Regresa A Mi
(Return To Me)

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Music: Artist: Gloria Estefan “Regresa A Mi” CD: “Exitos De Gloria Estefan” CD-80432 Track #5
Suggested speed: Speed up to 21.5MPM
Footwork: Opposite, directions for man (lady as noted)  [Note: Timing indicates weight changes only]
Rhythm & Phase: Bolero VI  Basic Rhythm: SQQ except where noted
Sequence: Intro  A  A  B  Bridge  C  C  End
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Meas  

INTRO

WAIT: EXPLOSION & ROLL ACROSS; SOLO SPOT TRN;
TOG TO BOLERO-BJO WHEEL W TRANS;
1-4  1  Wait 1 Meas in FCG Pos M fcg DLW X-hnd hold R over L R-ft free for both pointed sd & bk;
2  (Explosion & Roll Across)  Sd R twd RLOD (W twd LOD) swinging R-hnd up & out, - , rec L
releasing L-hnds & comm roll LF twd LOD, sd R cont roll LF to fc WALL end momentary
SBY-SD R-shoulders adjacent M fcg WALL (W fcg COH);
3  (Solo Spot Trn)  Sd L twd LOD (W sd L twd RLOD), -, XRIF flexing both knees comm LF trn,
cont LF trn fwd L twd RLOD (W twd LOD) end FCG Pos/RLOD approx 3 ft apt;
SQQ  4  (Tog to Bolero-BJO Wheel W Trans)  Fwd R assuming BOLERO-BJO Pos/RLOD M’s R-hnd
around W’s waist (W’s R-hnd on M’s -shoulder), -, fwd L comm wheel RF, fwd R cont wheel
RF to fc almost WALL (W fwd L comm wheel RF/fwd R cont wheel RF, fwd R trn RF to fc M);

PART A

1-8  TRNG BASIC; OPEN BREAK; FWD & W SYNC SOLO SPIN TRANS TO; SHADOW FENCE LINE;
SYNC SHADOW TRNG BASIC TO FC; LUNGE/STORK LINE; W SPIRAL & REV RIFF TRN;
NEW YORKER;
1  (Trng Basic)  BOLERO-BJO/DLW assuming CP sd & slightly fwd L trng RF looking well left (W
looking right), -, bk R under body comm trng LF, cont trng LF fwd L twd DLC end CP/DLC;
2  (Open Break)  Sd & fwd R releasing trailing hnds, -, bk L under body flexing knee, fwd R (W sd
& bk L, -, bk R under body flexing knee, fwd L) end LOP Fcg/DLC;
SQQ  3  (Fwd & W Sync Solo Spin Trans to)  Fwd L & trng RF to fc DLW joining R-hnds, -, leading W
spin RF & release R-hnds sd R twd RLOD, cl L (W fwd R slightly LF to DLW, -, XRIF comm
RF spin almost 2 full trn/cont spinning RF on L step R in pl, cont spin RF on R step L to fc
WALL) end OP/WALL no hnd jnd;
4  (Shadow Fence Line)  Assuming SHADOW Pos/WALL L-hnds jnd & extended sd M’s R-hnd on
W’s R-shoulder blade sd R, -, XRIF checking W extending free R-hnd sd & fwd , bk R;
S&QQ  5  (Sync Shadow Trng Basic to Fc)  Sd & fwd L trng RF looking well left, -/trng LF on L slip R bk
under body flexing knee to fc LOD, fwd L leading W trn LF & release, fwd R joining R-hnds (W
d & fwd L trng RF looking well left, -/trng LF on L slip R bk under body flexing knee to fc LOD,
fwd L trng LF 1/2 to fc M, bk R) end FCG Pos/LOD R-hnds jnd;
----  6  (Lunge/Stork Line)  Hold leading W step bk, -, flex R-knee extending L bk slightly rotating body
LF looking at W, - (W bk L, -, swiveling LF on L lift R-toe along L-leg to the point of L-knee free
L-hnd straight up looking at M);
(W S--)  7  (W Spiral & Rev Riff Trn)  Fwd L trng LF to fc WALL leading W spiral LF, -, sd R leading W
spin LF, cl L (W fwd R spiraling LF under jnd R-hnds to fc COH, -, sd L comm spinning LF under
jnd R-hnds, cont spinning LF to fc COH cl R) end FCG Pos/WALL R-hnds jnd;
8  (New Yorker)  Sd R joining lead hnds, -, trng RF on R to fc LOD fwd L checking, bk R trng LF to
fc WALL end LOP FCG/WALL;
PART A (cont’d)

