


ESTAS EN MI CORAZON (You're in My Heart)

Choreographers:	Music: CD « Los Mas Grandes Exitos de Angela Carrasco », track 13 or Casa Musica Latin Mix CD2 track 10 or download from WalMart, iTune etc.	
Annette & Frank Woodruff	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)	
Rue du Camp, 87	Rhythm: Rumba-Cha	
7034 Mons, Belgium	Phase: III+2 (Fan, Alemana from Fan)	
Tel: 00 32 65 73 19 40	Release date: April 2006	
Fax: 00 32 65 73 19 41	Time & Speed: 2:54 @ unchanged CD speed	
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INTRODUCTION - RUMBA

1 - 2	Wait;;	BFLY WALL wt 2 meas;;
3	New Yorker;	XLif trng to LOP RLOD, rec R to fc ptr, sd L to BFLY WALL, -;
4	Spot Turn to CP;	XRif (<i>W Xif</i>) trng ½ LF, rec L comp full LF trn to fc ptr, sd R to CP WALL, -;

PART A - RUMBA

1 - 2	½ Basic to Fan;;	Fwd L, rec R, sd L, -; bk R, rec L, sd R (<i>W fwd L, rec R trng ¼ LF, bk L</i>) to FAN pos WALL, -;
3 - 4	Alemana;;	Fwd L, rec R, cl L raisg jnd ld hnds palm-to-palm (<i>W bk R, rec L, fwd R twd M's L sd</i>), -; XRib, rec L, sd R (<i>W fwd L & swvl RF to fc WALL, fwd R & swvl RF to fc DRC, fwd & sd L to fc M</i>), -;
5	Hand to Hand;	XLib trng to OP LOD, rec R to fc ptr, sd L to BFLY WALL, -;
6 - 7	Crab Walks;;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), -; sd L, XRif (<i>W XLif</i>), sd L, -;
8	Fence Line;	XRif (<i>W XLif</i>) w/ bent knee, rec L, sd R, -;

PART B - RUMBA

1	Shoulder to Shoulder;	Fwd L to BFLY SCAR, rec R staying in SCAR, sd L, -;
2	Underarm Turn;	Raisg jnd ld hnds XRib, rec L, sd R (<i>W XLif under jnd ld hnds com full RF trn, rec R comp RF trn to fc ptr, sd L twd M's R sd</i>), -;
3 - 4	To a Lariat;;	Press sd L, rec R, cl L (<i>W circ RF arnd M R, L, R</i>), -; press sd R, rec L, cl R (<i>W cont circ arnd M L, R, L</i>) to BFLY WALL, -;
5	Back Break to OP;	XLib trng to OP LOD, rec R, fwd L twd LOD, -;
6 - 7	Kiki Walks;;	Placg each ft in frt of the other fwd R, L, R, -; L, R, L, -;
8	Spot Turn to Low BFLY;	XRif (<i>W Xif</i>) trng ½ LF, rec L comp ¾ LF trn to fc ptr, sd R & jn both hnds low, -;
9	Slow Hip Rock 2;	Rk sd L rollg L hip sd & bk, -, rk sd R rollg R hip sd & bk, -;

INTERLUDE - RUMBA

1	½ Basic;	Fwd L, rec R, sd & bk L, -;
2	Whip;	Bk R trng LF ¼ & ldg W acrs, rec L trng LF ¼, sd R (<i>W fwd L trng LF & xg in frt of M, fwd R contg LF trn, sd L</i>) to BFLY COH, -;
3	½ Basic;	Rpt meas 1-2 Interlude to BFLY WALL;;
4	Whip;	

ENDING - CHA

1	New Yorker;	XLif trng to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L to BFLY WALL, -;
2	Spot Turn;	XRif (<i>W Xif</i>) trng ½ LF, rec L cont LF trn, sd R/cl L, sd R comp full LF trn to fc ptr & blend to CP WALL, -;
3 - 6	Chase;;;	Fwd L trng ¼ RF, rec R trng ¼ RF, fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>); fwd R trng ¼ LF, rec L trng ¼ LF (<i>W fwd L trng ¼ RF, rec R trng ¼ RF</i>), fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L (<i>W fwd R trng ¼ LF, rec L trng ¼ LF, fwd R/cl L, fwd R</i>) to BFLY WALL; bk R, rec L, sd R/cl L, sd R;
7	½ Basic;	Fwd L, rec R, sd L/cl R, sd & bk L;
8	Whip;	Bk R trng ¼ LF & ldg W acrs, rec L trng ¼ LF, sd R/cl L, sd R (<i>W fwd L trng LF & xg in frt of M, fwd & sd R contg LF trn, comp LF trn to fc M sd L/cl R, sd L</i>) to BFLY COH, -;
9	½ Basic;	Rpt meas 7-8 Ending to BFLY WALL;;
10	Whip;	
11	Fence Line;	XLif (<i>W XRif</i>) w/ bent knee, rec R, sd L/cl R, sd L;
12	Rock Thru Rec Point Side;	XRif, rec L, pt R twd RLOD, -;

N.B. Other Dance to same music: Soft Phase VI addressing the most commonly used occurrences of Spirals.