

IF YOU KNEW

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Musie: Celio González con la Sonora Matancera
CD-SCPS-0898 Track 13 (Cien Mil Hojas)
Phase: Rumba VI Speed as per CD
Sequence: INTRO - A - B - BRIDGE -B - END Release: August 2010



INTRO
OPEN POS fc WALL NORMAL FOOT FREE

1-6 WAIT 5 NOTES CURL TO SHADOW; OUT TO FAN; BASIC LADY RF SWIVEL POINT FC RDW; UNDERARM TRN CP; NAT OPENING OUT REC TCH;

- 1 (Wait) ; , ,
- 2 (Curl) Fwd L, rec R, cl L raise jnd lead hnds over Lady's head leading her to trn LF,- (Bk R, rec L, fwd R trn LF 3/4 to fe LOD left arm wrapped in front of body,-);
- 3 (Out To Fan) Bk R, sd & fwd L, fwd R fe DW,- (Fwd L, fwd R trn 1/2 LF, bk L,-);
- 4 (Basic Lady RF Swivel Point fe RDW) Fwd L, rec R, trn RF fe RDW cl L keep left hnd low,- (Cl R, fwd L, fwd R in front of M & trn RF fe DC point L DC end sd by sd Lady to left sd of Man,-);
- 5 (Underarm trn CP) Bk R raise left hnd, sd L lead Lady to RF underarm trn, cl R fe WALL,- (Fwd L commence RF trn, fwd R cont trn, sd L CP,-);
- 6 (Nat Opening Out Rec Tch) Trn RF fwd L DRW lead Lady to trn RF, rec R fe WALL, hold SCP LOD,- (Swivel 1/2 on L bk R COH, rec L trn 1/2 LF, hold,-);

PART "A"

1 - 9 WALK 3; THRU TO AIDA; ROCK 3; WALK 3 RLOD; REV UNDERARM TRN; 3 OF NAT TOP; 3 NAT OPENING OUTS LADY SPIRAL TO SHADOW ON LAST ONE MAN TCH LEFT FT FREE FOR BOTH:::

- 1 (Walk 3) Fwd L, fwd R, fwd L,-;
- 2 (Thru to Aida) Thru R LOD, sd & bk L lead hnds jnd, bk R to "V" bk to bk position,-;
- 3 (Rock 3) Fwd L, rec R, fwd L,-;
- 4 (Walk 3 RLOD) Fwd R look at each other, fwd L, fwd R,-;
- 5 (Rev Undearm Trn) XLIF, rec R, sd L,- (XRIF under jnd lead hnds trn LF, rec L trn LF to fe partner, fwd R,-);
- 6 (3 of Nat Top) XRIB trn RF, sd L cont trn, XRIB,- (Sd L trn RF, XRIF cont trn, sd L);
- 7 - 9 (3 Opening Outs On Last One Lady Spiral Man Tch Left Foot Free For Both) Cucaracha sd L with hip action right arm around Lady's waist & left arm out to sd both fe WALL, rec R bring Lady to fe, cl L extending left arm to Lady,- (Swivel RF on L fe WALL sd R with hip action extend right arm out to sd, rec L to fe reaching to Man's left shoulder with right hnd look at Man, sd R,-); Cucaracha sd R with hip action left arm around Lady's waist and right arm out to sd both fe WALL, rec L bring Lady to fe, cl R extending right arm to Lady,- (Swivel LF on R fe WALL sd L with hip action extend left arm to sd, rec R to fe reaching to Man's right shoulder with left hnd look at Man, sd L,-); Cucaracha sd L with hip action right arm around Lady's waist & left arm out to side both fe WALL, rec R bring Lady to fe extend left arm up & in to lead Lady to spiral LF, hold,- (Swivel RF on L fe WALL sd R with hip action extend right arm to sd, rec L to fe join hnds, sd R spiral LF to Shadow both left foot free join left hnds,-);

10 - 17 WALK 3; SHADOW RF TRN FC DC; FENCE LINE; REC TO FC 2 SLOWS MAN TCH; 3 ALEMANAS CP:::

