R extended fwi w/no weight);

7 - 8 [Hockeystick] Fwd L, rec R, cl L, - (Cl R, fwi L, fwi R, -); bk R, rec L, fwi R ending DRW, - (Fwd L, fwi R trng lift to fe ptr, bk L on a diagonal, -);

9 - 12 FWD BASIC; BK WK 3 & 3 TO A; NAT TOP 3 FC WALL;

9 [1/2 Basic] Rk fwi L, rec R, bk L, -;

10 - 11 [Bk Wks] Bk R, bk L, bk R curving to fe RLOD, -; Bk L, bk R to fe RLOD, fwi L commence RF tm prep stp for, -;

12 [Nat Top 3] XRB, sd L, sd R, - (sd L, XRF, sd L, -) to CP Wall;

REPEAT A

PART B

1 - 4 ½ BASIC; UNDERARM TRN; SHLDR TO SHLDR 2X TO LIFT HND STAR;;

1 [1/2 Basic] BFly Wall Rk fwi L, rec R, sd & bk L, -;

2 [Underarm Trn] Raising jointed ld hnds tm body slightly RF & XRB, rec L squaring body to fe ptr, sd R, - (XRF under joined ld hnds commence 1/2 RF tm, rec R complete RF tm to fe ptr, sd L, -).


5 - 8 UMBRELLA TRN TO BFLY;  
5-8 [Umbrella Trn] In lift hnd star position fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; fwd L, rec R, bk L, -; bk R, rec L trn LF 1/4 to fe ptr, sd R. (Bk R, rec L, fwd R, -; fwd L trn 1/2 RF under joined lift hnds, rec R, fwd L, -; fwd R trn 1/2 LF under joined lift hnds, rec L, fwd R, -; fwd L trn 1/2 RF under joined lift hnds, rec R continue trn to fe ptr, sd L, -) to BFLYWALL;  
9 - 12 CUCARACHA X; CRAB WK END; HND TO HND 2X;  
9 [Cucaracha X] Sd & slightly bk L with partial weight, rec R, XLF, -;  
10 [Crab Wk End] In BFLY with upper body fng ptr Sd R, XLIF, sd R., - BFLY;  
11 - 12 [Hnd to Hnd 2X] Swiveling sharply 1/4 on rt ft step bk L to Op/LOD, rec R trn 1/4 RF to fe ptr, sd L, -; Swiveling sharply 1/4 on lift ft step bk R to Op/ROD, rec L trn 1/4 LF to fe ptr, sd R, - BFLY Wall;  
13 - 16 SD WKS; CUCARACHA 2X TO HNDSHK;  
15 - 16 [Cucarachas] Sd & slightly bk L with partial weight, rec R, cl L, -; Sd & slightly bk R with partial weight, rec L, cl L join rt hnds, -;  

PART C  
1 - 4 FLIRT; SWEETHEARTS 2X TO FC;  
1 - 2 [Flirt] Fwd L, rec R, sd L, - (Bk R, fwd L, fwd R trn LF to Varsouviensse pos, -); Bk R, rec L, sd R, - (bk L, rec R, sd L moving to her left in front of M to end in left Varsouviensse pos, -) fng Wall;  
3 - 4 [Sweethearts to Fe] Ck fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr, rec R straightening body, sd L, - (Bk R with lift sd lead into a contra ck like action, rec L, straightening body, sd R, -); Ck fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr, rec L straightening body, sd R, - (Bk L with lift sd lead into a contra ck like action, rec R, straightening body, fwd L trn LF to fe ptr, -) BFLY Wall;  
Alternate Version [Bbl Hndhold Sweethearts to Fe] Still in Varsv fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr & retaining bbl handhold, rec R straightening body, sd L, - (Bk R with lift sd lead into a contra ck like action, rec L, straightening body, sd R, -); Ck fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr & retaining bbl handhold, rec L straightening body, sd R, - (Bk L with lift sd lead into a contra ck like action, rec R commencing RF trn under joined hnds, straightening body, fwd L trn RF to fe ptr, -);  
5 - 8 CROSS BODY BFLY COH; CUCARACHA 2X TO HNDSHK;  
5 - 6 [Cross Body] Fwd L, rec R trn LF, [ft trn about 1/4 trn body trn 1/8 trn] sd L, - (Bk R, rec L, fwd R tpd M staying on rt sd ending in an L-shaped pos); Bk R beh L cont LF trn, rec L, sd R, - (fwd L commencing to trn lift, fwd R trn 1/2 LF, sd & bk L, -) to BFLY;  
7 - 8 Repeat Meas 15 & 16 Part B;  
9 - 12 FLIRT; SWEETHEARTS 2X TO FC;  
9 - 10 Fng COH Repeat Meas 1 & 2, Part C to BFLY COH;  
11 - 12 Repeat Meas 3 & 4, Part C;  
13 - 16 CROSS BODY BFLY WALL; NEW YORKERS 2X;  
13 - 15 Repeat Meas 5 & 6, Part C to BFLY/Wall;  
15 - 16 [New Yorkers] Swiveling on rt ft commence RF trn & step thru L with straight leg trng to a sd by sd position, rec R to fe ptr, sd L to BFLY, -; Swiveling on lift ft commence LF trn & step thru R with straight leg trng to a sd by sd position, rec R to fe ptr, sd R to BFLY, -;  

