

Don't Give It Up (No Te Rindas)

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CD: Healing Evolution Track 4 **Artist:** Inka Gold **Available:** Inkagoldmusic.com (full CD only at this time)
Rhythm: Rumba **RAL Phase V** **or Choreographer**
Footwork: Opposite unless noted (Woman's Footwork in parentheses)
Timing: Standard RAL Rumba unless noted. **Time @ 45 RPM:** 4:05 **Adjust for comfort** **Difficulty Level – Average**
Sequence: Intro-A-A-B-C-D-B-C-End **Released: May 24, 2014**

Meas

INTRODUCTION

1 -- 4 BFLY WALL WAIT 2;; CUCARACHA 2X;;

1 - 2 [BFLY Fcng WALL Wait 2 Meas];;

3 - 4 [Cucarachas] Rk sd & slightly bk L, rec R, cl L, -; Rk sd & slightly bk R, rec L, cl R, -;

5 -- 8 OP HIP TWIST; FAN; ALEMANA;;

5 [Op Hip Twist] Ck fwd L, rec R, cl L pushing arm fwd gently to trn W, - (Rk bk R, rec L, fwd R swivel ¼ RF on Rt, -);

6 [Fan] Bk R, rec L, sd R, - (Fwd L comm trng ½ LF step sd & bk R completing trn, bk L leaving Rt extended fwd w/no weight, -);

7 - 8 [Alemana] Fwd L, rec R, sd L leading W to trn RF; Bk R, rec L, cl R leading W to M's rt sd (Bk R, rec L, sd R comm RF swivel; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, sd L);

9 -- 12 LARIAT BFLY;; SHLDR TO SHLDR 2X;;

9 - 10 [Lariat] Rk sd L, rec R, cl L, - (Commence to circle M clockwise with joined ld hnds fwd R, fwd L, fwd R, -); Rk bk R, rec L, cl R, - (Continue clockwise circle fwd L, fwd R, fwd & sd L trng to fc ptr, -); to Bfly;

11 - 12 [Shldr to Shldr 2X] From Bfly Pos fwd L to Bfly SCAR, rec R to fc, sd L, - (Bk R to Bfly SCAR, rec L to fc, sd R, -); From Bfly Pos fwd R to Bfly BJO, rec L to fc, sd R, - (Bk L to Bfly BJO, rec R to fc, sd L, -);

PART A

1 -- 4 ½ BASIC TO A; FULL NAT TOP;;

1 [1/2 Basic] Rk fwd L, rec R, sd & fwd L commence RF trn prep stp for, -;

2 - 4 [Nat Top] In CP Comm RF rotation XRIB, sd L, XRIB, - (Comm RF Rotation sd L, XRIF, sd L, -); sd L, XRIB, sd L, - (XRIF, sd L, XRIF, -); XRIB, sd L, sd R, - (sd L, XRIF, sd L, -); to CP/WALL;

5 -- 8 NAT OPENING OUT; FAN; HOCKEYSTICK;;

5 [Nat Opening Out] Giving W a slight lift sd ld with rt sd stretch to open her out sd L inside edge onto ball of ft with pressure into floor, rec R with slight rt sd ld to ld W to CP, cl L to R, - (With slight lift sd stretch trng 1/2 RF bk R with rt sd stretch, rec L with lift sd stretch trng LF 1/2 blending to CP, sd R, -);

6 [Fan] Bk R, rec L, sd R (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L leaving R extended fwd w/no weight);

7 - 8 [Hockeystick] Fwd L, rec R, Cl L, - (Cl R, fwd L, fwd R, -); bk R, rec L, fwd R ending DRW, - (fwd L, fwd R trng lft to fc ptr, bk L on a diagonal, -);

9 -- 12 FWD BASIC; BK WK 3 & 3 TO A;; NAT TOP 3 FC WALL;

9 [1/2 Basic] Rk fwd L, rec R, bk L, -;

10 - 11 [Bk Wks] Bk R, bk L, bk R curving to fc RLOD, -; Bk L, bk R to fc RLOD, fwd L commence RF trn prep stp for, -;

