SI TU ME AMARAS (IF YOU LOVED ME)

Music: Sparx
www.amazon.com/ Nuestras Consentidas
Track # 8 Time 3:24
Available from choreographer

Rhythm: Rumba Phase: V+1+2U (Advanced Hockeystick+Parallel Breaks + Tummy Check)
Footwork: Opposite except where (Noted)
Release Date: JAN 2016
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Sequence: INTRO AA B INTRO B END

BFLY POS WALL LEAD FOOT FREE START IMMEDIATELY AFTER THE THIRD NOTE

INTRO

01-04 BACK BREAK SPIRAL to AIDA ; ; SWITCH & RECOVER r-hndshk ; SHADOW NEW YORKER ;
[Bk Break Spiral to Aida] XLib trng to OP, rec R, twd LOD fwd L & spiral 7/8 RF (W fwd R & spiral LF), ; Thru R, sd L trng LF, bk R cont LF trn to V-bk-to-bk pos RLOD, ; [Switch & Recover r-hndshk] [SS] Turn LF to fc ptr lunge sd L, - ; [Shadow New Yorker] Wall r-hndshk Thru L (W thru R) to LOP RLOD w/ M’s L-arm xtd bhd W’s bk, rec R to fc ptr, sd L, - ;

05-09 UNDERARM TURN ; SHADOW BACK BREAK to OP ; PARALLEL BREAKS ; ; NEW YORKER ;
[Underarm Turn] w/ r- hndshk Raisg trail hnds palm to palm XRib, rec L, sd R (W XLib comm RF trn under trail hnd, cont RF trn rec R fc COH, sd L) keep r-hndshk WALL, - ; [Shadow Bk Break to OP] XLib (W XRib) trng both to LOD w/ W’s L-arm xtd bhd M’s bk, fwd R, L to OP LOD, - ; [Parallel Breaks] w/ r-hndshk] [Rk bk R leading W across in front, rec L, fwd R to fc Line (W fwd L trng ¼ Lf in front of M, fwd R trng ½ Lf to fc Wall, sd & fwd L) [similar to W whip action] to LOD RLOD, - ; [Shadow New Yorker] Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

PART A

01-04 BOTH HANDS ALEMANA to TAMARA ; ; WHEEL 3 ; WHEEL/W TURN to FC ;
[Alemana to Tamara] [Keepg both hnds jnd] Fwd L, rec R, cl L, - ; XRib, rec L, cl R (W [Keepg both hnds jnd] XLib under raised ld hnds begin full RF trn, fwd R contg RF trn to fc ptr, sd L compg trn) to TAMARA POS WALL, - ; [Wheel 3] Wheelg Rwd L, R, L (W fwd R, L, R) to TAMARA pos COH, - ; [Wheel/W Unwrap] Cont whlng R, R, R (W unwraps LF undr both hnds L, R, L) to BFLY WALL, - ;

05-08 FENCE LINE / M TOUCH ; CIRCULAR VINE 4 ; FENCE LINE ; CIRCULAR VINE 4 / M CLOSE r-hndshk ;
[Fence Line/ M Tch] XLib (W XRif) w/ bent knee, rec R, tch L, - ; [Circular Vine 4] [QQQ] Both trng CCW XLib, sd R, XLib, sd L to BFLY LOD ; [Fence Line] Both XLib w/ bent knee & r-shldr lead, rec R, sd L to BFLY LOD, - ; [Circular Vine 4 / M Close & r-hndshk] [M QQQ&Q/W QQQ] Both trng CW XRif, sd L, XRib, sd L/cl R (W XRif, sd L, XRib, sd L) to r-hndshk WALL ;

