TRACES OF LOVE

Bill & Carol Goss 10965 Sunny Mesa Rd. San Diego, CA 92121
858-638-0164 gossbc@san.rr.com
Traces Track 4 Gloria Estafan Album: Hold Me, Thrill Me, Kiss Me
Rumba Phase V +2 $0.99 Download Rhapsody
Released 9/24/2010 Slow to 43 rpm or for comfort
INTRO, A, A MOD, INTER, B, C, A(9-16), C, A(9-16), ENDING

INTRO

1-4 WAIT PICK-UP NOTES AND 1 MEAS; SHOULDER TO SHOULDER
WITH SHAPE; ALEMANA;

QQS 1-2 {Wait} Wait pick-up notes and one meas in BFLY wall trail ft
free; {Shoulder to Shoulder} With strong L sd stretch rk fwd R
DW in BJO with knee bend, recov L, sd R to fc wall lead hnd
joined,-;

QQS 3-4 {Alemana} Rk fwd L, recov R, small sd L lift lead hnd to palm to
palm,-; Rk bk R, recov L, cl R to L (W rk bk R, recov L, fwd &
sd R,--; fwd L DC swvl RF draw R ft under body trn under lead
hnds, fwd R away from M swvl RF draw L under body, fwd L to
M's R sd blend to BJO),--;

5-8 NAT OPENING OUT WITH CHA; RUMBA TRNING FAN; HOCKEY
STICK WITH CHA; RUMBA ENDING;

QQQ&Q 5-6 {Nat Opening Out with Cha} Rk fwd & sd L with RF body trn,
recov R to fc wall, sd L/ cl R, sd L (W swvl ¼ RF to step bk R,
recov L trn ¼ to fc LOD, fwd R/ lk LIB of R, fwd R); {Trning
Fan} Bk R trning ¼ LF, recov L to fc DW, sd R in fan pos (W
fwd L, fwd R trning 5/8 to fc DRW, bk L leave R ft extended),--;

QQQ&Q 7-8 {Hockey Stick with Cha & Rumba Ending} Rk fwd L, recov
R, in pl L/R, L; Bk R, recov L, fwd R follow W to wall (W cl R
to L, fwd L, fwd R/ lk LIB of R, fwd R; Fwd L, fwd R trn LF
under lead hnd, bk L),--;

PART A

1-4 OPEN HIP TWIST; TRNING FAN; CURL; TRNING FAN TO FC;

QQS 1-2 {Open Hip Twist} Chk fwd L, recov R, cl L to R (W bk R, recov
L, fwd R swvl ¼ RF to fc LOD),--; {Trning Fan} Bk R trning ¼
LF, recov L to fc DW, sd R in fan pos (W fwd L, fwd R trning
5/8 to fc DRW, bk L leave R ft extended),--;

QQS 3-4 {Curl} Rk fwd L, recov R, cl L as lead W to swvl LF under lead
hnds (W cl R to L, fwd L, fwd R trn LF to fc DC),--; {Trning
Fan} Bk R trn ¼ LF, recov L to fc COH, sd R fc ptr & COH (W
fwd L, fwd R trn LF to fc wall, sd L),--;
5-8 NEW YORKER; SPOT TRN; ALEMANA;;
QQS 5-6 {New Yorker} Rk thru L twd LOD straight leg, recov R to fc, sd 
QQS 7-8 {Spot Trn} XRF of L swvl LF ¼, fwd L swvl LF ¼, sd R,; 
QQS 8-10 {Alemana} Rk fwd L, recov R, small sd L lift lead hnd to palm to 
palm,; Rk bk R, recov L, cl R to L (W rk bk R, recov L, fwd & 
QQS 11-12 sd R,; fwd L DRW swvl RF draw R ft under body trn under lead 
hnds, fwd R away from M twd COH swvl RF draw L under body, 
fwd L to M's R sd blend to BJO),; 