12 [Nat Top 3] XRIB, sd L, sd R, - (sd L, XRIF, sd L, -); to CP Wall;

REPEAT A

PART B

1 -- 4 ½ BASIC; UNDERARM TRN; SHLDR TO SHLDR 2X TO LFT HND STAR;;

1 [1/2 Basic] BFLY Wall Rk fwd L, rec R, sd & bk L, -;

2 [Underarm Trn] Raising joined ld hnds trn body slightly RF & XRIB, rec L squaring body to fc ptr, sd R, - (XLIF under joined ld hnds commence 1/2 RF trn, rec R complete RF trn to fc ptr, sd L, -);

5 -- 8 UMBRELLA TRN TO BFLY;;;

5-8 [Umbrella Trn] In lft hnd star position fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; fwd L, rec R, bk L, -; bk R, rec L trn LF 1/4 to fc ptr, sd R, (Bk R, rec L, fwd R, -; fwd L trng 1/2 RF under joined lft hnds, rec R, fwd L, -; fwd R trng 1/2 LF under joined lft hnds, rec L, fwd R, -; fwd L trng 1/2 RF under joined lft hnds, rec R continue trn to fc ptr, sd L, -;) to BFLY/WALL;

9 -- 12 CUCARACHA X; CRAB WK END; HND TO HND 2X;;

9 [Cucaracha X] Sd & slightly bk L with partial weight, rec R, XLIF, -;

10 [Crab Wk End] In BFLY with upper body feng ptr Sd R, XLIF, sd R, - BFLY;

11-12 [Hnd to Hnd 2X] Swiveling sharply ¼ on rt ft stp bk L to Op/LOD, rec R trng ¼ RF to fc ptr, sd L, -; Swiveling sharply ¼ on lft ft stp bk R to Op/RLOD, rec L trng ¼ LF to fc ptr, sd R, - BFLY Wall;

13 - 16 SD WKS;; CUCRACHA 2X TO HANDSHK

13-14 [Sd Wks] Sd L, cl R, sd L, -; Cl R, sd L, cl R, -;

15-16 [Cucarachas] Sd & slightly bk L with partial weight, rec R, cl L, -; Sd & slightly bk R with partial weight, rec L, cl R join rt hnds, -;

PART C**1 -- 4 FLIRT;; SWEETHEARTS 2X TO FC;;**

1-2 [Flirt] Fwd L, rec R, sd L, - (Bk R, fwd L, fwd R trng LF to Varsouvienne pos, -); Bk R, rec L, sd R, - (bk L, rec R, sd L moving to her left in front of M to end in Left Varsouvienne pos, -) feng Wall;

3-4 [Sweethearts to Fc] Ck fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr, rec R straightening body, sd L, - (Bk R with lft sd lead into a contra ck like action, rec L, straightening body, sd R, -); Ck fwd R with rt sd lead into contra ck like action maintaining eye contact w/ptr, rec L straightening body, sd R, - (Bk L with lft sd lead into a contra ck like action, rec R, straightening body, fwd L trng LF to fc ptr, -) BFLY Wall;
Alternate Version [Dbl Hndhold Sweethearts to Fc] Still in Varsuv fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr & retaining dbl handhold, rec R straightening body, sd L, - (Bk R with lft sd lead into a contra ck like action, rec L, straightening body, sd R, -); Ck fwd R with rt sd lead into contra ck like action maintaining eye contact w/ptr & retaining dbl handhold, rec L straightening body, sd R, - (Bk L with lft sd lead into a contra ck like action, rec R commencing RF trn under joined hnds, straightening body, fwd L trng RF to fc ptr, -);

5 -- 8 CROSS BODY BFLY COH;; CUCARACHA 2X TO HANDSHK;;

5-6 [Cross Body] Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L, - (Bk R, rec L, fwd R twd M staying on rt sd ending in an L-shaped pos.); Bk R beh L cont LF trn, rec L, sd R, - (fwd L commencing to trn lft, fwd R trng ½ LF, sd & bk L, -;) to BFLY;

7-8 Repeat Meas 15 & 16 Part B;;

