

# CARESS

## (Por Debajo De La Mesa)



Choreographers: Kenji & Nobuko Shibata, Misugidai 2-2-1-512, Hanno-shi, Saitama-ken,  
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Music: Artist: Luis Miguel CD "Romances" Track #3 WEA 19798-2

or Special CD "Shall We Round Dance 19" available from choreographers

Suggested speed: Increase speed from 18MPM (the original CD) to 21MPM (as on Special CD) 2:43@21MPM

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Bolero VI

Sequence: **Intro A B End**

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### Meas

### INTRO

1-8 **WAIT: SOLO SPOT TRN TWICE TO R-HND SHAKE M FC RLOD::**  
**W SPIRAL LF & WALK AROUND TO M'S SKATER; W ROLL ACROSS TRANS TO SHADOW;**  
**SHADOW RONDE OPENING OUT; W SPIRAL LF & ROLL OUT TO FC; FWD BREAK;**

- 1 Wait 1 meas in Bk-to-Bk Pos M fcg Wall (W fcg COH) R-ft free for both pointed sd;
- 2-3 **{Solo Spot Trn Twice to R-Hndshake M Fc RLOD}** Sd R twd RLOD (W twd LOD), -, XLIF trng RF to fc LOD, fwd R cont trng LF to fc WALL; Sd L twd LOD (W twd RLOD), -, XRIF trng LF to fc RLOD, fwd L twd ptr joining R-hnds end FCG Pos M fcg RLOD R-hnds jnd;
- 4 **{W Spiral LF & Walk Around to M's Skater}** Fwd R leading W spral LF under jnd R-hnds, -, XLIF, trng slightly RF to fc COH sd R joining L-hnds (W fwd R spiraling LF under jnd R-hnds, -, walking around M CW fwd L, fwd R to fc COH) end M's Skater Pos fcg COH W on M's L sd & bk R-hnds jnd at M's R hip L-hnds extended sd;
- SQQ 5 **{W Roll Across Trans to Shadow}** Bk L comm trng RF, -, cont trng RF XRIB releasing R-hnds, cont trng RF sd & fwd L assuming SHADOW Pos (W fwd L comm trng RF, -, fwd R cont trng RF/sd L to fc M, cont trng RF on L bk R) end SHDOW Pos fcg LOD L-hnds jnd & extended sd M's R-hnd on W's shoulder blade W's R-hnd extended sd; (now opposite footwork)
- S-- 6 **{Shadow Ronde Opening Out}** Fwd R trng RF to fc WALL, -, flexing R-knee extending L sd twd LOD, start straightening R-knee draw L twd R (W bk L trng RF to fc WALL ronde R CW, -, bk R flexing knee, fwd L) end SHADOW Pos fcg WALL;
- 7 **{W Spiral LF & Roll Out to Fc}** Cl L leading W spiral LF & release hnds, -, bk R, fwd L (W fwd R spiraling LF one full trn, -, fwd L cont trng LF 1/2 to fc COH & M, bk R) end Fcg Pos M fcg WALL no hnd jnd;
- 8 **{Fwd Break}** Joining lead hnds sd & fwd R, -, fwd L, bk R end LOP Fcg Pos M fcg WALL;

### PART A

1-8 **HIP TWIST OVERTRN TO SWEETHEART TWICE:: SWIVEL CROSS BODY w/ SYNC UNDERARM TRN:**  
**OPEN BREAK; W SPIRAL TO NAT TOP; DBL RONDE & WHEEL 2 TO BJO:**  
**OUTSIDE SWIVEL & CROSS SWIVELS; WHIPLASH W CURL TO SHADOW;**