- 10 (Walk 3) In shadow identical foot work sd & fwd L, fwd R, fwd L,-;
- 11 (Shadow RF Trn Fe DC) Fwd R trn RF, bk & sd L fe COH, sd R,-;
- 12 (Fence Line [SS]) Cross check L DC with checking action & arms extended,-, hold,-;
- 13 (Rec to Fe 2 Slows Man Tch [SS]) Trn RF rec R fe Lady,-, hold,- (Rec R,-, sd L fe COH,-);
- 14 - 17 (3 Alemanas CP) Fwd L, rec R, small sd L,-; bk R, rec L, cl R,-; sd L, rec R, cl L,-; bk R DC, rec L, sd R fe WALL,- (Bk R, rec L, fwd R commence RF trn,-; cont RF trn fwd L, cont trn fwd R, cont trn cl L fe DW,-; sharp LF trn fwd R, cont trn fwd L, fwd R fe DC,-; commence RF trn fwd L, cont trn fwd R, sd L to fe partner CP,-);

PART "B"

- 1-9 BASIC TO FAN ;; HOCKEY STICK SHAKE HANDS ;; OVERTURNED ALEMANA TO MOD TURKISH TOWEL; ; ; ; LADY WALK TO SHADOW LUNGE MAN 2 SLOWS ;
1 - 2 (Basic To Fan) Fwd L, rec R, bk L,- (Bk R, rec L, fwd R,-); Trn LF bk R lead Lady to Fan, rec L, fwd & sd R fe DW,- (Trn LF fwd L, bk R, bk L,-);
3 - 4 (Hockey Stick Shake Hnds) Fwd L, rec R releasing jnd hnds, cl L trn upper body LF twd Lady with arms extended out to sides,-; Bk R still no hnds joint, rec L RDW, fwd R shake hnds,-; (Cl R, fwd L, fwd R left hnd on man's chest right arm extended up,-; Fwd L, fwd R trn 1/2 LF, bk L shake hnds,-);
5 - 6 (Overturned Alemana) Fwd L, rec R, cl L raise lead hnd to lead Lady to underarm trn,-; XRIB, rec L, sd R end in front of Lady to her right sd right arm low fe WALL,- (Bk R, rec L, fwd R,-; XLIF trn RF under joined right hnds, fwd R cont trn, fwd L around Man end in back of Man to his left sd,-);
7 - 8 (Mod Turkish Towel) XLIF extend left arm fwd, rec R, sd L now to Lady's left sd still right hnds jnd,-; XRIB extend left arm sd, rec L, sd R now to Lady's right sd join L hnds release right hnds,- (Ck fwd R extend left arm fwd, recov L, sd R to Man's right sd,-; ck fwd L, rec R, sd L to Man's left sd,-);
9 (Lady Walk To Shadow Lunge Man 2 Slows) Cl L,-, sd R lunge Man's left hnd on Lady's left forearm & right hnd on Lady's waist,- (Fwd R, small fwd L, sd R lunge,-);
- 10-16 ROCK 2 & BACK LUNGE WITH ARMS; LADY 2 SLOWS TO FC; ALEMANA TO ROPE SPIN TO FC;;; ROCK SD REC 2 SLOWS;
10 (Rock & Bk Lunge With Arms) Identical foot work for both rock sd & bk L, rec R, trn body RF bk L with a lunge action left hnd on Lady's waist both right hand up slowly fe RLOD;
11 (Lady 2 Slows To Fc [SS]) XLIF,-, side R,- (Fwd L trn RF,-, sd R cont trn,-);
12 - 15 (Alemana to Rope Spin To Fc) Fwd L, rec R, cl L,-; Bk R lead Lady to start right underarm trn, rec L, cl R,- Small sd L, rec R, fwd L,- Bk R, rec L, cl R,- (Bk R, rec L, fwd R DC,-; Fwd L crossing in front of R trng RF, cont trn fwd R, cont trn fwd L on count & spiral RF finish on Man's right sd fe DRC [QQS&,-; RF circle fwd R, fwd L, fwd R,-; Fwd L cont circle, fwd R, sd L to fe,-);
16 (Rock Side Rec [SS]) Side L,-, Side R,-;

