

Guantanamera Rumba



Choreographers:	Release date: March 2014
Annette & Frank Woodruff	Rhythm & Phase: Rumba V+2 (Curl, Body Ripple)
	Music: You Tube download Guantanamera (Rumba) *
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 3:00 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: annetteandfrank@gmail.com	Sequence: Intro - AB - AB - A

INTRODUCTION

1 - 2	Wait ;;	LOP-FCG WALL wt 2 meas ;;
3 - 4	Alemana to BFLY ;;	Fwd L, rec R, raisg jnd ld hnds palm-to-palm cl L (<i>W bk R, rec L, fwd & sd R twds M's L sd prepq to trn RF</i>), - ; XRib, rec L, sd R (<i>W swvlq slightly RF on R fwd L & swvl 1/2 RF, fwd R twd WALL & swvl 1/4 RF, fwd & sd L comp full RF trn to fc ptr</i>) to BFLY WALL, - ;
5 - 6	To RLOD Crab Walks ;;	XLif (<i>W XRif</i>), sd R, XLif (<i>W XRif</i>), - ; sd R, XLif (<i>W XRif</i>), sd R, - ;
7	New Yorker ;	XLif (<i>W XRif</i>) to LOP RLOD, rec R to fc ptr, sd L, - ;
8	Spot Turn to CP ;	Swvlq 1/4 LF on ball of L ft fwd R turning 1/2 LF, rec L trng 1/4 LF to fc ptr, sd R to CP WALL, - ;

PART A

1 - 2	Closed Hip Twist to an Overturned Fan to L-SHAD ;;	W/ slight RF bdy trn givg W a slight L sd ld to open her out ck sd & fwd L, rec R w/ slight R sd ld to ld W to close, cl L w/ slight L sd ld to trn W, - (<i>W swvlq RF up to 1/2 bk R, rec L swvlq LF up to 1/2, sd R & swvl 1/4 RF</i>) ; bk R, rec L, sd R (<i>W sm fwd L twd LOD, trng LF sd R, compg 3/4 LF trn sd L</i>) to L-SHAD WALL w/ no hnds jnd, - ;
3 - 4	Sweetheart 2x ;;	Ck fwd L w/ R sd ld in contra-ck action, rec R straightening bdy, sd L (<i>W bk R w/ L sd ld in contra-ck action, rec L straightening bdy, sd R</i>) to SHAD WALL, - ; ck fwd R w/ L sd ld in contra-ck action, rec L straightening bdy, sd R (<i>W bk L w/ R sd ld in contra-ck action, rec R straightening bdy, sd L</i>) to L-SHAD WALL, - ; [suggested armwork on 1 st measure: on beat 1 both xtnd R arm fwd & L arm to sd & bring them bk to chest level fingers tchg on beats 2 & 3; on 2 nd meas xtnd L arm fwd & R arm to sd on bt 1 & bring them bk on beats 2 & 3;]
5	Sweetheart to Face ;	Ck fwd L w/ R sd ld in contra-ck action, rec R straightening bdy, sd L (<i>W bk R with left sd lead in contra-ck action, rec L trng RF, sd R to fc ptr</i>) to LOP-FCG WALL, - ; [suggested armwork as on meas 3 of Part A]
6 - 8	Alemana Turn with Spiral into a Lariat ;;;	Raising jnd ld hnds XRib, rec L, sd R, - (<i>W fwd L & swvl 1/2 RF, fwd R twd WALL & swvl 1/4 RF, fwd & sd L comp full RF trn to fc ptr & spiral 7/8 RF to end fcg DRC if of M's R sd</i>) ; press sd L, rec R, cl L (<i>W circg CW arnd M fwd R, fwd L, fwd R</i>), - ; press sd R, rec L, cl R (<i>W contg CW circ fwd L, fwd R, fwd & sd L to fc M</i>) to CP WALL, - ; [Yes, it's a Rope Spin but naming it would turn the dance into a phase VI which would be a misleading indication of its difficulty**]
9 - 10	Cuddle 2x ;;	W/slight L sd ld to open W out sd L & xtnd L arm to sd, rec R, cl L placg L hnd on W's bk (<i>W contg the CW momentum & relg R hnd bk R trng 1/2 RF & xtnd R arm to sd, rec L trng 1/2 LF, fwd & sd R to fc M & put R hnd on M's L shldr</i>), - ; sd R & xtnd R arm to sd, rec L, cl R placg R hnd on W's bk (<i>W relg L hnd bk L trng 1/2 LF & xtnd L arm to sd, rec R trng 1/2 RF, fwd & sd L to fc M & put L hnd on M's R shldr</i>), - ;
11 - 12	Cuddle with Spiral to Fan ;;	Sd L & xtnd L arm to sd, rec R, cl L, - (<i>W relg R hnd bk R trng 1/2 RF & xtnd R arm to sd, rec L trng 3/8 LF, fwd & sd R & spiral 7/8 LF</i>) ; bk R, rec L, sd R (<i>W fwd L twd LOD, trng LF sd R, contg LF trn bk L</i>) to FAN pos, - ;
13 - 14	Hockey Stick with Spiral ;;	Fwd L, rec R, sm sd L raisg jnd ld hnds to form window, - (<i>W cl R, fwd L, fwd R & spiral 7/8 LF</i>) ; bk R, rec L, lwrg hnds strong fwd R twd DRW (<i>W fwd L, fwd R & spiral LF 1/2, bk L</i>) to LOP-FCG DRW, - ;