- 1-2 **{Hip Twist Overtrn to Sweetheart Twice}** LOP Fcg Pos M fcg WALL cl L leading W fwd & spin RF, -, joining L-hnds XRIF trng upper body RF, bk L (W fwd R & spin RF 1/2 to fc WALL momentary end in TANDEM Pos W IF of M fcg WALL, -, XLIB trng upper body LF, fwd R); Sd & fwd R releasing L-hnds, -, joining R-hnds XLIF trng upper body LF, bk R (W sd L crossing IF of M, -, XRIB trng upper body RF, fwd L) end TANDEM Pos W IF of M fcg WALL R-hnds jnd;
- SQQ 3 **{Swivel Cross Body w/ Sync Underarm Trn}** Trng body LF sd L twd COH leading W fwd & swivel RF, -, bk R under body raising jnd R-hnds to lead W trn LF, fwd L trng LF to fc COH (W sd & fwd R swiveling RF to fc COH, -, fwd L comm trng LF under jnd R-hnds/cont trng LF step R, L almost in pl/ completing LF trn bk R) end Fcg Pos M fcg COH R-hnds jnd;
- 4 **{Open Break}** Sd R chg hnds to join lead hnds, -, apt L bk, rec R end LOP Fcg Pos M fcg COH;
- 5 **{W Spiral to Nat Top}** Sd & fwd L comm trng RF raising jnd lead hnds to lead W spiral LF, -, assuming loose CP XRIB cont trng RF, sd L cont trng RF (W fwd R spiraling LF under jnd lead hnds, -, sd & fwd L comm trng RF, XRIF cont trng RF) end BJO Pos M fcg RLOD;
- 6 **{Dbl Ronde & Wheel 2 to Bjo}** Fwd R outside ptr ronde L CW comm trng RF, -, cont trng RF fwd L, fwd R w/ checking motion (W fwd L trng RF ronde R CW, -, cont trng RF XRIB, slightly trng LF sd & fwd L) end BJO M fcg LOD;

## PART A (cont'ed)

- 7 **{Outside Swivel & Cross Swivels}** Bk L lead W fwd & swivel RF, -, rk R fwd leading W fwd & swivel LF, rk L bk leading W fwd & swivel RF (W fwd R swiveling RF to SCP, -, fwd L swiveling LF to BJO, fwd R swiveling RF to SCP) end SCP fcg LOD;
- S-- 8 **{Whiplash W Curl Trans to Shadow}** Thru R leading W swivel LF extending L fwd, -, slightly (SS) swiveling RF on R lead W curl LF, - (W thru L swiveling LF ronde R CCW & extended bk end momentary BJO M fcg LOD, -, fwd R spiraling LF to fc WALL) end assuming SHADOW Pos fcg WALL L-hnds jnd & extended sd M's R-hnd at W's shoulder blade W's R-hnd extended sd; (now same footwork)
- 9-17 SHADOW FENCE LINE TWICE;; SHADOW SYNC WALKS; W SYNC ROLL OUT TRANS TO FC; LUNGE BREAK; R PASS w/ UNDERARM ROLL TO FC; NEW YORKER; W SPIN RF TO CHECKED NEW YORKER; W SPIN LF & RK 2;**
- 9-10 **{Shadow Fence Line Twice}** Shadow Pos fcg WALL sd L, -, XRIF, rec L; Sd R, XLIF, rec R;
- SQ&Q 11 **{Shadow Sync Walks}** Trng LF to fc LOD fwd L, -, fwd R/L, R end SHADOW Pos fcg LOD;
- SQQ 12 **{W Sync Roll Out Trans to Fc}** Fwd L, -, bk R lead W fwd, rec L (W fwd L, -, fwd R comm full spin (W SQ&Q) LF/step almost in pl L to fc momentary LOD, fwd R small step cont trng LF 1/2 to fc M & RLOD) end OP Fcg Pos M fcg LOD; (now opposite footwork)
- S-- 13 **{Lunge Break}** Sd & fwd R loining lead hnds, -, flexing R-knee extend L sd & bk, comm rising on R (W SQQ) straightening knee (W sd & bk L, -, bk R under body flexing knee pointing L fwd, fwd L) end LOP Fcg Pos M fcg LOD;
- 14 **{R Pass w/ Underarm Roll to fc}** Cl L raising jnd lead hnds to lead W trn LF, -, trng slightly RF to fc WALL sd R keeping jnd lead hnds above W's head to lead W roll LF, XLIF (W fwd R spiraling LF under jnd lead hnds to fc M & COH, -, sd L cont spin LF under jnd lead hnds, cont spinning RF on L to fc M & COH cl R) end LOP Fcg Pos M fcg WALL;
- 15 **{New Yorker}** Sd R trng RF to fc RLOD, -, fwd L w/ checking motion, rec R trng LF to fc WALL end LOP Fcg Pos M fcg WALL;
- SQ- 16 **{W Spin RF to Checked New Yorker}** Sd L leading W spin RF & release hnds, -, grabing W's (W SQQ) L-wrist w/ R-hnd sd R flexing knee w/ checking motion, hold (W sd R spinning RF one full trn, -, cont trng RF to fc LOD fwd L w/ checking motion, rec R trng LF to fc M & COH) end Fcg Pos M fcg WALL;
- QQ 17 **{W Spin LF & Rk 2}** Hold leading W spin LF by pulling W's L-arm, -, assuming CP rk L sd, rec R (W (W SQQ) sd L spinning LF one full trn to fc M & COH, -, rk R sd, rec L) end CP M fcg WALL;

