WHO I AM INSIDE

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MUSIC: “Reflection” - Rumba Ballroom Dance Collection - Track 6 - Christina Aguilera w/Rumba beat
SEQUENCE: Intro, A, B, A (1-4, 8-13), C, D, E, Ending  RELEASED: Aug 2015  SPEED: Slow to 24mpm
RHYTHM: Rumba  PHASE: IV+2 (Spirals & Stop & Go)  E-MAIL: cworlock@tampabay.rr.com
FOOTWORK: Described for Man - Woman opposite (or as noted)  WEB SITE: www.curtandtammy.com

INTRO

1 - 4 WAIT; RISE TCH; CUCARACHA CROSS; CUCARACHA M TOUCH LADY SWIVEL R TO FACE;
--- 1 - Wait in TANDEM L LUNGE POS FCING WALL M BEHIND W both looking down twd DRW & R ft ptng sd
twd RLOD M’s hands around W’s waist & W’s hands down in front by waist;
--- 2 - Slowly rise straightening L leg drawing R to L over measure now both looking straight ahead twd WALL;
--- 3 - Keeping hands on W’s waist sd R RLOD, rec L, XRIF of L;-;
--- 4 - Sd L sweep lead arm down out & up, rec R bring lead arm down, tch L to R (sd L sweep lead arm down out
(QQS) & up, rec R bring lead arm down swvl ½ RF to fc M, cl L to R) to join lead hands low M FCING WALL;-;

PART A

1 - 4 OPEN BREAK; CRAB WALK 3; SIDE WALK 3; UNDERARM TURN;
1 - Bk L extending R arm out to sd, rec R, sd L blending to BFLY WALL;-;
2 - Fwd & across R trng hips to LOD, sd L trng hips to WALL, fwd & across R trng hips to LOD;-;
3 - Sd L, cl R to L, sd L still in BFLY;-;
4 - Bk R, rec L, sd R (fwd & across L LOD trng RF under joined lead hands, rec R cont RF trn to fc M, sd L) to
BFLY WALL;-;
5 - 7 * NEW YORKER TWICE; (TO REV) SLOW OPEN CRAB WALK 2; * (2nd TIME OMIT 5-7)
5 - Trng RF fwd L RLOD, rec R trng LF, cont LF trn sd L to fc ptr in BFLY;-;
6 - Trng LF fwd R LOD, rec L trng LF, cont RF trn sd R to fc ptr in BFLY;-;
7 - Trng RF to L OPEN fwd L RLOD,-, trng ¼ LF to fc ptr sd R to BFLY M FCING WALL;-;
8 -10 REVERSE UNDERARM TURN TO SIDECAR; AIDA M BK UP; SWITCH CROSS w/RONDE TO;
8 - Trng RF fwd & across L leading W under joined lead hands, rec R, bk L (fwd & across R trng LF under lead
hands, rec L cont LF trn, fwd R) to end in a loose SDCR shape,-;
9 - Bk R, bk L trng W around, bk R (fwd L, fwd R trng LF, bk L to end bk to bk V-shape pos fcng RLOD;-;
10 - Taking lead hands thru twd LOD trng LF (RF) sd L to BFLY WALL, rec R, XLIIF of R, ronde R ft CCW;
11-13 FENCE LINE TWICE; 2ND ONE w/SPIN; (TO REV) SD WALK w/CHA LEAD HANDS LOW;
11 - Soften L knee fwd & across  L trng R under joined lead hands, rec R, bk L (fwd & across R trng LF under lead
hands, rec L cont LF trn, fwd R) to end in a loose SDCR shape,-;
12 - Soften R knee fwd & across L RLOD flexing L knee, rec R trng LF, sd L release ptr & free spin LF 1 full trn
on L to end w/feet tog fcng ptr nothing tching,-;
QQQ&Q 13 - Sd R, cl L to R, joining lead hands low sd R/cl L to R, sd R to LEFT OPEN FCING M FCING WALL;