15	Curl ;	Fwd L, rec R, trng 1/8 LF sd & bk L ldg W to trn LF undr raised ld hnds (<i>W bk R, rec L, sm fwd R & spiral LF 5/8</i>) to end in Mod WRP WALL w/ ld hnds jnd in frt of W's waist, - ;
16	Body Ripple ;	Bend both knees compressing strongly into floor & tilting torso bk by movg hips fwd, still pressing into floor move hips bk tilting torso fwd, start straightening knees & movg hips fwd, continue straightening knees as hips come bk to normal pos and torso straightens fully [on beats 3 & 4 both may bring left hand up along bdy & all the way up];

PART B

1	Flirt Ending to L-VARS ;	Jng L/L & R/R hnds in VARS pos bk R, rec L, sd R slidg bhd W (<i>W bk L, rec R, sd L slidg if of M</i>) to L-VARS, - ;
2	Rock Back Lady to VARS ;	Bk L, rec R, sd L slidg bhd W (<i>W bk R, rec L, sd R slidg if of M</i>) to VARS, - ;
3	Rock Back Lady Out to CP ;	Bk R, rec L, sd R (<i>W bk L, trng RF rec R, compg RF trn sd L</i>) to CP WALL, - ;
4 - 7	Latin Whisk to a Full Natural Top ;;;	XLib to mom SCP, rec R to fc ptr, trng RF sd & fwd L (<i>W XRib to mom SCP, rec L, fwd R between M's ft</i>) to CP RLOD, - ; rotating 1+ 3/4 trn ovr next 3 meas XRib, sd L, XRib (<i>W sd L, fwd R btw M's ft, sd L</i>), - ; sd L, XRib, sd L (<i>W fwd R btw M's ft, sd L, fwd R btw M's ft</i>), - ; XRib, sd L, cl R (<i>W sd L, fwd R btw M's ft, sd L</i>) to CP WALL, - ;
8	Latin Whisk in 4 to BFLY ;	XLib to mom SCP, rec R to fc ptr, sd L, rec R to BFLY WALL ;
9 - 10	To RLOD Crab Walks ;;	Repeat meas 5-8 Intro to CP WALL ;;;
11	New Yorker ;	
12	Spot Turn to CP ;	

Styling inspiration here (not necessarily the dress): <http://youtu.be/pAs7U1dyesQ>

*We didn't find out who the artist is. Nevertheless there are half a dozen instances of this version on You Tube, uploaded by several individuals, all under "Guantanamera Rumba" or "Guantanamera (Rumba)", length 3:04 or 3:10 or 3:11. If you have difficulty finding the music, just ask us.

** "Spiral" is a phase V action. Lariat is phase III and Alemana is phase IV. One does wonder why Rope Spin is a phase VI figure and not phase V. "Curl" which is a *small* spiral, is a phase VI figure too... more food for thoughts.

Lyrics

GUANTANAMERA GUAJIRA GUANTANAMERA

YO SOY UN HOMBRE SINCERO

(I am a truthful man)

DE DONDE CRECE LA PALMA

(from the land where the palm trees grow)

DANTES DE MORIRME QUIERO

(Before dying I want)

ECHAR MIS VERSOS DEL ALMA

(to share these verses from my soul)

GUANTANAMERA

I CARE A LOT FOR THE LADY

MY INSPIRATION

GUANTANAMO'S FAIREST LADY

I'M JUST A MAN WHO IS TRYING

TO DO SOME GOOD BEFORE DYING

TO ASK EACH MAN AND HIS BROTHER

TO BEAR NO ILL TOWARD EACH OTHER

THIS LIFE WILL NEVER BE HOLLOW

TO THOSE WHO LISTEN AND FOLLOW

By the way, the song Guantanamera belongs to the public domain - no copyright. It is perhaps the best known Cuban song and that country's most noted patriotic song. In 1966, a version by the American vocal group The Sandpipers, based on an arrangement by Pete Seeger, became an international hit.

Guantanamera refers to a female inhabitant of Guantanamo, just like Guantanamero would be a male inhabitant of the same town. Erroneously the French version of the song refers to Guantanamera as a town. "Guajira" is a rural region.

GUANTANAMERA RUMBA – V+2 - WOODRUFF – 3:00

INTRO (8 meas)

OP FCG WALL Wait 2 ;; Alemana to BFLY ;;
To RLOD Crab Walks ;; New Yorker ; Spot Turn to CP;

PART A (16 meas)

Closed Hip Twist to an Overturned Fan to L-SHAD ;; Sweetheart 2x ;;
Sweetheart to Fc ; Alemana Turn w/ spiral into a Lariat ;;;
Cuddle 2x ;; Cuddle w/ spiral to Fan ;;
Hockey Stick w/ Spiral ;; **Curl ; Body Ripple ;**

PART B (12 meas)

Flirt Ending to Left-Varsou; Rk Back Lady to Varsou ; Rk Bk Lady Out to CP ;
Latin Whisk to Full Natural Top ;;;; Latin Whisk in 4 to BFLY ;
To RLOD Crab Walks ;; New Yorker ; Spot Turn to CP ;

PART A (16 meas)

Closed Hip Twist to an Overturned Fan to L-SHAD ;; Sweetheart 2x ;;
Sweetheart to Fc ; Alemana Turn w/ spiral into a Lariat ;;;
Cuddle 2x ;; Cuddle w/ spiral to Fan ;;
Hockey Stick w/ Spiral ;; **Curl ; Body Ripple ;**

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Flirt Ending to Left-Varsou; Rk Back Lady to Varsou ; Rk Bk Lady Out to CP ;
Latin Whisk to Full Natural Top ;;;; Latin Whisk in 4 to BFLY ;
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