

Regress a mi (trans: "Return to me")

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PHONE: 985-649-1979
MUSIC: Song: Regress a mi
Artist: IL DIVO
Music Modified: No

E-MAIL / WEB: rdcuers@aol.com (www.rdcuers.org)
Music Media Source: www.amazon.com

MPM/BPM: 31 MPM **TIME @ BPM:** 4:25@124
FOOTWORK: QQS (unless noted otherwise) **ROUNDALAB Degree of Difficulty:** "Difficult"
RHYTHM: Rumba **RAL PHASE:** V+II+1 (Adv. Alemana, Curl, Trng Time Step)
SEQUENCE: **INTRO - AB - ABC - INT - A - ENDING**

MEAS.

INTRODUCTION

[Note: Starts Fcg ptr and COH, about 3-4 feet apart. The song starts off with subdued notes, during which the man **INVITES** (prompted by the cuer) her to dance by slowly extending his left hand (more or less in the first 2-3 measures). She takes his hand and slowly moves towards him (in the next two measures also prompted by the cuer) to eventually join and hold in CP/COH. This sequence must be timed to end before the three guitar notes. There is no definite timing on this sequence as you may "feel" it differently. There are three distinct guitar notes followed by the beginning of the main rhythm. The first step of the Advanced Alemana is done on the note following the three guitar notes.]

- 1-4 **[CP / COH] ADVANCED ALEMANA ;; BASIC ;;**
1- Fwd L, rec R, trng 1/8 RF sml sd L, - ; (*Bk R, rec L, sml sd R comm RF swvl, - ;*)
2- XRIB trng RF, sd L trng 3/8 RF, cl R, - ; (*Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, cont trn fwd L to fc ptr, - ;*)
3- Fwd L, rec R, sd L, - ; (*Bk R, rec L, sd R, - ;*)
4- Bk R, rec L, sd R, - ; (*Fwd L, rec, R, sd L, - ;*)
- 5-8 **CLOSED HIP TWIST ; FAN ; ALEMANA [END IN CP/W] ;;**
5- Giving W a slight lf sd ld w/ rt sd stretch to op her out rk sd and slightly fwd L, rec R w/ slight rt sd ld to ld W to CP, cl L to R w/ slight lf sd ld to trn W endg w/ slight rt sd stretch, - ;
(*With slight lf sd stretch trn RF 3/8 bk R, rec L trng LF to fc ptr, sd R sml stp swvl 1/4 RF on R tchg L to R no weight w/ slight lf side stretch, - ;*)
6- Bk R, rec L, sd R, - ; (*Fwd L, trng LF stp sd and bk R making 1/4 trn to left, bk L lvg R xtnd fwd w/ no wgt., - ;*)
7- Fwd L, rec R, cl L ldg W to trn RF, - ; (*Cl R, fwd L, fwd R comm RF swvl, - ;*)
8- Bk R, rec L, sd R, - ; (*Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L, - ;*)

