LA MEDIA VUELTA (The Turn Around)

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Music: Luis Miguel La Media Vuelta Available at Amazon.com or contact choreographer

Sequence: Intro – A – B – INTERLUDE – A – END
Phase & Rhythm: PHASE V + 2 Rumba (Circular Hip Twist; Nat Top)
Timing: (QQS except where noted) Difficulty Level: - Average Slow for Comfort
Footwork: Opposite, Unless noted (W’s footwork & timing in parentheses) (Version 1.0 Released 07/17

MEAS.

INTRO

1-6 CP WALL TRAIL FT FREE WAIT; THRU TO HINGE; W CURL & FWD TO
SHAD/LOW; SHAD WK 3; W SPOT TRN M CUCA HEAD LOOP TCH;

1-2 In CP Wall wait 2 ms;;

ss 3-4 [hinge] Thru LOD R, sd & fwd LOD L joining ld hnds, trng upper bdy LF
lower into L leg keeping R sd off ptr (W thru LOD L, sd R comm to trn bdy LF, plc L ft undr bdy
then lower on L leg extend R ft twd RLOD in Hinge), -;

W curl fwd to shad] Rec R keeping taking jnd ld hnds ovr W’s hd,-, fwd LOD
L (W rec R trng 3/8 LF undr jnd ld hnds,-, fwd LOD L) blending to SHDW DLW, -;

5-6 [shad wk] SHDW LOD w/ identical footwork wk LOD R,L,R,-; [W spot trn M cuca]
Rk sd & fwd L LOD raising jnd L hnds to ld W’s RF trn, rec R trn WRF while taking jnd L hnds
ovr W’s hd and preparing to take L hnds ovr M’s hd, tch L to R taking jnd L hnds ovr M’s hd and
resting them behind M’s neck while placing M’s R hnd arnd W in a normal CP hold (W fwd LOD L
commencing to trn RF, rec R cont trn RF undr jnd L hnds to fc ptr & COH, sm sd L RLOD taking
jnd L hnds ovr M’s hd) to CP WALL;,-;

PART A

1-4 CP/WALL ALEMANA;; CIRCULAR HIP TWISTS;;

1-2 [alemana] Fwd L, rec R, cl L to R lead W to comm RF trn under jnd hds (W Bk R, fwd L, fwd R
comm RF trn under jnd lead hds), -; Bk R, rec L, sd & fwd R (W cont trn fwd L, cont trn fwd R, sd &
bk L to fc ptr)end CP/WALL

3-4 [circular hip twist] Fwd L trng 1/8 RF leading W to open out, rec R trn 1/8 LF, bk L behind R
(W Swvl ½ RF on L bk & sd R, rec L swvl ½ LF on L, cont LF trn fwd R outsprt to M’s R sd/trng
Hips RF towards LOD), - ; trn LF sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R
(W fwd L/swvl LF to fc ptr, cl R to L/trn hip RF fwd L), -;

5-8 FINISH CIRCULAR HIP TWIST; FAN; SL STEP TOG M’S HEAD LOOP & SHAPE;
M TRN AWAY W TO FAN;

5-6 [cont cir hip twist] Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (W swvl LF to fc
ptr/cl R, trn hips RF/fwd L, swvl LF to fc ptr/cl R to L, trn hips RF towards LOD) to end M
cy WALL,-:[fan] Bk R, rec L, sd & fwd R (W fwd LOD L, fwd R trn LF, cont LF trn sd & bk L),-;

7-8 [slow tog m’s head loop] Step L twd W(W step fwd R twd M) raising jnd ld hnds w/M’s palm up
and elbow bent and pointed twd Wall then take joined hnds over M’s hd and slowly lower them to
rest on M’s R shldr while W place L hnd on M’s L rib cage and M leaves free R hnd down at

s R sd, -; [M trn away RF to fan] Releasing hnds step sd RLOD R trn RF to fc RLOD, fwd LOD L
trn ¼ RF to fc wall, sd R (W step bk L) to fan,-;

9-12 ALEMANA TO CUDDLE POS WALL;;CUDDLE TWICE;;

9-10 [alemana] Fwd L, rec R, sd & bk L, - (W cl R to L, fwd L, fwd R trn RF fc M, -);
Bk R beh L lead W under ld hands, rec L, sd R CP, -
(W fwd L trn RF under lead hands, fwd R trn RF fc M, sd & fwd L to cuddle pos/wall);