9-17 UNDERARM TRN; OPEN BREAK; CHECK R PASS M OVERTRN w/ HND CHG BHND BK;; CROSS BODY W FREE ROLL IN 5; AIDA TWD LOD; AIDA LINE & HIP RKS; FC & SPOT TRN;

RIFF TRNS;

9 {Underarm Trn} LOP FCG/Wall Sd L raising jnd lead hnds, -, bk R leading W trn RF under jnd lead hnds, fwd L (W sd R, -), XLIF trng RF under jnd lead hnds, cont trng RF sd & fwd R to fc M) end LOP FCG/WALL;

10 {Open Break} Sd & fwd R, -, bk L under body flexing knee, fwd R (W sd & bk L, -, bk R under body flexing knee, fwd L) end LOP Fcg/WALL;

11-12 {Checked R-Pass M Overtrn w/ Hnd Chg bhnd Bk} Joining both hnds fwd L twd W’s R sd raising jnd lead hnds comm trng RF around W, -, cont trng RF around W XRIB lowering lead hnds, sd & fwd L (W fwd R passing under jnd lead hnds, -, XLIF, bk R) end WRAPPED/COH; Releasing trailing hnds fwd R swiveling RF 1/2 to fc W, -, fwd L trng RF 1/2 to fc COH joining R-hnds bhnd bk, fwd R (W bk L, -, bk R, fwd L) end TANDEM/COH M IF of W R-hnds jnd

SQQ 13 {Cross Body W Free Roll in 5} Fwd L, -, leading W fwd & roll LF & release hnds bk R, fwd L (W fwd R, -, fwd L small step comm rolling LF/cont spinning cl R, fwd L small step comm rolling LF/cont spinning cl R to fc M) end LOP FCG/COH;

14 {Aida twd LOD} Joining lead hnds sd & fwd R twd LOD, -, thru L, trng LF sd R;

15 {Aida Line & Hip Rks} Cont trng LF sd & bk L to AIDA LINE, -, fwd R rolling hips CW (W CCW), rec L rolling hips CCW (W CW);

16 {Fc & Spot Trn} Fwd R swiveling RF to ptr pointing L sd, -, releasing hnds XLIF comm trng RF, rec R cont trng RF to fc COH joining lead hnds end LOP FCG/COH;

QQQQ 17 {Riff Trns} Sd L raising jnd lead hnds to lead W spin RF, cl R, sd L raising jnd lead hnds, cl R (W sd R comm spinning RF under jnd lead hnds, cont spinning on R to fc M cl L, sd R comm spinning RF under jnd lead hnds, cont spinning on R to fc M cl L) end LOP FCG/COH;

PART B

1-8 TRNG BASIC OVERTRN TO FC LOD; CONTRA BREAK; HIP RKS M TRANS; M LUNGE W LEG LIFT & CROSS BODY; ALTERNATING UNDERARMTRNS;; DBL RONDE w/ INSIDE UNDERARM TRN; LUNGE BREAK;

1 {Trng Basic Overtrn to FC LOD} LOP FCG/COH assuming CP sd & slightly fwd L trng RF looking well left (W looking right), -, bk R under body comm strongly trng LF, cont trng LF fwd L twd WALL end CP almost fcg DLW;

2 {Contra Break} Sd & fwd R cont trng LF to fc LOD, -, fwd L across body flexing knee looking at W (W looking well left), bk R end CP/LOD;