9 -- 12 FLIRT;; SWEETHEARTS 2X TO FC;;

9-10 Fcng COH Repeat Meas 1 & 2, Part C to BFLY COH;;

11-12 Repeat Meas 3 & 4, Part C;;

13 - 16 CROSS BODY BFLY WALL;; NEW YORKERS 2X;;

13-15 Repeat Meas 5 & 6, Part C to BFLY/Wall;;

15-16 [New Yorkers] Swiveling on rt ft commence RF trn & stp thru L with straight leg trng to a sd by sd position, rec R to fc ptr, sd L to BFLY, -; Swiveling on lft ft commence LF trn & stp thru R with straight leg trng to a sd by sd position, rec L to fc ptr, sd R to BFLY, -;

PART D**1 -- 4 BRK BK TO OP/LOD; KIKI WK 3 & 3;; W ROLL X LOP;**

1 [Brk Bk to OP] Swiveling sharply ¼ on rt ft stp bk L to Op/LOD, rec R, fwd L, -;

2-3 [Kiki Wks] In OP/LOD take 6 stps fwd R, L, R, -; L, R, L, - placing each foot directly in front of supporting foot;

4 [W Roll X LOP] Rk bk R, rec L, small fwd R, - (Fwd L commence LF roll in front of M, sd & fwd R continue RF rotation, sd & fwd L cont rotation to fc DLC, -;) to LOP;

5 -- 8 CIRCLE CHASE HER IN;; CIRCLE CHASE HIM OUT TO LOP/LOD;;

5-6 [Circle Chase Her In] Commence LF circle following W twd COH fwd L, fwd R, fwd L, -; Cont LF circle following W fwd R, fwd L, fwd R, - (Commence LF circle leading M twd COH fwd R, fwd L, fwd R, -; Cont LF circle leading M fwd L, fwd R, fwd L, -;) to end in sd by sd OP feng RLOD;

7-8 [Circle Chase Him Out] Cont LF circle now leading W fwd L, fwd R, fwd L, -; cont LF circle leading W fwd R, fwd L, fwd R, - (Cont LF circle now following M fwd R, fwd L, fwd R, -; Cont LF circle following M fwd L, fwd R, fwd L, -) to end in LOP feng LOD;

9 - - 12 W ROLL X TO OP/LOD; PROG WK 3 & 3;; NEW YORKER TO FC HNDSHK;

9 [W Roll X to OP/LOD] Rk Bk L, rec R, small fwd L, - (Fwd R commence RF roll in front of M, sd & fwd L continue LF rotation, sd & fwd R cont rotation to fc LOD, -;) to OP/LOD;

10 - 11 [Prog Wks] Fwd R, fwd L, fwd R, -; Fwd L, fwd R, fwd L, -;

12 [New Yorker to Hndshk] Stp thru R with straight leg in a sd by sd position, rec L to fc ptr, sd R to join rt hnds, -;

13 - 16 TRADE PLCS; CUCARACHA; CHASE W/UNDERARM PASS;;

13 [Trade Places] Rt hnds joined rk apt L, rec R trng ¼ RF to fc RLOD releasing rt hnds, cont trng RF to fc ptr & COH stepping sd & bk L twd WALL (W rk apt R, rec L trng ¼ LF to fc RLOD, cont trng to fc ptr & WALL stepping sd & bk R to join ld hnds), - to BFLY COH;

14 [Cucaracha] Sd & slightly bk R with partial weight, rec L, cl R, -;

15 - 16 [Chase w/Underarm Pass] Keeping ld hnds joined fwd L trng 1/2 RF, rec R, fwd L, - (W bk R, rec L to M's left side, fwd R, -); Rk bk R, rec L to BFY COH, sd R, - (W fwd L, fwd R trng 1/2 LF to BFLY COH, sd L, -);

REPEAT PART B

REPEAT PART C

END**1 - - 2 SD, DRAW, CL; SD CORTE;**

1 [Sd, Draw, Cl] Sd L, draw R to L, cl L, -;

2 [Sd Corte] step back and side left using lowering action with supporting leg relaxed look RLOD;