PART B

1 - 4 LUNGE & CLOSE LADY SIT & SPIRAL; FAN M FC LOD: STOP & GO; TO FAN M FC WALL;
--S (QQS) 1 - Lower in R knee keeping a straight back allow L to slide sd & bk,;-, rise raising lead hands to lead W under LF
& cl L to R (bk R flexing R knee to momentary sit line, rec L, fwd R, spiral ¼ LF under lead hands allowing L
arm to fold in front of body) to end M FCING WALL trailing arm extended side twd RLOD & W FCING LOD;-;
2 - Bk R, rec L trng ¼ LF to fc LOD, fwd R (fwd L LOD, fwd R trng LF, cont LF trn bk L) to end LEFT OPEN
FCING M FCING LOD;-;
3 - Fwd L, rec R slightly in back of L, cl L to R (bk R, rec L, fvd R trng ½ LF under joined lead hands),;-;
4 - Lower well in L knee lunge fwd R cking, rec L trng RF, sd R (bk L lowering in to sit line raising L arm straight
up palm out, rec R out of sit line lowering arm, fwd L trng ½ RF under joined lead hands) to FAN POS;-;
5 - 9 BRING LADY TO TANDEM WALL M POINT; FENCE RECOVER POINT; HIP ROCK 3; SIDE WALK 3 CHECKING;
--S (QQS) 5 - Fwd L, rec R, pt L sd LOD (cl R to L, fwd L, trng ¼ LF sd & fwd R) to TANDEM WALL M BEHIND W,-;
QQQ&Q 6 - Fwd & across L twd DRW extending R arm out to side, rec R, pt L sd LOD placing R hand on W’s R hip,-;
7 - Sd L, rec R, rec L;-;
8 - With hands still on W’s waist sd R, cl L to R, sd R cking (sweep arms in up and out to sides),;-;
9 - Repeat meas 4 of Intro;
* PART A * (OMIT MEAS 5-7) *

**PART C**

1 - 4 **LUNGE & CLOSE LADY SIT & SPIRAL; FAN M FC LOD; STOP & GO; TO FAN M FC WALL;**
   1. Repeat meas 1 of Part B;
   2. Repeat meas 2 of Part B;
   3. Repeat meas 3 of Part B;
   4. Repeat meas 4 of Part B;

5 - 8 **BRING LADY TO TANDEM WALL M POINT; FENCE RECOVER POINT; HIP ROCK 3; SIDE WALK 3 TO:**
   5. Repeat meas 5 of Part B;
   6. Repeat meas 6 of Part B;
   7. Repeat meas 7 of Part B;
   8. Repeat meas 8 of Part B;

9 - 12 **2 SLOW FOOT SWIVELS TO SHADOW LINE; BK BREAK; FWD UNDERARM ROLL R; FENCE RECOVER LADY TURN UNDER LEFT & POINT TO:**
   SS 9. Keeping hands on W’s waist swvl LF on R fwd L twd LOD,-, swvl RF on L fwd R twd RLOD swvl LF,-;
   10. Cont swvl LF on R break bk L joining L hands to SHADOW POS FCING LOD, rec R, fwd L LOD,-;
   11. Fwd R, fwd L trng 1/2 RF as L arm loops over W’s head, cont RF trn sd & fwd R taking joined L hands down behind M’s back,-;
   12. Lower well in R knee fwd & across L LOD and extend R arm out to sd towards LOD, rec R, sd & bk L toe pointing DRC and swivel ½ LF as L arm swings up and over W’s head again point R sd & bk RLOD swaying slightly R to look toward WALL to SHADOW POSITION DLW,-;

13-16 **SHADOW CRAB WALK 3 w/ARM; PARALLEL CHASE w/CARESS;; FAN M 2 SLOW FC WALL;**
   SS 13. Fwd & across R trng hips to LOD, sd L trng hips to WALL, fbd & across R trng hips to LOD (swep R arm up and comb R hand down in front of R sd of face and out again) back to SHADOW DLW,-;
   14. Fwd L LOD releasing joined L hands trng ¼ RF, sd & fwd R, XLIF of R (using same footwork comb R hand again but this time to M’s R sd of face) to end w/L arm around W’s waist both fcng DRW,-;
   15. Fwd R RLOD trng ¼ LF, sd & fwd L, XRIF of L (using same footwork comb L hand to M’s L sd of face) to end w/R arm around W’s waist both facing DLW,-;
   16. Fwd L leading W to fan,-, trng ¼ RF to fc WALL joining lead hands small sd R (fwd L, fwd R trng LF join lead hands, bk L) to FAN POS M FCING WALL,-;