09-12 FLIRT to VARS ; ; SWEETHEART TWICE ; ;
[Flirt to VARS] Fwd L, rec R, sd L (W bk R, rec L, fwd R swvl 1/2 LF) to VARS WALL, - ; Bk R, rec L, sd R (W bk L, rec R, sd L slidy if of M) to L-VARS WALL, - ; [Sweetheart x 2] Chk Fwd L w/ LF bdly trn & look at ptr xtdng both arms to sd , rec R , sd L (W Bk R w/ LF bdly trn & look at ptr xtdng both arms to sd , rec L , sd R), - ; Chk Fwd R w/ RF bdly trn & look at ptr , rec L, sd R (W Bk L w/ RF bdly trn & look at ptr , rec R, sd L), - ;

13-16 SWEETHEART/W TURN to FC & BOTH to a AIDA ; ; SWITCH CROSS ; CUCARACHA RIGHT w/ ARMS ;
[Sweetheart /W Swivel to Fc & Both to a Aida] Chk Fwd L w/ LF bdly trn & look at ptr xtdng both arms to sd , rec R , cl L (W bk R w/ LF bdly trn & look at ptr xtdng both arms to sd , rec L , fwd R trng ½ RF to ptr), - ; Thru R (W thru L) , sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, - ; [Switch Cross] Sd & bk L trng LF to fc ptr, rec R, XLib (W XRif), - ; [Cucaracha Right w/ Arms] Sd R w/ partial wgt [extending trail arms to sd], rec L, cl R , - ;
PART B

01-04 START CROSS BODY to TUMMY CHECK & BACK w/r-hndshk ; ; ; FINISH CROSS BODY to COH ;

[Start Cross body to Tummy Ck & Bk w/r-hndshk] Fwd L, rec R trng ½ LF to RLOD, sd L (W bk R, rec L, fwd R), - ; [Stop the W w/ lead hand] Lunge sd R, rec L, cl R (W [extend both arms fwd] fwd L, rec R, cl L), - ; Lunge sd L, rec R, cl L (W bk R, rec L, cl R) & R-hndshk ; ; ; [Finish Cross body to COH] Bk R, rec L trng ¼ LF to fc ptr, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd & bk L) to r-hndshk COH, - ;

05-08 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to FC ;


09-12 SHOULDER to SHOULDER TWICE ; ; OP HIP TWIST INTO a FAN ; ;

[Shoulder to Shoulder x 2] Fwd L to SCAR, rec R to fc, sd L, - ; Fwd R to BJO, rec L to fc, sd R, - ; [OP Hip Twist Into a FAN] Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to ld arm to swivel 1/4 RF) end L-Shape M fc Wall W fc LOD, - ; Bk R, rec L, sd R (W fwd L, trng LF sd R, cont LF trn bk L to fan pos), - ;

11-16 STOP & GO HOCKEY STICK ; ; ALEMANA ; ;

[Stop & Go Hck Stck] Ck fwd L, rec R, trng slightly LF cl L (W cl R, fwd L, fwd R trng ½ LF under joined lead hands), - ; Ck fwd R, rec L trng RF, sd R (W ck bk L raising L arm straight up palm out, rec R lowering arm, fwd L trng ½ RF under joined lead hands), - ; [Alemana] Fwd L, rec R, sd L (W cl R, fwd L, fwd R swiveling to L -sd of M), - ; Raisg jnd ld hnds XRib, rec L, fwd & sd R (W trng RF undr jnd hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L to R-sd of M), - ;

17-20 INTO a LARIAT/ M TURN to FCG COH ; SIDE WALK 3 ; ADVANCED HOCKEY STICK ; ;


ENDING

01-05 BACK BREAK BOTH SPIRAL to AIDA ; ; ROCK 3 & SWIVEL to FC ; SLOW HIP ROCK TWO ; QK AIDA & HOLD ;

[Bk Break / Spiral to Aida] Repeat meas 1.2 Intro ; ; [Rk 3 & Swivel to Fc] [QQQ]RK fwd L, rec R, fwd L swivel LF to fc, point R sd to RLOD ; [Slow Hip Rock 2] [SS] Hnds low Rk sd R, -, rk sd L, - ; [Qk Aida] [QQQ] Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD & Hold ;