9-12 TRNING CUDDLES TWICE;;;;
QQS 9-10 {Trning Cuddles} Rk sd L bring W into R arm, recov R, cl L,; 
QQS 11-12 rk sd R bring W into L arm, recov L, small fwd R trn RF ¼ in 
cuddle position to fc LOD (W open up RF to fc RLOD bk R, 
QQS 13-16 recov L, fwd R trn LF to cuddle pos,; open up LF to fc LOD bk 
L, recov R trn ¼ RF fc wall, fwd L to wall swvl RF to fc COH,; 
QQS 11-12 {Trning Cuddles} Rk sd L bring W into R arm, recov R, cl L,; 
QQS 13-16 rk sd R bring W into L arm, recov L, small fwd R trn RF ¼ in 
cuddle position to fc wall (W open up RF to fc COH bk R, recov 
QQS 14-16 L, fwd R trn LF to cuddle pos,; open up LF to fc wall bk L, recov 
QQS 11-12 R trn RF ¼ to fc RLOD, fwd L to swvl RF to fc LOD),; 

13-16 CUDDLE WITH SPIRAL; TRNING FAN; HOCKEY STICK;;
QQS 13-14 {Cuddle with Spiral} Rk sd L bring W into R arm, recov R, cl L 
QQS 11-12 connect lead hnds cause W to spiral (W open up RF to fc LOD bk 
QQS 15-16 R, recov L, fwd R spiral LF),; {Trning Fan} Bk R trnig ¼ LF, 
QQS 14-16 recov L to fc DW, sd R in fan pos (W fwd L, fwd R trn 5/8 to 
QQS 13-16 fc DRW, bk L leave R ft extended),; 
QQS 15-16 {Hockey Stick} Rk fwd L, recov R, sd L,; Bk R, recov L, fwd R 
QQS 11-12 to follow W out (W cl R to L, fwd L, fwd R,; Fwd L, fwd R trn 
QQS 13-16 LF under lead hnd, bk L),; 

REPEAT A 1-14

15-16 HOCKEY STICK OVERTURNED TO FC;;
QQS 15-16 {Hockey Stick Overttn to Fc} Rk fwd L, recov R, sd L,; Bk R, 
QQS 15-16 recov L, sd R fc ptr & wall (W cl R to L, fwd L, fwd R,; Fwd L, 
QQS 15-16 fwd R trn LF under lead hnd, sd L),; 

INTER

1-2 NEW YORKER; SWVVELS;
QQS 1-2 {New Yorker} Rk thru L twd RLOD straight leg, recov R to fc, 
QQS 1-2 sd & fwd L start ft swvl RF draw R under body,; {Swvvels} Fwd R 
QQS 1-2 twd RLOD draw L to R swvl LF, fwd L twd LOD draw R to L to 
QQS 1-2 swvl RF, to step R twd RLOD,;
PART B

1-4 NEW YORKER; AIDA; SYNCO HIP RKS; SWITCH TO LOP;
QQS 1-2 {New Yorker} Rk thru L twd RLOD straight leg, recov R to fc, sd L,-; {Aida} Trn LF to step thru R, fwd L with RF trn, sd & bk R to bk to bk "V" pos L foot twd RLOD,-;
QQS 3-4 {Synco Hip Rks} Rk fwd L/recov R, fwd L, recov R start to trn LF,-; {Switch to LOP} Cont LF trn to fc ptr rk sd L twd LOD, recov R to fc RLOD, fwd L in LOP RLOD,-;

5-9 SPIRAL TO FC; ALEMANA;; LARIAT (ROPESPIN OPTION);;
QQS 5-7 {Spiral to Fc} Fwd R spiral LF, fwd L to fc ptr, sd R to fc wall,-;
QQS {Alemana} Rk fwd L, recov R, small sd L lift lead hnd to palm to palm,-; Rk bk R, recov L, cl R to L lift lead hnds (W rk bk R, recov L, fwd & sd R,-, fwd L DC swvl RF draw R ft under body trn under lead hnds, fwd R away from M twd wall swvl RF draw L under body, fwd L to M's R sd blend to BJO option to spiral RF on L for ropespin),-;
QQS 8-9 {Lariat or Ropespin} Trn to fc DRW sd L, recov R, cl L to fc wall,-, bk R, recov L, sd R (W fwd arnd the M R, L, R,-; L, R to fc ptr, sd L) to lead hnds joined,-;