PART A

- 1-3 **BREAK TO HALF OPEN ; PROGRESSIVE WALK 3 ; PROGRESSIVE WALK 3 (SCP) ;**
1- Bk L comm LF trn to fc 1/2 OP/LOD, rec R twds LOD, fwd L, - ; (*Bk R comm RF trn to fc 1/2 OP/LOD, rec L twds LOD, fwd R, - ;*)
2- Fwd R, fwd L, fwd R, - ; (*Fwd L, fwd R, fwd L, - ;*)
3- Fwd L, fwd R, fwd L endg in SCP pos, - ; (*Fwd R, fwd L, fwd R endg in SCP pos, - ;*)
- 4-8 **IN AND OUT RUNS ;; AIDA ; SWITCH ROCK ; SPOT TURN ;**
4- Fwd R stg RF trn, sd and bk twds WALL and LOD on L to CP, bk R to BJO pos, - ; (*Fwd L, fwd R btwn Ms feet, Fwd L to BJO, - ;*)
5- Bk L trng RF, sd and fwd R btwn Ws feet cont RF trn, fwd L to SCP, - ; (*Fwd R stg RF trn, fwd and sd L cont trn, fwd R to SCP ;*)
6- Fwd R trng RF, sd L cont RF trn, bk R, - ; (*Fwd L trng LF, sd R cont LF trn, bk L, - ;*)
7- Trng LF to fc ptr sd L ckg brng jnd hnds thru, rec R, sd L, - ; (*Trng RF to fc ptr sd R ckg brng jnd hnds thru, rec L, sd R, - ;*)
8- XRIF comm LF trn 1/2, cont LF trn rec L to fc ptr, sd R, - ; (*XLIF comm RF trn 1/2, cont RF trn rec R to fc ptr, sd L, - ;*)
- 9-12 **HAND TO HAND ; SHOULDER TO SHOULDER ; CURL ; LADY OUT TO FAN ;**
9- Comm LF trn stp bk L to fc LOD, rec R, sd L to fc ptr, - ; (*Comm RF trn stp bk R to fc LOD, rec L, sd R to fc ptr, - ;*)
10- Fwd R to BFLY/BJO pos, rec L to fc, sd R, - ; (*Bk L to BFLY/BJO pos, rec R to fc, sd L, - ;*)
11- Fwd L, rec R, cl L ldg W to trn (swvl) LF undr raised lf hnd, - ; (*Bk R, rec L, fwd R start LF trn, cont trn to comp 1/2 turn in frt of M fcg WALL*)
12- Bk R, rec L, sd R, - ; (*Fwd L trng LF, fwd R completing trn to face RLOD, bk on L into Fan pos lvg R foot extended fwd w/ no wgt, - ;*)

- 13-16 **STOP AND GO HOCKEY STICK ;; HOCKEY STICK ** ;;**
- 13- Ck fwd L, rec R raising lf arm to ld W to a LF undr arm trn, cl L to R, - ; *(Cl R, fwd L, fwd R trng 1/2 RF undr jnd ld hnds to end at Ms rt sd, -;)*
- 14- Ck fwd R w/ lf sd stretch shaping to ptr plc rt hnd on Ws lf shldr blade to ck her movement, rec L raising lf arm to ld W to a RF undr arm trn, cl R, - ; *(Ck bk L, [M catches W w/ rt hnd on Ws lf shldr blade at end of stp to ck movement], rec R, fwd L trng 1/2 RF undr jnd hnds to end fcg M in fan positionb, -;)*
- 15- ** Fwd L, rec R, cl L, - ; *(Cl R, fwd L, fwd R, -;)*
- 16- ** Bk R, rec L, fwd R following W, - ; *(Fwd L, fwd R, trng LF to fc ptr, sd and bk L, -;)*

PART B

- 1-4 **AIDA (RLOD) ; SWITCH CROSS ; SIDE WALK ; FENCE LINE ;**
- 1- Fwd L trng LF, sd R cont RF trn, bk L, - ; *(Fwd R trng RF, sd L cont RF trn, bk R, -;)*
- 2- Trng RF to fc ptr sd R chkg and brng jnd hnds thru, rec L, XRIF trng RF to fc ptr, - ; *(Trng LF to fc ptr sd L chkg and brng jnd hnds thru, rec R, XLIF trng LF to fc ptr, -;)*
- 3- Sd L, cl R, sd L, - ; *(Sd R, cl L, sd R, -;)*
- 4- X lun thru on R w/ bent knee lkg twds LOD, rec L trng to fc ptr, sd R, - ; *(X lun thru on L w/ bent knee lkg twds LOD, rec R trng to fc ptr, sd L, -;)*
- 5-8 **BASIC ;; CROSS BASIC ;; [SEE NOTE ABOUT FIGURE AT END.]**
- 5- Fwd L, rec R, sd L, - ; *(Bk R, rec L, sd R, -;)*
- 6- Bk R, rec L, sd R, - ; *(Fwd L, rec, R, sd L, -;)*
- 7- XLIF trng 1/4 LF, rec R, sd L, - ; *(XRIB trng 1/4 LF, rec fwd L, sd R, -;)*
- 8- XRIB trng 1/4 LF, rec fwd L, sd R, - ; *(XFIL trng 1/4 LF, rec bk R, sd L, -;)*
- 9-12 **OPEN BREAK ; WHIP ; NEW YORKER ; START (THRU) SERPIENTE ;**
- 9- Bk L, rec R, sd L, - ; *(Bk R, rec L, sd R, -;)*
- 10- Bk R comm 1/4 LF trn, rec fwd L trng 1/4 to comp trn, sd R, - ; *(Fwd L outsd M on his L sd, fwd R comm 1/2 LF trn, sd L, -;)*
- 11- Thru L to sd by sd pos, rec R, sd L, - ; *(Thru R to sd by sd pos, rec L, sd R, -;)*
- 12- Thru R, sd L, bhd R, fan L counter-clockwise ; *(Thru L, sd R, bhd L, fan R clockwise ;)*
- 13-16 **FINISH SERPIENTE ; SPOT TURN ; NEW YORKER TWICE ** ;;**
- 13- Bhd L, sd R, thru L, fan R counter-clockwise ; *(Bhd R, sd L, thru R, fan L clockwise ;)*
- 14- XRIF comm LF trn 1/2, cont LF trn rec L to fc ptr, sd R, - ; *(XLIF comm RF trn 1/2, cont RF trn rec R to fc ptr, sd L, -;)*
- 15- Thru L to sd by sd pos, rec R, sd L, - ; *(Thru R to sd by sd pos, rec L, sd R, -;)*
- 16- Thru R to sd by sd pos, rec L, sd R ; *(Thru L to sd by sd pos, rec R, sd L, -;)*
- ** Note: Second time thru Part B, eliminate meas. 15-16 and Spot Turn ends in Handshake.)**