**PART D**

1 - 4 **HOCKEY STICK LADY SPIRAL ON 3; OVERTURNED TO FACE & SHAKE R HANDS; TRADE PLACES 4 TIMES;;**

1. Fwd L, rec R, raising joined lead hands high between ptr cl L to R leading W to spiral (cl R to L, fwd L, fbd R in front of M, spiral 7/8 LF on L),-
2. Bk R, rec L, sd R (fbd L RLOD, fwd R DRW trng ½ LF under joined lead hands, cont LF trn sd L) to a R handshake M FCING WALL,-;
3. Apart L, rec fwd & across R to offset w/partner W to your R, leading W fwd past you fwd L twd Wall trng ½ RF as you release R hand hold,-;
4. Joining L hands apart R, rec L, leading W fwd past you fwd R twd COH trng ½ LF releasing L hand hold,-;

5 - 7 **2nd SET LEFT OVER RIGHT w/PEEK-A-BOO;; BREAK APART REC & HIP ROCK 2 R HANDS;**
   QQQQ 5. Joining R hands apart L joining L hands on top of R hands, rec R, fwd L twd WALL trng ½ RF leading W under (apt R, rec L, fwd R twd COH trng LF under joined L hands then R hands) to end offset facing looking at ptr w/R hands joined high & L hands joined low,-;
   6. Apart R keeping R hands high, rec L, fwd R twd COH trng ½ LF leading W under (apt L, rec R, fwd L twd WALL trng RF under joined R hands then L hands) to end looking at ptr w/L hands high & R hands low,-;
   7. Apart L, rec R releasing L hands, sd L, sd R to end fcng ptr & WALL w/R handshake;
PART E

1 - 4 ALEMANA; TO STACK HANDS (R OVER L); LADY SPIRAL TO TWO HAND LARIAT 6;:
1 - Fwd L, rec R, cl L to R raising joined R hands high (bk R, rec L, fwd R to M toe pting out DLC), -;
2 - Bk R, rec L, cl R to L (fwd L trng RF under joined lead hands brushing R to L, fwd R towards DRW cont RF
trn to fc M, fwd L to M’s R sd, spiral 7/8 RF on L under R hands) to end L hands joined high & R hands low, -;
3 - Sd L start taking L arm over own head, rec R starting to bring R arm high, cl L to R start taking R arm over
head (lariat circle around M CW fwd R, L, R to M’s L sd), -;
4 - Bk R bring R hands down in front, rec L, sd R (cont around M fwd L, R trng RF to fc M, sd L) releasing L
hands to end fcing ptr & WALL w/R hands joined on top of L, -;

5 - 8 SHOULDER TO SHOULDER TWICE R ARMS UP; THEN LEFT TO BFLY;
(TO REV) SLOW OPEN CRAB WALK 2; NEW YORKER IN 4;
5 - Fwd L checking outside ptr to sdcar extending R arm straight up past ear palm out, rec R, sd L (bk R
extending R arm straight up past ear palm out, rec L, sd R), -;
6 - Fwd R checking outside ptr to banjo extending L arm straight up past ear palm out, rec L, sd R (bk L
extending L arm straight up past ear palm out, rec R, sd L) to BFLY, -;

ENDING

1 - 4 SLOW REVERSE UNDERARM IN 2; SIDE WALK 3; CRAB WALK 3;
CUCHARACA TOUCH LADY WRAP & CLOSE (FACE WALL);
SS 1 - Trng RF fwd & across L, - , rec R trng LF (fwd & across R trng LF under lead hands, - , rec L cont LF trn), -;
2 - Sd L, cl R to L, sd L still in BFLY, -;
3 - Fwd & across R trng hips to LOD, sd L trng hips to WALL, fwd & across R trng hips to LOD, -;
QQ- 4 - Sd L, rec R leading W to wrap LF, tch L to R (sd L, rec L trng ½ LF under lead hands, cl R to L) to end
(QQS) WRAP POS FCING WALL, -;

5 - 6 (L FOOT) SIDE WALK TO L LUNGE; CUDDLE & HOLD;
5 - Sd L, cl R to L, lower on R lunge sd L still in WRAP POS FACING WALL, -;
---- 6 - Shape to look at ptr relaxing WRAP POS to allow arms to hug W, , hold as music quickly fades, -;

NOTE: Timing is standard QQS unless noted by side of measure and is reflective of actual weight changes.