

MOMENT TO MOMENT

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Song: Moment to Moment, Track 5

Rumba, Phase VI

INTRO, A, B, INTER, A, B, ENDING

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Henry Mancini, Moment to Moment

CD: Ultimate Mancini

Released: 8/10/05 Speed: 44 rpm

INTRO

1-4 WAIT; RIGHT FOOT CUCARACHA; OPPOSING SPOT TRN; CROSS LUNGE RECOV FC;

- 1-2 {Wait} Wait 1 meas no hnds joined fc wall R ft free for both;
QQS {Cucaracha} Both with R foot press sd, recov L, cl R as hand goes out to sd and sweeps up CCW and down in front,-;
QQS 3-4 {Spot Trn} Both L ft XLIF of R trn $\frac{3}{4}$ RF, recov R trn $\frac{1}{4}$ RF, sd
QQS L to fc,-; {Cross Lunge} Join R forearms cross lunge both with R look away from ptr, recov L, sd R sweep L arms up in front of body CCW,-;

5-8 OPPOSING SPOT TRN M TRANS; OPEN HIP TWIST LADY OVERTRN; FAN; CURL;

- QQQQ 5-6 {Spot Trn Trans} Both L ft XLIF of R trn $\frac{3}{4}$ RF, recov R trn $\frac{1}{4}$
(W SQQ) RF, sd L to fc, cl R to L (W sd L,-); {Hip Twist} Chk fwd L,
QQS recov R, cl L to R (W bk R, recov L, fwd R twd M swvl $\frac{1}{2}$ RF fc wall),-;
QQS 7-8 {Fan} Bk R, recov L, sd R (W trn to LOD fwd L, fwd R trn LF,
QQS bk L leaving R extended fwd no wgt),-; {Curl} Fwd L, recov R, cl L as lead W to trn LF under raised L hnd (W cl R to L, fwd L, fwd R trn LF under joined hnds end fcng LOD),-;

PART A

1-4 FAN; ALEMANA TO CONTINUOUS ROPESPIN;;;

- QQS 1-2 {Fan} Bk R, recov L, sd R (W fwd L twd LOD, fwd R trn LF, bk
QQS L leaving R extended fwd no wgt),-; {Alemana W Spiral} Fwd L, recov R, cl L leading W to trn RF (W cl R, fwd L, fwd R begin RF swvl to fc ptr),-;
QQS 3-4 {Cont Alemana} Bk R, recov L, cl R lift lead hnds to cause W to
QQS spiral (W fwd L cont RF trn under joined lead hnds, fwd R cont RF trn, fwd L to M's R sd spiral RF),-;
{Continuous Rope Spin} Like cucaracha press sd L, recov R, cl L (W fwd R, L, R arnd M to his L sd),-;

5-8 CONT CONTINUOUS ROPESPIN;;; BASIC;

- QQS 5-6 {Cont Rope Spin} Rk bk R, recov L trn $\frac{1}{2}$ LF fc COH, sd R (W
QQS fwd L, R, L arnd M end behind M),-; Press sd L, recov R trn $\frac{1}{4}$

- LF fc RLOD, cl L (W fwd R, L, R arnd M end at his R sd),-;
 QQS 7-8 {**Cont Rope Spin**} Fwd R trn LF ½ fc LOD, recov L to fc LOD,
 QQS sd R (W fwd L, R arnd M to fc ptr, sd L),-; {**Basic** } Fwd L, recov
 R trn RF ¼, sd L cont RF trn (W fwd R to CP),-;
- 9-12 NATURAL TOP 3; LADY SLOW SPIRAL; LADY SLOW STEP TO BJO
 OK OPENING OUT WITH SWVLS;;**
- QQS 9-10 {**Nat Top**} XRIB of L cont RF trn, sd L cont trn, XRIB of L fc ing
 HOLD near LOD (W sd L cont RF trn, XRIF of L cont trn, sd L),-;
 (W S-) {**Lady Slow Spiral**} Hold but lift lead arms to cause slow spiral
 (W step fwd R spiral LF take the entire measure to end fc RLOD
 outside ptr);
- QQ 11-12 {**Lady to Bjo Qk Opening Out with Swvls**} Trn body RF no wgt
 (W SQQ) chg,-, fwd L with RF body trn to open lady out, recov R trn LF
 QQS (W step fwd L to BJO on & ct trn sharply RF to fc DW,-, break
 bk R, recov L swvl LF to BJO); Move wgt and hips slgtly bk and
 forth sd L, recov R, recov L (W XRIF of L swvl RF on his R sd,
 XLIF or R swvl LF, XRIF of L swvl RF fc LOD),-;
- 13-16 FAN; PREPARE HOCKEY STICK TO TANDEM; LADY LOWER &
 RISE; HOCKEY STICK ENDING TO WALL;**
- QQS 13-14 {**Fan**} Bk R, recov L, sd R (W fwd L twd LOD, fwd R trn LF, bk
 QQS L leaving R extended fwd no wgt),-; {**Hockey Stick to Tandem**}
 Fwd L, recov R, sd L pl hnds on W's shoulders wgt on both ft (W
 cl R, fwd L, fwd R to tandem drop hnds bring L ft next to R),-;
- QQQQ 15-16 {**Lower & Rise**} Put some pressure on W's shoulders to make her
 (W ----) lower as you hip rock R, L, R, L (W with no wgt chg lower bring
 QQS both knees twd LOD,-, rise bringing knees twd RLOD and then
 straighten first moving R arm out to sd & up CCW then down in
 front of body as L arm moves out to sd & up CW then down,-);
 {**Hockey Stick End**} Bk R, recov L, fwd R join lead hnds (W fwd
 L, fwd R trn LF to fc ptr, bk L),-;

