IF YOU KNEW

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Music: Celio González con la Sonora Matancera
CD: SPCS-0898 Track 13 (Cien Mil Huelas)
Phase: Rumba VI
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 RDB; UNDERARM TRN CP; NAT OPENING OUT REC TCH;
1 (Walk:;) ; ,;
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, fwt R trn LF 3/4 to fc RDB; left arm wrapped in front of body,);
3 (Out To Fan) Bk R, sd & fwt L, fwt R fc DW, (Fwd L, fwt R trn 1/2 LF, bk L,);
4 (Basic Lady RF Switch Point fc RDB) Fwd L, rec R, trn RF fc RDB, cl L, keep left hnd low, (Cl R, fwt L, fwt R in front of M & trn RF fc 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 fc WALL, (Fwd L commence RF trn, fwt R cont trn, sd L CP,);
6 (Nat Opening Out Rec Tch) Trn RF fwt L DRW lead Lady to trn RF, rec R fc 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, fwt R, fwt L,;
2 (Thru to Aida) Thru R LLOD, sd & bk L lead hnds jnd, bk R to "V" bk to bk position,;
3 (Rock 3) Fwd L, rec R, fwt L,;
4 (Walk 3 RLOD) Fwd R look at each other, fwt L, fwt R,;
5 (Rev Underarm Trn) XLIF, rec R, sd L, (XRIF under jnd lead hnds trn LF, rec L trn LF to fc partner, fwt 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) Cecaracha sd L with hip action right arm around Lady's waist & left arm out to sd both fc WALL, rec R bring Lady to fc, cl L extending left arm to Lady, (Swivel RF on L fc WALL sd R with hip action extend right arm out to sd, rec L to fc reaching to Man's left shoulder with right hnd look at Man, sd R,); Cecaracha sd R with hip action left arm around Lady's waist and right arm out to sd both fc WALL, rec L bring Lady to fc, cl R extending right arm to Lady, (Swivel LF on R fc WALL sd L with hip action extend left arm to sd, rec R to fc reaching to Man's right shoulder with left hnd look at Man, sd L,); Cecaracha sd L with hip action right arm around Lady's waist & left arm out to side both fc WALL, rec R bring Lady to fc extend left arm up & in to lead Lady to spiral LF, hold, (Swivel RF on L fc WALL sd R with hip action extend right arm to sd, rec L to fc 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) fnt shadow identical foot work sd & fwt L, fwt R, fwt L,;
11 (Shadow RF Trn FC DC) Fwd R trn RF, bk & sd L fc COH, sd R,;
12 (Fence Line [SS]) Cross check L DC with checking action & arms extended, hold,;
13 (Rec to FC 2 Slows Man Tch [SS]) Trn RF rec R fc Lady, hold, (Rec R, sd L fc 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 fc WALL, (Bk R, rec L, fwt R commence RF trn, cont RF trn fwt L, cont trn fwt R, cont trn cl L fc DW,; sharp LF trn fwt R, cont trn fwt L, fwt R fc DC,; commence RF trn fwt L, cont trn fwt R, sd L to fc partner CP,);
PART "B"

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 fc DW,- (Trn LF fwd L, bk R, L bk L,-);

3-4 (Hockey Stick Shake Hnds) Fwd L, rec R releasing jnd hnds, el L trn upper body LF fwd Lady with arms extended out to sides,-; Bk R still no hnds joined, rec L RDW, fwd R shake hnds,,- (Cl R, fwd L, L left hnd on man's chest right arm extended up,-; Fwd L, fwd R trn 1/2 LF, L bk L shake hnds,,-);

5-6 (Overturned Alemana) Fwd L, rec R, L raise lead hnd to lead Lady to underarm trn,-; XRIE, rec L, sd R end in front of Lady to her right sd right arm low fc WALL,- (Bk R, rec L, L fhd R,-; XLIF trn RF under joined right hnds, fwd R cont trn, fhd L around Man end in back of Man to his left sd,-);

7-8 (Mod Turkish Towel) XLIF extend left arm fhd, rec R, sd L now to Lady's left sd still right hnds jnd,,-; XRIE extend left arm sd, rec L, sd R now to Lady's right sd join L hnds release right hnds,- (Cl fhd R extend left arm fhd, recov L, sd R to Man's right sd,-; crcl fhd L, rec R, sd L to Man's left sd,-);

9 (Lady Walk To Shadow Lunge Man 2 Slos) Cl L,-, sd R lunge Man's left hnd on Lady's left forarm & right hnd on Lady's wrist,- (Fwd R, small fhd L, sd R lunge,-);

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 slowy fc RLOD;

11 (Lady 2 Slos 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, cr L,-; Bk R lead Lady to start right underarm trn, rec L, cr L,- Small sd L, rec R, fhd L,- Bk R, rec L, cr L (- Bk R, rec L, fhd R DC,-; Fwd L crossing in front of R trn RF, cont trn fhd R, cont trn fhd L on count & spiral RF finish on Man's right sd fc DRC [QSQ&]; RF circle fhd R, fhd L, fhd R,-; Fwd L cont circle, fhd R, sd L to fc,-);

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, cr 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, fhd R,- (Fwd L, fhd R, fhd L trn 1/2 RF,-);

3 (Spot Trn Lady Back Basic) Commence RF trn XLIF, rec R cont trn, cont trn sd & fhd L fc RDW,- (Bk R, trn RF fhd L, fhd R fc partner,-);

4 (3 of Nat Top Lady Spiral) XRIE commence RF trn, sl L cont trn, cr L raise left arm up over head to lead lady to spiral RF,- (Sl L commence RF trn, XRIE 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, fhd L, fhd R trn 1/2 LF to fe LOD keep right hand joined with main 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, fhd R, fhd 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 fc WALL & partner, XRIE, sd L Bfly,- (Fwd R trn 1/4 RF to fc COH & partner, XLIF, sd R Bfly,-);

8 (Walk 3 to CP) XRIE, Sl L, XRIE to CP fc WALL,-

REPEAT "B"

1-9 BASIC TO FAN ;; HOCKEY STICK SHAKE HANDS ;; OVERTURNED ALEMANA TO MOD TURKISH TOWEL: ;; LADY WALK TO SHADOW LUNGE 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)
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 sufre y que gozo pensando en tu amor
Si tu supieras las ancia 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 tú no la creas
Si tu supieras las ancia 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 tú 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
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

Celia González was a Cuban singer and was my sister
Laura’s Husband.