PART C

- 1-4 **FLIRT TO A FAN ;; MODIFIED HOCKEY STICK (TO TANDEM AND WALL) ;;**
- 1- Fwd L, rec R, sd L, - ; *(Bk R, rec L trng LF, cont trn fwd R to Varsouvienne pos, -;)*
- 2- Bk R, rec L, sd R, - ; *(Bk L, rec R, sd L mvg to the left in front of M trng 1/4 RF and lvg right foot extended fwd – no weight ;)*
- 3- Fwd L, rec R, cl L, - ; *(Cl R, fwd L, fwd R, -;)*
- 4- Bk R, rec L, sd R, - ; *(Sml fwd L commence LF trn 1/4 to fc WALL, rk sd R, rk sd L, -;)*
- 5-7 **SWEETHEART ; SWEETHEART ; SWEETHEART / LADY TURN TO BFLY ;**
- 5- Ck fwd L w/ rt sd ld into contra ck like action, rec R, straightening body, sd L, - ; *(Bk R w/ lf sd ld into a contra ck like action, rec L straightening body, sd R, -;)*
- 6- Ck fwd R w/ lf sd ld into contra ck like action, rec L, straightening body, sd R, - ; *(Bk L w/ rt sd ld into a contra ck like action, rec R straightening body, sd L, -;)*
- 7- Ck fwd L w/ rt sd ld into contra ck like action, rec R, straightening body, sd L, - ; *(Bk R w/ lf sd ld into a contra ck like action, rec L, sd and fwd R start RF trn to fc ptr, -;)*

- 8-10 **CUCARACHA ; ALEMANA [END IN BFLY] ;;**
 8- Sd R, rec L, cl R, - ; (*Sd L, rec R, cl L, - ;*)
 9- Fwd L, rec R, cl L to R ldg W to trn RF, - ; (*Bk R, rec L, sd R comm RF swvl, - ;*)
 10- Bk R, rec L, sd R, - ; (*Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L ;*)

