LA MEDIA RUMBA

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Music: “La Media Vuelta”, Luis Miguel, Todos Los Romances CD #2, Trk 4
Seq: Intro, A, Brk, A 1-20, End Time: 2:41 Release: July 08
Rhythm & Phase: Rumba Ph 3 + 2 (Aida, Hip Rks) Difficulty Level: Above Average

INTRO

1-2 SHADOW FCG WALL LEFT FT FREE FOR BOTH WAIT 1; SHADOW FNCLN RLOD;
   1 In Shadow fcg Wall W in front on M’s right side both with left foot free M’s rt hand on W’s waist left hands
   extended twd LOD wait 1;
   2 [Shadow Fenceline] XLIF with relaxed knee both look twd DRW, rec R, sd L, -;

3-6 SHADOW CRAB WLKS LOD; SHADOW FNCLN LOD; FNCLN 4-LADY TRN in 3 BFLY;
   3-4 [Shad Crab Walks LOD] Shadow fcg Wall XRIF, sd L, XRIF, -, sd L, XRIF, sd L, -;
   5 [Shad Fenceline LOD] Shadow fcg Wall XRIF with relaxed knee both look tgd DLW, rec L, sd R, -;
   6 QQQQ [Shad Fenceline 4-Lady Trn in 3] Shadow fcg Wall XLIF with relaxed knee, rec R, sd L, cls R (QQS W
   XLIF, rec R, trng LF sd L, - to fce M);

PART A

1-4 BASIC; NEW YORKER 2X;-
   1-2 [Basic] In BFLY fcg Wall fwd L, rec R, sd L, -, bk R, rec L, sd R, - BFLY Wall;
   3-4 [New Yorker] Swvl on R to fce RLOD fwd L extend lead hands twd RLOD trailing hands up and out, rec R
   to fce ptrnr, sd L, -; Swvl on L to fce LOD fwd R extend trailing hands twd LOD lead hands up and out, rec
   L to fce ptrnr, sd R, -;

5-8 OPEN BREAK; SERPIENTE WRAP; LADY ROLL ACROSS BFLY;
   5 [Open Break] Rk apt L extend trailing hands out to sd from shoulder, rec R, sd L, -;
   6-7 [Serpiente Wrap] Thru R twd LOD, sd L, XRIB, flare L CCW (W flare R CW); XLIB, sd R, thru L twd RLOD
   raise lead hands trng W LF to wrap pos fcg LOD, flare R CCW tmrg LF to end Wrapped Pos fcg LOD lead
   hands over trailing hands in front of W (W thru L, sd R, XRIB, flare R CW; XRIB, sd L, thru R tmrg LF under
   joined lead hands, keep L pointed twd LOD);
   8 [Lady Roll Across] In Wrapped POS fcg LOD rk bk R release trailing hands, rec L tmr fce COH lead W
   across, sd R twd LOD, - (W fwd L across M, unwrap fwd sd R trng RF to fce Wall, sd L, -);

9-12 AIDA LOD; AIDA RLOD; LARIAT 6 BFLY WALL;-
   9 [Aida LOD] Thru L twd LOD extend lead hands twd LOD, sd R twd LOD trng LF to fce RLOD release lead
   hands, bk L to “V” pos fwd RLOD trailing hands extended twd RLOD;
   10 [Aida RLOD] Thru R twd LOD RLOD trailing hands extended LOD, sd L twd LOD trng RF to fce LOD
   release trailing hands, bk R to “V” pos fcg RLOD lead hands extended LOD, -;
   11-12 [Lariat 6] Rec fwd L tmrg LF under joined lead hands lead W to M’s rt side, fwd R, fwd L to fce RLOD, - (W
   fwd R around M’s right side, fwd L, fwd R to end fce RLOD on outside of circle, -); fwd R trng LF, fwd L, 
   fwd R to BFLY POS fcg Wall, - (W fwd L, fwd R, cls L, - to fce COH);