11-12 [cuddle 2x] Slight RF body trn to lead W out sd L extend L arms to sd to 1/2 OP, rec R, cl L both
arms around W on back, - (W trn RF sd R to 1/2 OP, rec L trn LF, fwd R return hand to M’s
shoulder, -);Slight LF body trn to lead W out sd R extend R arms to sd to L 1/2 OP, rec L, cl R
both arms around W on back, -(W trn LF sd L to L 1/2 OP, rec R trn RF, fwd L return hand to
M’s shoulder, -);
13-14
1/2 BASIC; NAT TOP;;;
13-14 [1/2 basic] Fwd L, rec R, sd & fwd L trng RF to CP RLOD, -(W bk R, rec L, fwd R trng RF to CP, -) [start nat top] Trng RF XRIB, sd L, XRIB, -(W sd L, XRIB, sd L, -);  
15-16 [Finish Nat Top] Sd L, XRIB, sd L, -(W XRIF, sd L, XRIF, -) XRIB, sd L, cl R to CP fc Wall, - (W, sd L, XRIF, sd L, -) blend to CP/WALL; -;

PART B

1-4 CP/WALL CL HIP TWIST; FAN; CHECKED HKY STK TANDEM/WALL; SL HIP RK;

5-8 SYNC HIP RKS (QQ&S); HKY STK END; ALEMAMA;;
7-8 [Alemana] Fwd L, rec R, cl L raising joined lead hands, -; bk R, rec L, sd R (W bk R, rec L, fwd R, trn RF under joined hands fwd L, conti trn RF fwd R, fwd L) LOP fc WALL, -;
CHASE w/UNDERARM PASS;; CHASE w/UNDERARM PASS;;
5-6 [chase w/underarm pass] Fwd L comm 1/2 RF trn keep ld hds jnd, rec R, fwd L (W bk R keep ld hds jnd, rec R, fwd R trn LF, bk L) LOP fc WALL, -;
7-8 [chase w/underarm pass] Repeat meas 5-6 jn R hds, -;

INTERLUDE

1-5 JN RT HDS TURKISH TOWEL ;;; W OUT TO FC; HIP RK 4;
3-4 [Finish Turkish Towel] XLIB of R chk, rec R, sd to W's L sd, -(W ck fwd R, rec L, sd R to M's R sd, -); [W out to fc] Bk R, rec L, sd & bk R (W fwd L, fwd R trn LF to fc ptr/coh, sd L).- low brly, -
qqqq 5 [hip rk 4] rk sd L, rk sd R, rk sd L, rec sd R (W rk sd R, rk sd L rk sd R, rek sd L); CP/Wall;

REPEAT A

END

1-4 OP HIP TWIST; FAN; HKY STK ;;
1-2 [op hip twist] Ld hds jnd Fwd L, rec R, cl L to R (W bk R, rec L, fwd R twd ptr swivel 1/4 RF), -; [fan] Bk R, rec L, sd R (W fwd L, fwd R trn LF 1/2, sd & bk L) end "L" pos M fac ptr/wall, -;
3-4 [hky stk] Fwd L, rec R, shape twd ptr cl R to L (W cl R to L, fwd L, fwd R), -; Bk R, rec L, fwd R (W fwd L, fwd R trn LF, bk L) LOP FC DRW,
5-8 CUCARACHA PAUSE; CUCARACHA; BRK BKOP; THRU SL OP HINGE & EXTEND;
5-6 [cuca] Rk sd L, rec R, cl L (slight pause); Rk R, rec L, cl R (W Rk sd R, rec L, cl R (slight pause) Rk L, rec R, cl L) -;
7-8 [brk bk] Trn LF on R bk L, rec R trn RF to fc ptr sd L; [sl hinge] Slow thru R, - sd L to CP, -; begin to lower on L lead W to step under body L to hinge, -(W Sl thru) L, -, slow sd R to CP, -; begin to lower on R, X L well under body to hinge); Relax L knee & continue to lower look at W, -; and extend L arm (W keep L sd twd ptrn continue to lower, -; & slightly point R toe fwd between ptrs feet and extend L arm);