## PART B

- 1-8 SYNC TRNG BASIC TWICE;; SD TO HINGE; PICK-UP RUDOLPH RONDE w/ REV UNDERARM TRN; HORSESHOE TRN;; W ROLL ACROSS TO REV HORSE & CART TRANS; SHADOW R LUNGE & RK REC;**
- S&QQ 1-2 **{Sync Trng Basic Twice}** CP M fcg WALL sd L slightly rotating upper body RF, -/bk R under body (S&QQ) w/ slipping action comm trng LF, fwd L cont trng LF, sd R cont trng LF to fc WALL (W sd R slightly rotating upper body looking right, -/fwd L small step w/ slipping action closing head comm trng LF, sd & bk R cont trng LF, cl L cont trng LF) end CP M fcg WALL; Repeat Meas 1 Part B;
- S-- 3 **{Sd to Hinge}** Sd L trng body LF, -, flexing L-knee lower to Hinge Line, - (W sd R, -/swiveling LF on (S&--)) R cl L, flexing L-knee extend R fwd twd RLOD look left);
- SQ&Q 4 **{Pick-up Rudolph Ronde w/ Rev Underarm Trn}** Rotating body RF sd & slightly fwd R btwn W's ft (&SQ&Q) leading W ronde CW, -, trng RF on R bk L under body momentary in FALLAWAY Pos fcg RLOD/trng RF to fc COH sd R raising jnd lead hnds to lead W trn LF, cl L (W fwd R trng RF to fc M/sd & fwd L around M trng RF ronde R CW, -, cont trng RF bk R under body/trng LF sd L comm spinning LF under jnd lead hnds, cont spinning on L cl R) end LOP Fcg Pos M fcg COH;
- 5-6 **{Horseshoe Trn}** Sd R trng RF to fc LOD, -, fwd L w/ checking motion, rec R (W sd L trng LF to fc LOD, -, fwd R w/ checking motion, rec L) end LOP fcg LOD; Fwd L comm half circular walk CCW, -, raising jnd lead hnds fwd R cont circular walk, fwd L completing half circular walk to fc RLOD (W fwd R comm half circular walk CW, -, fwd L cont circular walk under jnd lead hnds, fwd R completing half circular walk to fc RLOD) end LOP fcg RLOD;
- S-Q 7 **{W Roll Across to Rev Horse & Cart Trans}** Fwd R & slightly across small step leading W trn RF (SQ&Q&) joining L-hnds assuming SHADOW Pos both fcg RLOD, -, flexing R-knee swivel RF 3/4 on R to fc WALL ronde L CW, cl L (W fwd L IF of M spinning strongly RF to fc RLOD, -, bk R comm wheel RF/bk L cont wheel RF, bk R cont wheel RF/bk L completing wheel RF) end SHADOW Pos fcg WALL; (now same footwork)
- 8 **{Shadow R Lunge & Rk Rec}** Sd & fwd R flexing knee shaping to right, -, rk L, rec R;

