

## LA MEDIA VUELTA

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Music: La Media Vuelta by Luis Miguel  
From the CD album Grandes Exitos (US CD Version)  
Available from Wal-Mart Music Downloads  
Rhythm/Phase: Rumba Phase IV + 2 (Clsd Hip Twist & Full Natural Top)  
Footwork: Opposite throughout directions for M (and for W where noted).  
Sequence: Intro A B Inter A B modified

### ..... INTRODUCTION (6 Measures) .....

BFLY POS FCNG PTNR & WALL W/ LEAD FOOT FREE WAIT 2 MEAS;; FENCE LINE  
TWICE;; ROLL 3 TO FC; THRU, SD, CLOSE/POINT BFLY;

[1 & 2] In bfly pos fcng partner & wall w/ lead foot free wait 2 meas;; [3 & 4] Twd RLOD cross lunge thru L w/ bent knee look direction of lunge, rec R trng to fc ptrn, sd L, -; Twd LOD cross lunge thru R, rec L, sd R, -; [5] Twd LOD roll lf (W rf) L, R, L to fc ptrn & wall, -; [6] Twd LOD thru R, sd L, cl R/point L bfly wall, -;

### ..... PART A (16 Measures) .....

ALEMANA BLND CP WALL;; CROSS BODY;; LATIN WHISK; THRU FC CL CP COH;  
CROSS BODY BLND BFLY WALL;; 1/2 BASIC; AIDA LOD; SWITCH ROCK FALL LOD;  
THRU FC CL BFLY; OPN BREAK; TO A FULL NATURAL TOP FC WALL CP;;;

[1 & 2] Fwd L, rec R, cl L leading W to turn rf, -; Bk R, rec L, sd R blnd CP wall, -; (W bk R, rec L, sd R commence rf swivel, -; Cont rf turn under joined lead hands fwd L, cont rf turn fwd R, sd L blnd CP, -;) [3 & 4] Fwd L, rec R, sd L trng lf foot turned about 1/4 turn body turned about 1/8 turn, -; Bk R cont lf turn, small fwd L, sd & fwd R, -; (W bk R, rec L, fwd R twd M staying on right side ending in an L-shaped pos, -; Fwd L commence to turn left, fwd R trng 1/2 lf end W right foot back, sd & bk L, -;) [5] XLIB of R, rec R, sd L, -; [6] Twd RLOD thru R, sd L, cl R CP COH, -; [7 & 8] Same as meas 3 and 4 except end bfly pos fcng ptrn & wall;; [9] Fwd L, rec R, sd L, -; [10] Twd LOD fwd R trng rf, sd L cont rf turn, bk R end in a V bk-to-bk pos fcng RLOD, -; [11] Trng lf to fc ptrn sd L check bringing joined hands thru, rec R, sd L, -; [12] Twd LOD thru R, sd L, cl R blnd bfly pos fcng ptrn & wall, -; [13] Rk apt L to left open fcng pos while extending free arm up w/ palm out, rec R lower free arm, sd L starting a blnd to CP, -; [14 - 16] XRIB of L, sd L, XRIB of L, -; Sd L, XRIB of L, sd L, -; XRIB of L, sd L, cl R blnd CP wall, -;

### ..... PART B (12 Measures) .....

CLSD HIP TWIST TO A FAN;; HOCKEY STICK;; NEW YKR REV; SPOT TURN LOD  
BFLY; SHLDR TO SHLDR TWICE;; CUCARACHA L & R;; (IN BFLY) SIDE WALKS;;

[1 & 2] Giving W a slight left side lead w/ right side stretch to open her out rk sd & slightly fwd L, rec R w/ slight right side lead to lead W to close, cl L to right w/ slight left side lead to turn W ending w/ slight right side stretch, -; Bk R, rec L, sd R, -; (With slight left side stretch turn rf up to 1/2 bk R, rec L trng lf up to 1/2, sd R small step swivel 1/4 rf on R touching left to right no weight w/ slight left side stretch, -; Fwd L, trng lf step sd & bk R making 1/4 turn to the left, bk L leaving right extended forward w/ no weight, -;) [3 & 4] Fwd L, rec R, cl L, -; Bk R, rec L, fwd R following W, -; (W cl R, fwd L, fwd R, -; Fwd L, fwd R trng lf to fc ptrn, sd & bk L, -;)

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[5] Twd RLOD step thru L w/ straight leg to side by side pos, rec R to fc ptnr, sd L, -; [6] Twd LOD XRIF of L trng on crossing foot 1/2, rec L cont turn to fc ptnr, sd R blnd bfly wall, -; [7 & 8] Fwd L to bfly sdcar pos, rec R to fc, sd L, -; Fwd R to bfly bjo pos, rec L to fc, sd R, -; [9 & 10] Rk sd L, rec R, cl L, -; Rk sd R, rec L, cl R, -; [11 & 12] In bfly pos sd L, cl R, sd L, -; Cl R, sd L, cl R, -;

### ..... INTERLUDE (5 Measures) .....

ALEMANA;; LARIAT BFLY;; SLOW HIP ROCKS;

[1 & 2] Same as meas 1 and 2 of Part A except end bfly pos fcng ptnr & wall;;  
[3 & 4] Step in place L, R, L, -; Step in place R, L, R, -; (W circles M clockwise w/ joined lead hnds fwd R, fwd L, fwd R, -; Cont circling fwd L, fwd R, fwd L end fcng ptnr bfly pos, -;) [5] Sd L roll left hip side & slightly back, -, rec R roll right hip side & slightly back, -;

### ..... PART B MODIFIED (8 Measures) .....

CLSD HIP TWIST TO A FAN;; HOCKEY STICK;; NEW YKR REV; SPOT TURN LOD BFLY; ROLL 3 TO FC; THRU, SD, CLOSE/POINT BFLY;

[1 & 2] Same as meas 1 and 2 of Part B;; [3 & 4] Same as meas 3 and 4 of Part B;; [5] Same as meas 5 of Part B; [6] Same as meas 6 of Part B; [7] Same as meas 5 of Introduction; [8] Same as meas 6 of Introduction;