PART C

1-4 BASIC NAT TOP TO SCAR;; DEVELOPE; QK TELEMARK;
QQS 1-2 {Basic Nat Top} Rk fwd L, recov R, trning RF sd & fwd L to CP,-; (W bk R, recov L, fwd & sd R btwn his feet),-; XRIB of L cont RF trn, sd L cont RF trn, sd R to overturn to SCAR fc DRW (W sd L, XRIF of L, sd L trning to SCAR),-;
S- 3-4 {Develop} In loose SCAR fwd L with strong R sd stretch and hold (W bk R trn head to R to look at audience draw L leg up with knee bend,-, kick L leg fwd),-; {Qk Telemark} Bk R slipping W into CP as lead hnds lowers to hip/ cl L cont to trn LF, sd & fwd R arnd W, sd L to fc wall giving both arms twd W (W fwd L trning LF/ bk R, cl L to R heel trn, cl R to L with strong L knee bend),-;

5-8 LADY ROLL ACROSS LOP; FENCE LINE APT TO FC; BOLERO WHEEL; 3; SYNCO WHEEL TO % OP FC COH;
QQS 5-6 {Lady Roll Across} Rk bk R, recov L, sd R (W roll across fwd L, fwd R trn LF, cont LF trn sd L fc wall),-; {Fenceline} Release hnds and lunge thru to RLOD L (W twd LOD R), recov R, sd & fwd L twd W fc LOD,-;
QQS 7-8 {Bolero Wheel} Come to bolero position wheel fwd R, L, R to fc COH,-; {Synco Wheel} Wheel L/R, L, R to fc COH,-;
PART A 9-16

9-12  TRNING CUDDLES TWICE;;;:
QQS  9-10  {Trning Cuddles} Rk sd L bring W into R arm, recov R, cl L,-;
rk sd R bring W into L arm, recov L, small fwd R trning RF ¼ in
cuddle position to fc LOD (W open up RF to fc RLOD bk R,
recov L, fwd R trn LF to cuddle pos,-, open up LF to fc LOD bk
L, recov R trn ½ RF fc wall, fwd L to wall swvl RF to fc COH),-;
QQS  11-12  {Trning Cuddles} Rk sd L bring W into R arm, recov R, cl L,-;
rk sd R bring W into L arm, recov L, small fwd R trning RF ¼ in
cuddle position to fc wall (W open up RF to fc COH bk R, recov
L, fwd R trn LF to cuddle pos,-, open up LF to fc wall bk L, recov
R trn RF ¼ to fc RLOD, fwd L to swvl RF to fc LOD),-;

13-16  CUDDLE WITH SPIRAL; TRNING FAN; HOCKEY STICK;;
QQS  13-14  {Cuddle with Spiral} Rk sd L bring W into R arm, recov R, cl L
connect lead hnds cause W to spiral (W open up RF to fc LOD bk
R, recov L, fwd R spiral LF),-;  {Trning Fan} Bk R trning ¼ LF,
recov L to fc DW, sd R in fan pos (W fwd L, fwd R trn 5/8 to
fc DRW, bk L leave R ft extended),-;
QQS  15-16  {Hockey Stick} Rk fwd L, recov R, sd L,-; Bk R, recov L, fwd R
to follow W out (W cl R to L, fwd L, fwd R,-; Fwd L, fwd R trn
LF under lead hnd, bk L),-;

REPEAT C AND A (9-16)

ENDING

1-2  OVERTRN HIP TWIST TO TANDEM; ARMS UP CARESS AND
LOOK;
QQS  1-2  {Overtrn Hip Twist Tandem Caress} Rk fwd L, recov R, cl L
to R (W bk R, fwd L, fwd R trn ½ RF to fc wall wrapped into M’s
arm),-; On last ding in the music lift R arm as shape upper body
slightly fwd and to the L (W lowers L arm to sweep down & up to
careess the bk of M’s neck) look at each other as music fades;