## PART B (cont'ed)

- 9-17 SHADOW TRNG BASIC;; W ROLL OUT TRANS TO FC; OPEN CONTRA BREAK; BK WALKS w/ HNDS TWICE;; X-HND UNDERARM TRN; BROKEN SPRING W DEVELOPE;;**
- 9-10 **{Shadow Trng Basic}** SHADOW Pos fcg WALL sd L rotating upper body RF looking well left, -, bk R under body flexing knee comm trng LF, cont trng LF fwd L twd COH; Sd & fwd R, -, fwd L flexing knee w/ checking motion, bk R end SHADOW Pos both fcg COH;
- SQQ 11 **{W Roll Out Trans to Fc}** Sd L rotating upper body RF looking well left, -, bk R trng comm trn LF leading W roll LF & release L-hnds, cont trng LF to fc RLOD fwd L (Sd L rotating upper body RF looking well left, -, bk R trng comm trn LF/sd & fwd L twd RLOD cont trng LF, cont trng LF bk R) end Fcg Pos M fcg RLOD no hnd jnd; (now opposite footwork)
- 12 **{Open Contra Break}** Joining R-hnds sd & fwd R sweeping free L-hnd fwd & up above head, -, rotating upper body LF fwd L twd RLOD across body flexing knee w/ checking action, bk R (W sd & bk L sweeping free L-hnd fwd & up above head, -, rotating upper body LF bk R twd RLOD across body looking well left, fwd L) end Fcg Pos M fcg RLOD R-hnd jnd;
- 13-14 **{Bk Walks w/ Hnds Twice}** Bk L joining L-hnds & sweeping R-hnds fwd & up above head, -, bk R, bk L; Bk R joining R-hnds & sweeping L-hnds fwd & up above head, -, bk L, bk R;
- 15 **{X-Hnd Underarm Trn}** Raising R-hnds sd L joining L-hnds at waist level, -, bk R leading W trn RF under R-hnds then L-hnds, rec L (W sd R comm trng RF, -, XLIF trng RF under R-hnds, rec R cont trng RF under L-hnds) end Modif BJO M fcg RLOD L-hnds high above head R-hnds at waist level;
- SQQ 16-17 **{Broken Spring W Develope}** Fwd R twd RLOD under L-hnds trng LF to fc WALL end momentary M's VARS both fcg WALL R-hnds above head L-hnds at waist level, -, bk L leading W fwd, rec R (W fwd L twd LOD trng RF to fc WALL, -, fwd R, fwd L trng RF to fc M & COH) end X-HND Fcg Pos M fcg WALL R-hnds held high L-hnds low; Hold leading W trn RF, -, hold releasing L-hnds lead W spin RF, shape to right (W cont trng RF on L to fc WALL sd R small step to M's R sd & spin RF one full trn to fc WALL, -, placing L-hnd on M's R-shoulder develope L shaping to right) end OP Pos both fcg WALL R-hnds jnd IF of W's body;
- 18-20 **W UNDERARM ROLL M HEADLOOP TRANS TO L HALF OP; PICK-UP TO SYNC CUDDLE PIVOT FC COH; CONTRA CHECK & REC;**
- S-Q 18 **{W Underarm Roll M HeadloopTrans to L Half OP}** OP Pos both fcg WALL R-hnds jnd fwd L trng RF 1/2 leading W trng LF under jnd R-hnds, -, cont trng RF on L to fc LOD tch R cont leading W trn LF & placing R-hnds over head to M's R-shoulder, fwd R (W sd & fwd L trng LF under R-hnds, -, sd R cont trng LF, fwd L) end L-HALF OP fcg LOD;
- SQ&Q 19 **{Pick-up to Sync Cuddle Pivot Fc COH}** Fwd L small step picking up W to CUDDLE Pos M fcg LOD, -, fwd R comm pivoting RF/bk L cont pivot RF, fwd R end CUDDLE Pos M fcg COH;
- SS 20 **{Contra Check & Rec}** Fwd L flexing knee extending L-hnd sd & bk looking right, -, rec R, - (W bk R flexing knee extending L-hnd sd & bk looking well left, -, rec L, -) end CUDDLE Pos M fc COH L-hnds extended;

END

- 1-8 TRNG BASIC;; SYNC TRNG BASIC; FWD TO SCP & SYNC SERPIENTE & WALK 2;;; BOLEO & CURL; BODY ROLL & EXTEND ARM;**
- 1-2 **{Trng Basic}** CUDDLE Pos M fcg COH as music slow down assuming CP sd L rotating upper body RF looking well left, -, bk R under body flexing knee comm trng LF, cont trng LF fwd L twd WALL; Sd & fwd R, -, fwd L flexing knee w/ checking motion, rec R end CP M fcg WALL;
- S&QQ 3 **{Sync Trng Basic}** Sd L slightly rotating upper body RF, -/bk R under body w/ slipping action comm trng LF, fwd L cont trng LF, sd R cont trng LF to fc WALL (W sd R slightly rotating upper body looking right, -/fwd L small step w/ slipping action closing head comm trng LF, sd & bk R cont trng LF, cl L cont trng LF) end CP M fcg WALL;
- SQ&Q 4-6 **{Fwd to SCP & Sync Serpiente & Walk 2}** Trng LF to SCP fcg LOD fwd L, -, thru R/sd L, XRIB blending to BFLY; Ronde L CCW (W CW), -, XLIB, sd R; Thru L twd RLOD swiveling LF to SCP fcg LOD, -, fwd R, fwd L end in SCP fcg LOD;
- SQQ 7 **{Boleo & Curl}** Hold leading W swivel LF, lead W swivel RF, cl R raising jnd lead hnds to lead W trn LF, - (W lift L bk swivel LF on R, swivel RF on R, swivel LF on R under jnd lead hnds to fc WALL lowering L) end Wrapped TANDEM Pos fcg WALL M bhnd W;
- 8 **{Body Roll & Extend Arm}** Holding W's L wrist w/ L-hnd leaning upper body fwd then rotate CCW slowly to left-bk-right-straighten-left, L-arms goes together as body rolls & extend twd LOD;