

# 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, -, rec R (W trn RF to fc ptr lunge sd R, -, rec L) to r-hndshk WALL, -; {Shadow New Yorker} w/ r-hndshk Thru L (W thru R) to LOP RLOD w/ M's L-arm xtnd 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 XLif 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 xtnd 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 LOP LOD, -; [w/ r-hndshk] Fwd L trng ¼ Lf in front of W, fwd R trng ½ Lf to fc Wall, sd & fwd L (W rk bk R allowing M to pass across in front, rec L, fwd & sd R to fcg ptr) [releasing r-hndshk to BFLY] to BFLY WALL, -; {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] XLif 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 RF fwd L, R, L (W fwd R, L, R) to TAMARA pos COH, -; {Wheel/W Unwrap} Cont whlng R, L, 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} XLif (W XRif) w/ bent knee, rec R, tch L, -; {Circular Vine 4} [OQQQ] Both trng CCW XLif, sd R, XLib, sd L to BFLY LOD ; {Fence Line} Both XLif w/ bent knee & r-shldr lead, rec R, sd L to BFLY LOD, -; {Circular Vine 4 / M Close & r-hndshk} [M QQQ&Q/W QQQQ] 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 slidg if of M) to L-VARS WALL, -; {Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L (W Bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R), -; Chk Fwd R w/ RF bdy trn & look at ptr, rec L, sd R (W Bk L w/ RF bdy 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 bdy trn & look at ptr xtndg both arms to sd, rec R, cl L (W bk R w/ LF bdy trn & look at ptr xtndg 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, XLif (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 ¼ 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 ;

**{Trade Places Twice}** With r-hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (*W rk apt R, rec L trng ¼ LF to fc LOD front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL*) joining l-hnds, -; With l-hnds jnd rk apt R, rec L trng ¼ LF to fc LOD beh W then rel jnd l-hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (*W rk apt L, rec R trng ¼ RF to fc LOD in front of M then rel jnd l-hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH*), -; **{Trade Places/W Spiral}** With r-hnds jnd Rk apt L, rec R comm to pass R shldr while trng ¼ RF and keeping R hnds jnd, cont to trn RF but slightly less than in meas 5 stepping sd L twd COH (*W rk apt R, rec L, fwd R fwd WALL spiralling 7/8 LF undr jnd r-hnds to end almost fcg WALL*),-; **{W Out to Fc}** Trng bdy RF to fc WALL stp fwd twd WALL R,L,R (*W fwd WALL L, fwd R trng ½ LF to fc COH, sd & bk L*) to BFLY WALL

### 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 ; ;

**{Into a Lariat/M Trn to Fcg COH}** Press sd L, rec R, cl L trn ½ LF to fc ptr (*W circ RF arnd M R, L, R, trn to fc ptr*), -; **{Sd Walk 3}** Sd R, cl L, sd R, -; **{Advanced Hockey Stick}** Fwd L, rec R trng ¼ RF, sd L (*W bk R, rec L, fwd R*), -; Bk R raisg ld hnds to form window, rec L trng RF 1/4, twd DRW fwd R (*W fwd L, fwd R & spiral 3/8 LF, bk L*) to LOP-FCG DRW, -;

## 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}** [QQQQ] 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 ;