PART D  
1 - 4 BRK BK TO OP/LOD; KIKI WK 3 & 3; W ROLL X LOP;  
1 [Bk Bk to OP] Swiveling sharply 1/4 on rt ft step bk L to Op/LOD, rec R, fwd L, -;  
2 - 3 [Kiki Wks] In OP/LOD take 6 steps fwd R, L, R, -; L, R, - placing each foot directly in front of supporting foot;  
4 [W Roll X LOP] Rk bk R, rec L, small fwd R, - (Fwd L commence LF roll in front of M, sd & fwd R continue RF rotation, sd & fwd L cont rotation to fe DLC, -) to LOP;  
5 - 8 CIRCLE CHASE HER IN; CIRCLE CHASE HIM OUT TO LOP/LOD;  
5 - 6 [Circle Chase Her In] Commence LF circle following W tpd COH fwd L, fwd R, fwd L, -; Cont LF circle following W fwd R, fwd L, fwd R, - (Commence LF circle leading M tpd COH fwd R, fwd L, fwd R, -; Cont LF circle leading M fwd L, fwd R, fwd L, -) to end in sd by sd OP fng RLOD;  
7 - 8 Circle Chase Him Out) Cont LF circle now leading W fwd L, fwd R, fwd L, -; cont LF circle leading W fwd R, fwd L, fwd R, - (Cont LF circle now following M fwd R, fwd L, fwd R, -; Cont LF circle following M fwd L, fwd R, fwd L, -) to end in LOP fng LOD;
9 - 12 W ROLL X TO OP/LOD; PROG WK 3 & 3; NEW YORKER TO FC HNDSHK;

9  [W Roll X to OP/LOD] Rk Bk L, rec R, small fwd L, - (Fwd R commence RF roll in front of M, sd & fwd L continue LF rotation, sd & fwd R cont rotation to fce LOD, -) to OP/LOD;


12 [New Yorker to Hndshk] Stp thru R with straight leg in a sd by sd position, rec L to fce ptr, sd R to join rt hnds, -;

13 - 16 TRADE PLCS; CUCARACHA; CHASE W/UNDERARM PASS;

13 [Trade Places] Rt hnds joined rk apt L, rec R trng ¼ RF to fce RLOD releasing rt hnds, cont trng RF to fce ptr & COH stepping sd & bk L twd WALL (W rk apt R, rec L trng ¼ LF to fce RLOD, cont trng to fce ptr & WALL stepping sd & bk R to join ld hnds). - to BFLY COH;

14 [Cucaracha] Sd & slightly bk R with partial weight, rec L, cl R, -;


REPEAT PART B

REPEAT PART C

END

1 - 2 SD, DRAW, CL; SD CORTE;

1  [Sd, Draw, Cl] Sd L, draw R to L, cl L, -;

2  [Sd Corre] step back and side left using lowering action with supporting leg relaxed look RLOD;