SQQ& 3 {Hip Rks M Trans} Sd & bk L, -, rk fwd R rolling hips CW, rk bk L rolling hips CCW/cl R (W sd & fwd R, -, rk bk L rolling hips CCW, rk fwd R rolling hips CW);

SQQ 4 {M Lunge W Leg Lift & Cross Body} Releasing trailing hnds sd & bk L twd LOD flexing knee leading W to hold move, -, leading W fwd bk R under body, trng LF to fc RLOD fwd L (W hold lifting L-toe along R-leg L-hnd straight up, -), fwd L comm trng LF, cont trng LF to fc LOD bk R) end LOP FCG/RLOD;

5-6 {Alternating Underarm Trns} Joining trail hnds sd twd COH, -, XLIF trng RF under jnd trail hnds, cont trng RF sd & fwd R trng LF to fc W joining lead hnds (W sd L twd COH raising trail hnds, -, bk R, fwd L) end BFLY/RLOD; Sd L raising jnd lead hnds, -, bk R leading W trn RF under jnd lead hnds, fwd L (W sd R, -, XLIF RF under jnd lead hnds, cont trng RF sd & fwd R to fc M) end LOP FCG/RLOD;

S&Q 7 {Dbl Ronde w/ Inside Underarm Trn} Assuming CP fwd R btwn W’s ft trng RF rondel CW, -, sd & fwd L around W raising jnd lead hnds/XRIB leading W spin LF, cl L (W sd & fwd L trng RF ronde R CW, -, cont trng RF XRIB/fwd L spinning LF, cont spinning LF on L cl R) end LOP FCG/ WALL;

S-- 8 {Lunge Break} Sd & fwd R, -, flexing R-knee extend L sd & bk, rise on R straightening knee (W sd & bk L, -, bk R under body flexing knee L extended fwd, fwd L) end LOP FCG/WALL;
**BRIDGE**

1 **ROLL 2 SD CL:**

QQQQ 1 **(Roll 2 Sd Cl)** Sd L comm roll LF (W RF), sd R cont rolling LF to fc WALL, sd L, cl R joining R-hnds;

**PART C**

1-8 **ALTERNATING CROSS BODY;; X-HND UNDER ARM TRN W TRANS w/ M’S HEAD LOOP;; OPEN SAME FT LUNGE & PICK-UP;; TELESPIN TO SCP;; CHAIR REC & REV UNDER ARM SPIN;; SHADOW NEW YORKER:**

T-2 **(Alternating Cross Body)** FCG Pos/Wall R-hnds jnd sd L, -, leading W fwd w/ jnd R-hnds bk R under body, fwd L trng LF 1/4 to fc LOD (W slightly trng RF to fc LOD fwd R raising L-hnd straight up, -, fwd L trng LF around M, cont trng LF bk R to fc WALL) end L-Shape Pos M fcg LOD (W fcg WALL); Fwd R raising L-hnd straight up, -, fwd L trng LF around W, cont trng LF bk R to fc WALL (W sd L, -, leading M fwd w/jnd R-hnds bk R under body, fwd L trng LF 1/4 to fc LOD) end L-Shape Pos M fcg WALL (W fcg LOD) R-hnds jnd;

SQQ 3 **(X-hnd Underarm Trn W Trans w M’s Head Loop)** Sd L raising jnd R-hnd above head joining L-hnds at waist level, -, bk R leading W trn RF raising L-hnds, rec L leading W trn RF under L-hnds & over head for head loop (W fwd R trng RF to fc M, -, XLIF trng RF under R-hnds, cont trng RF sd & fwd R under L-hnds/cont RF to fc M) end Modif CP/WALL M’s R-hnd around W’s bk W’s L-hnd on M’s shoulder;

S-- 4 **(Open Same Ft Lunge & Pick-up)** Sd & fwd R flexing knee, -, hold extending L-hnd sd & bk, -/swivel LF on R picking up W (W bk R slightly across body flexing knee, -, sway R looking well right extending R-hnds sd & bk, -*/rec L swiveling LF to fc M) end CP/LOD knees of supporting ft flexed;