INTERLUDE

- 1-4 **OPEN BREAK ; FULL NATURAL TOP ;;**
 1- Bk L, rec R, sd L, - ; (*Bk R, rec L, sd R, - ;*)
 2- Comm w/ R foot XRIB, sd L, XRIB, - ; (*Comm w/ L foot Sd L, XRIF, sd L, - ;*)
 3- Sd L, XRIB, sd L, - ; (*XRIF, sd L, XRIF, - ;*)
 4- XRIB, sd L, cl R, - ; (*Sd L, XRIF, cl L, - ;*)
- 5-7 **CUDDLE ; CUDDLE ; TWO SLOW ROCKS ;**
 5- From CP giving W a slight lf sd ld to op her out w/ slight rt sd stretch sd L w/ lf sd stretch, rec R, cl L w/ rt sd stretch plc lf hnd on Ws rt shldr blade ldg her to CP, - ; (*With slight lf side stretch trng 1/2 RF bk R w/ rt sd stretch free arm out to the sd, rec L w/ lf sd stretch, fwd R w/ lf sd stretch plc rt hnd on Ms lf shldr trng 1/2 LF bindg to CP, - ;*)
 6- From CP giving W a slight rt sd ld to op her out w/ slight lf sd stretch sd R w/ rt sd stretch, rec L, cl R w/ lf sd stretch plc rt hnd on Ws lf shldr blade ldg her to CP, - ; (*With slight rt side stretch trng 1/2 LF bk L w/ lf sd stretch free arm out to the sd, rec R w/ rt sd stretch, fwd L w/ rt sd stretch plc lf hnd on Ms rt shldr trng 1/2 RF bindg to CP, - ;*)
 7- Sd L, -, sd R, - ; (*Sd R, -, sd L, - ;*)

ENDING

- 1-4 **ADVANCED ALEMANA ; CUCARACA ; WHIP ;**
 1- Fwd L, rec R, trng 1/8 RF sml sd L, - ; (*Bk R, rec L, sml sd R comm RF swvl, - ;*)
 2- XRIB trng RF, sd L comp 3/8 RF trn, cl R, - ; (*Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, cont trn fwd L to fc ptr, - ;*)
 3- Sd L, rec R, cl L, - ; (*Sd R, rec L, cl R, - ;*)
 4- Bk R comm 1/4 LF trn, rec fwd L trng 1/4 to comp trn, sd R, - ; (*Fwd L outsd M on his L sd, fwd R comm 1/2 LF trn, sd L, - ;*)
- 5-8 **FENCE LINE TWICE ; SPOT TURN (TO OPEN/LOD) ; PROGRESSIVE WALK 3 ;**
 5- X lun thru on L w/ bent knee lkg twds RLOD, rec R trng to fc ptr, sd L, - ; (*X lun thru on R w/ bent knee lkg twds RLOD, rec L trng to fc ptr, sd R, - ;*)
 6- X lun thru on R w/ bent knee lkg twds LOD, rec L trng to fc ptr, sd R, - ; (*X lun thru on L w/ bent knee lkg twds LOD, rec R trng to fc ptr, sd L, - ;*)
 7- XLIF comm RF trn 1/2, cont RF trn rec R to fc LOD, fwd L, - ; (*XRIF comm LF trn 1/2, cont LF trn rec L to fc LOD, fwd R, - ;*)
 8- Fwd R, fwd L, fwd R, - ; (*Fwd L, fwd R, fwd L, - ;*)
- 9-11 **CIRCLE AWAY 3 ; CIRCLE TOGETHER 3 ; TIME AND SPOT ;**
 9- Circle away L, R, L, - ; (*Circle away R, L, R, - ;*)
 10- Circle tog R, L, R to BFLY/WALL, - ; (*Circle tog L, R, L, to BFLY/WALL, - ;*)
 11- XLIB, rec R, sd L, - ; (*XRIF comm LF trn 1/2, cont LF trn rec L to fc ptr, sd R, - ;*)
- 12-13 **SPOT TURN / L TURN'G TIME STEP IN 4 (L TO TANDEM FCG WALL) ; HIP ROCK ;**
 12- XRIF comm LF trn 1/2, cont LF trn rec L to fc ptr, sd R, - ; (*XLIB, rec R, sd L comm LF trn awy from ptr, cont LF trn on R to end in tandem fcg WALL, - ;*) [Note: Ideal ending body position on meas. 12: Tandem pos fcg WALL, M slightly to L of W and M's R hnd on W's R hip and M's L hnd on W's L hip. W's hnds on top of M's hnds. Both have L ft free.]
 13- Rock sd L, -, rec R, sd L, - ; (*Rock sd L, -, rec R, sd L, - ;*)
- 14-16 **MAN SIDE / LADY TO STORK LINE ; SHAPE AND HOLD (TILL MUSIC FADES) ;;**
 14- Sd R providing strong support for W, -, -, - ; (*Sd R and lift L leg bringing heel to rest on R knee. L's armwork as desired for expressive styling -, -, - ;*)
 15- Hold shape to W, -, -, - ; (*Slowly raise R arm upward w/ palm fcg RLOD while leaning head bk to rest near R sd of Ms head, -, -, - ;*)
 16- Hold till music fades, -, -, - ;
 [Note: Music fades at the end allowing for a variety of expression, armwork, timing, etc.]