13-16 AIDA RLOD; AIDA LOD; LARIAT 6 BFLY COH;-
   13 [Aida RLOD] Thru L twd RLOD extend lead hands twd RLOD, sd R trng LF to fce LOD release trailing
   hands, bk L to “V” pos fcg LOD lead hands extended twd LOD, -;
   14 [Aida LOD] Thru R twd LOD extend LOD release LOD, sd L trng LF to fce RLOD release trailing
   hands, bk L to “V” pos LOD lead hands extended twd RLOD;
   15-16 [Lariat 6] Rec fwd L tmrg LF under joined lead hands lead W to M’s rt side, fwd R, fwd L to fce LOD, - (W
   fwd R around M’s right side, fwd L, fwd R to end fce RLOD on outside of circle, -); fwd R trng LF, fwd L, 
   fwd R to BFLY POS fcg COH, - (W fwd L, fwd R, cls L, - to fce Wall);

17-20 OPEN BREAK; SERPIENTE WRAP; LADY ROLL ACROSS BFLY;
   17 [Open Break] Fcg COH rk apt L extend trailing hands out to sd from shoulder, rec R, sd L, -;
   18-19 [Serpiente Wrap] Thru R twd RLOD, sd L, XRIB, flare L CCW (W flare R CW); XLIB, sd R, thru L twd LOD
   raise lead hands trng W LF to wrap pos fcg RLOD, flare R CCW tmrg LF to end Wrapped Pos fcg RLOD
   lead hands over trailing hands in front of W (W thru L, sd R, XRIB, flare R CW; XRIB, sd L, thru R tmrg LF
   under joined lead hands, keep L pointed twd RLOD);
   20 [Lady Roll Across] In Wrapped POS fcg RLOD rk bk R release trailing hands, rec L tmr fce Wall lead W
   across, sd R twd LOD, - (W fwd L across M, unwrap fwd sd R trng RF to fce COH, sd L, -);
21-24  REV UNDERARM TURN; UNDERARM TURN; SHOULDER TO SHOULDER 2X;-
   [Rev Underarm Turn] XLIF twd DRW raising lead hands trng W RF, rec L finish W's turn to fce, cls L, - (W XRIF trg RF under lead hands, fwd L cont trg to fce ptrnr, sd R, -);
   [Underarm Turn] XRIB twd DLC raising lead hands trng W LF, rec R finish W's turn to fce, cls R, - (W XLIF trg LF under lead hands, fwd R continue turn to fce ptrnr, fwd L, -);
   [Shldr to Shldr 2X] BFLY Wall fwd L to W's rt side, rec R, sd L, -; fwd R to W's left side, rec L, sd R, -;

25-28  CHASE;--;-

   INTER

1-5  OPEN BREAK to TAMARA POS; WHEEL 6 FC WALL;--; LADY UNWIND; NY 4 BFLY;
   [Open Break to Tamara] Rk apt L, rec R, sd L raise lead hands palm twd ptrnr make small window with W's rt arm bent up at elbow join trailing hands bhnd W's back, - (W rk bk R, rec L, fwd R, - bend rt elbow up to look at M);
   [Wheel 6]  Looking at ptrnr wheel RF fwd R, fwd L, fwd R, -; cont RF trn fwd L, fwd R, fwd L, - to end fcg Wall;
   [Lady Unwind]  Release trailing hands in place R, L, R, - lead W to trn LF joined lead hands (W trg LF under joined lead hands L, R, L, - to end fcg M);
   [New Yorker in 4]  Swvl on R to fce LOD fwd L extend lead hands twd LOD trailing hands up and out, rec R to fce ptrnr, sd L, cls R;

   END

1-5  NY BFLY; FENCLINE & RECOVER CP; HIP RKS 2X;--; SIDE LUNGE;
   [New Yorker]  Swvl on R to fce RLOD fwd L extend lead hands twd RLOD trailing hands up and out, rec R to fce ptrnr, sd L BFLY fcg COH, -;
   [Fenceline Recover]  Thru R twd RLOD with relaxed knee both looking RLOD, -, rec L to CP WALL, -;
   [Hip Rks 2X]  CP WALL rk sd R, rec L, rk sd R, -; rk sd L, rec R, rk sd L, -;
   [Side Lunge]  CP COH sd R soften right knee look at ptrnr, -, -, -;

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