SQQ 5-6 **(Telespin to SCP)** Fwd L comm trng LF around W, -, cont trng LF sd & bk R, extend L bk partial/swivel LF on R to fc LOD picking up W (W bk R comm trng LF, -, cont trng LF cl L, fwd R in SCP/fwd L small step swiveling LF to fc M) end CP/LOD; Fwd L comm trng LF around W, -, cont trng LF sd & bk R, cont trng LF sd & fwd L (W bk R comm trng LF, -, cont trng LF cl L, cont trng LF sd & fwd R) end SCP/LOD;

QQQQ 7 **(Chair Rec & Rev Under Arm Spin)** Fwd R checking, rec L trng RF to fc WALL, sd R raising jnd lead hnds to lead W spin LF, cl L (W fwd L checking, rec R trng LF to fc M, sd L comm spinning LF under jnd lead hnds, cont spinning LF to fc M cl R) end LOP FCG/WALL;

8 **(Shadow New Yorker)** Sd R joining lead hnds, -, trng RF on R to fc RLOD fwd L checking, bk R trng LF to fc WALL End FCG Pos/WALL R-hnds jnd;

**END**

1-7 **X-HND UNDER ARM TRN; CIRCULAR X-HND SPIRALS;; BK BREAK w/ M’S HEAD LOOP;; FWD MANUV PIVOT; RUDOLPH RONDE w/ SYNC REV UNDER ARM TRN; LUNGE/SIT LINE:**

1 **(X-hnd Underarm Trn)** FCG/WALL R-hnds jnd sd L raising jnd R-hnds above head joining L-hnds at waist level, bk R leading W trn RF raising L-hnds, rec L leading W trn RF under L-hnds (W sd & fwd R, -, XLIF trng RF under R-hnds, cont trng RF sd & fwd R under L-hnds to fc M) end FCG Pos/WALL L-hnds high above head R-hnds low at waist level;

2-3 **(Circular X-hnd Spirals)** Fwd R comm wheel RF, -, fwd L cont wheel RF leading W spiral LF & raising R-hnds, fwd R cont wheel RF to fc COH (W fwd L comm wheel RF, -, fwd R spiraling LF under L-hnds, fwd R cont wheel RF) end FCG Pos/COH jnd R-hnds above head jnd L-hnds at waist level; Fwd L comm wheel RF, -, fww R cont wheel RF leading W spiral LF & raising L-hnds, fwd L cont wheel RF to fc WALL (W R, comm wheel RF, -), fwd L spiraling RF under R-hnds, fwd L cont wheel RF) end FCG Pos/Wall jnd L-hnds above head jnd R-hnds at waist level;

4 **(Break Bk w/ M’s Head Loop)** Sd R raising L-hnds over head & place L-shoulder, -, bk L placing R-hnd around W’s waist, fww R end HALF OP/LOD;
END (cont’ed)

5  **{Fwd Manuv Pivot}** Fwd L, -, fwd R trng RF to fc RLOD, bk L pivoting RF 1/2 to fc LOD (W fwd R, -, fwd L, fwd R btwn M’s ft pivoting RF 1/2 to fc RLOD) end CP/LOD;

SQ&Q 6  **{Rudolph Ronde w/ Sync Rev Underarm Trn}** Fwd R btwn W’s ft rotating body RF to lead W ronde CW, -, bk L momentary SCP fcg LOD/trng RF to fc WALL sd R leading W LF, cl L (W sd & fwd L around M ronde R CW, -, XRIB/sd L trng LF under jnd lead hnds, cl R) end LOP FCG/WALL;

S-- 7  **{Lunge/Sit Line}** Sd & fwd R, -, leading W bk flex R-knee extending L sd & bk, - (W sd & bk L, -, bk R underbody flexing knee, -) end M’s R-Lunge Line (W Sit Line) & hold as music fades out;