HEAD CUES (REGRESS A MI)

INTRODUCTION: (STARTING POSITION: PARTNERS FACING 36" +- APART, M FCG COH)

1--2 PAUSE (INVITE) PAUSE (LADY TO CP/COH) THREE GUITAR NOTES, THEN
ADVANCED ALEMANA (CPWALL) ;;

3--8 BASIC ;; CLOSED HIP TWIST ; FAN ; ALEMANA (CP/WALL) ;;

PART A:

1--8 BREAK TO HALF OPEN ; PROG WALK 6 (SCP) ;; OPEN IN & OUT RUNS ;;
(THRU) AIDA ; SWITCH ROCK ; SPOT TURN ;

9--16 HAND/ HAND TWICE ;; CURL ; LADY OUT TO FAN ; STOP & GO HOCKEY
STICK ;; HOCKEY STICK ;;

PART B:

1--4 AIDA (to RLOD) ; SWITCH CROSS ; SIDE WALK ; FENCE LINE ;

5--8 BASIC ;; CROSS BASIC ;;

9--16 OPEN BREAK ; WHIP ; NEW YORKER ; (THRU) SERPIENTE ;; SPOT TURN ;
NEW YORKER 2X ;;

PART A:

1--8 BREAK TO HALF OPEN ; PROG WALK 6 (SCP) ;; OPEN IN & OUT RUNS ;;
(THRU) AIDA ; SWITCH ROCK ; SPOT TURN ;

9--16 HAND/ HAND TWICE ;; CURL ; LADY OUT TO FAN ; STOP & GO HOCKEY
STICK ;; HOCKEY STICK ;;

PART B: (MOD)

1--4 AIDA (to RLOD) ; SWITCH CROSS ; SIDE WALK ; FENCE LINE ;

5--11 BASIC ;; CROSS BASIC ;; OPEN BREAK ; WHIP ; NEW YORKER ;

12-14 (THRU) SERPIENTE ;; SPOT TURN (to HANDSHAKE) ;

PART C:

1--6 FLIRT TO A FAN ;; MODIFIED HOCKEY STICK (TO TANDEM AND WALL) ;;
SWEETHEART; SWEETHEART ; SWEETHEART to BFLY ;

7-10 CUCARACHA ; ALEMANA (BFLY/WALL) ;;

INTERLUDE:

1--7 OPEN BREAK ; FULL NATURAL TOP (CP/WALL) ;;; CUDDLES TWICE ;;
TWO SLOW ROCKS ;

PART A: (MOD)

1--8 BREAK TO HALF OPEN ; PROG WALK 6 (SCP) ;; OPEN IN & OUT RUNS ;;
(THRU) AIDA ; SWITCH ROCK ; SPOT TURN ;

9--16 HAND/ HAND TWICE ;; CURL ; LADY OUT TO FAN ; STOP & GO HOCKEY
STICK ;; HOCKEY STICK ;;

ENDING:

1-4 ADVANCED ALEMANA (to BFLY/COH) ;; CUCARACHA ; WHIP (BFLY/WALL) ;

5-8 FENCE LINE TWICE ;; SPOT TURN TO OPEN ; PROG WALK 3 ;

9--12 CIRCLE AWAY AND TOGETHER ;; TIME AND SPOT ; SPOT TURN / L TURNING
TIME STEP in 4 (LADY TO TANDEM FACING WALL) ;

13-16 HIP ROCK ; MAN SIDE/ LADY STORK LINE ; SHAPE andHOLD ;;

[Note on Cross Basic: This is a figure not heard frequently and if this dance is cued at a non-club or open dance, the dancers might not know it. Therefore, it is ok with us if the cuer wishes to substitute "Cross Body" for Cross Basic if the dancers in the hall do not know how to do a Cross Basic.

(Created for DRDC Weekend, December 2008, Montgomery, AL, Rev. 7, 12-08-08)