BRIDGE

- 1 - 8 CURL; CHASE LADY TURN; SPOT TRN LADY BACK BASIC; THREE OF NATURAL TOP LADY SPIRAL; BACK WALK THREE BOTH TURN; BACK WALK THREE LADY TURN; FORWARD SWIVEL CROSS & SIDE; WALK 3 TO CP;
1 (Curl) Fwd L, rec R, cl L raise jnd lead hnds over Lady's head leading her to trn LF,- (Bk R, rec L, fwd R trn LF 1/2 to fe WALL left arm wrapped in front of body,-);
2 (Chase Lady Trn) Bk R, rec L, fwd R,- (Fwd L, fwd R, fwd L trng 1/2 RF,-);
3 (Spot Trn Lady Back Basic) Commence RF trn XLIF, rec R cont trn, cont trn sd & fwd L fe RDW,- (Bk R, trn RF fwd, L, fwd R to fe partner,-);
4 (3 of Nat Top Lady Spiral) XRIB commence RF trn, sd L cont trn, cl R raise left arm up over head to lead lady to spiral RF,- (Sd L commence RF trn, XRIF cont trn, sd L cont trn,-, spiral RF to fe RLOD/);
5 (Walk Bk 3 both trn) Bk L, bk R, bk L trng 1/2 RF left hand joined with lady,- (Fwd R, fwd L, fwd R trn 1/2 LF to fe LOD keep right hand joined with man left arm extended in front of man,-);
6 (Walk Bk 3 Lady trn) Bk R, bk L, bk R keeping left hand joined with lady allowing lady to turn under as in alemana,- (Fwd L, fwd R, fwd L trn 1/2 RF under joined right hand to end LOP fe RLOD,-);
7 (Fwd Swivel Cross & Side) Fwd L trn 1/4 LF to fe WALL & partner, XRIF, sd L Bfly,-(Fwd R trn 1/4 RF to fe COH & partner, XLIF, sd R Bfly,-);
8 (Walk 3 to CP) XRIF, Sd L, XRIF to CP fe WALL,-;

REPEAT "B"

- 1-9 BASIC TO FAN ;; HOCKEY STICK SHAKE HANDS ;; OVERTURNED ALEMANA TO MOD TURKISH TOWEL; ; ; ; LADY WALK TO SHADOW MAN 2 SLOWS ;
10-16 ROCK 2 & BK LUNGE WITH ARMS; LADY 2 SLOWS TO FC; ALEMANA TO ROPE SPIN TO CP;;; ROCK SD REC 2 SLOWS;

(Note) Second time part B Alemana to Rope Spin finish in CP)

ENDING

- 1 - 3 BASIC TO CROSS BODY FC DC ;; CONTRA CHECK REC TO LEG WRAP;
1 - 2 (Basic to Cross Body) Fwd L, rec R, bk L,-; Trn LF bk R, cont trn sd L, fwd R DC,- (Bk R, rec L fwd R,-; Trn LF fwd L, cont trn sd R, bk L DC,-);
3 (Contra Check Rec to Leg Wrap) Flex right knee step fwd L with right shoulder lead, rec R, sd L no wgt,- (Bk R keep head well to left, rec L, wrap right leg counter clockwise around Man's left leg,-);



CIEN MIL COSAS

Si tu supieras las ganas que tengo de estar contigo
Para decirte mi triste alegría mi pena y mi ensueño

Para contarte cien mil cosas que llevo escondida
en el alma
Para decirte que sufro y que gozo pensando en tu
amor

Si tu supieras las ansias que tengo de hablarte
muy quedo
Para decirte la inmensa alegría que siento al mirarte

Para decirte con medio de mi vida lo mucho que te
quiero
Para contarte una eterna verdad aunque tu no la
creas

Si tu supieras las ansias que tengo de hablarte
muy quedo
Para decirte la inmensa alegría que siento al mirarte

Para decirte con pedio de mi vida lo mucho que te
quiero
Para contarte una eterna verdad aunque tu no la
creas

ONE THOUSAND THINGS

If you knew how much I wish to be with you
So I could tell you my sad happiness,
my pain and my dreams

So I could tell you one thousand things I have hidden
in my heart
So I could tell you that I suffer & enjoy thinking of
your love

If you knew how much I wish to talk to you very softly
So I could tell you the great happiness that I feel
looking at you

So I could tell you that I love you with all my heart
So I could tell you that it is true even thou you won't
believe me

If you knew how much I wish to talk to you very softly
So I could tell you the great happiness that I feel
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So I could tell you that I love you with all my heart
So I could tell you that it is true even thou you won't
believe me

Celio González was a Cuban singer and was my sister
Laura's Husband.