PART B

- 1-4 BASIC; TORNILLO WHEEL 3; ADVANCED HIP TWIST; AIDA;**
- QQS 1-2 {**Basic**} Fwd L, recov R, sd L trn LF to BJO (W bk R, recov L,
 QQS fwd R to BJO),-; {**Tornillo Wheel**} Wheel RF Fwd R, L, R
 (W----&) supporting W end fc ing LOD (W bring L knee up to M's R hip ft
 pt down rise to R toe as M brings you arnd but on & ct step fwd
 in BJO L),-;
- QQS 3-4 {**Adv Hip Twist**} Fwd L on ball of foot trn body R, recov R,
 QQS XLIB of R cause W to swvl (W swvl ½ RF to step bk R, recov L
 swvl ½ LF, fwd R outside ptr swvl ½ RF to fc LOD),-;
 {**Aida**} Fwd R, fwd L trn RF, bk R in slgt "V" pos,-;
- 5-8 SWITCH & SWVL; THRU TO FAN; ALEMANA;;**
- QQS 5-6 {**Switch & Swvl**} Trning LF to fc ptr sd L check bringing joined
 QQS hnds thru, recov R to LOP, fwd L swvl LF to fc LOD,-;

- {**Thru to Fan**} Thru R, cl L to R fc wall, sd R (W fwd L twd LOD, fwd R trn LF, bk L leaving R extended fwd no wgt),-;
 QQS 7-8 {**Alemana**} Fwd L, recov R, cl L leading W to trn RF,-; bk R,
 QQS recov L, cl R to L (W cl R, fwd L, fwd R start RF swvl to fc ptr,-;
 fwd L across body cont RF trn under joined lead hnds, fwd R cont RF trn, fwd L to M's R sd),-;
- 9-12 CUDDLES 3 TIMES;;; SLOW BODY ROLL;**
 QQS 9-10 {**Cuddles**} Press sd L as open lady to R sd in ½ OP, recov R, cl L
 QQS bring W across in front (W opening up swvl RF on L sd R, recov L to fc ptr, sd R),-; Press sd R as open lady to L sd in ½ LOP, recov L, cl R bring W across in front (W opening up swvl LF on R sd L, recov R to fc ptr, sd L);
- QQS 11-12 {**Cuddle**} Press sd L as open lady to R sd in ½ OP, recov R, cl L
 HOLD bring W across in front join lead hnds in CP (W opening up swvl RF on L sd R, recov L to fc ptr, sd R),-;
 {**Body Roll**} Roll the body slowly starting to the L then bk then R and then fwd while the W leans over the M and then the M over the W and end upright no wgt chg;
- 13-16 SLIP TELEMARCK TO ½ OP; OPEN IN & OUT RUNS WITH ARMS;;**
MAN TRN TO SCAR CHECK;
 &QQS 13-14 {**Slip Telemark**} On the & ct slip R ft bk under body as make ¼
 QQS trn LF/ fwd L, sd & fwd R arnd W, fwd L in ½ OP DW (W slip fwd L/ bk R, cl L to R heel trn, fwd R in ½ OP),-;
 {**In & Out Run**} Fwd R, fwd & sd L across W, trn RF to ½ LOP as you lift R arm causing W's arm to lift as well fwd R (W fwd L, fwd R, fwd L),-;
- QQS 15-16 {**In & Out Run**} Fwd L, fwd R, fwd L lifting L arm to cause W's
 QQS arm to lift (W fwd R, fwd & sd L across M, trn RF to ½ OP fwd R),-;
 {**Man trn SCAR**} Fwd R trn RF stay on inside of circle, sd L cont RF trn, bk R checking in SCAR fc RLOD (W fwd L, R, L),-;

INTERLUDE

- 1-4 ZIG ZAG OUTSIDE SWVL; 2 SLOW SWVLS; THRU TO FAN; CURL;**
 QQS 1-2 {**Zig Zag Outside Swvl**} Fwd L trn LF, sd R, bk L in BJO trn
 SS body RF to cause W to swvl (W bk R, sd L, fwd R to BJO swvl ½ RF to SCP),-; {**Slow Swvls**} Fwd R trn body LF,-, recov L trn body RF (W fwd L swvl ½ LF,-, fwd R in BJO swvl ½ RF to SCP),-;
- QQS 3-4 {**Thru to Fan**} Thru R, cl L to R fc wall, sd R (W fwd L twd
 QQS LOD, fwd R trn LF, bk L leaving R extended fwd no wgt),-;
 {**Curl**} Fwd L, recov R, cl L as lead W to trn LF under raised L hnd (W cl R to L, fwd L, fwd R trn LF under joined hnds end fcng LOD),-;

REPEAT A

REPEAT B

ENDING**1-4 ZIG ZAG OUTSIDE SWIVEL; THRU TO PROMENADE SWAY & CHG SWAY; FALLAWAY RONDE & SLIP; TWO TELEMARCS;**

QQS 1-2 {**Zig Zag Outside Swvl**} Slowing down with music fwd L trn LF, sd R, bk L in BJO trn body RF to cause W to swvl (W bk R, sd L, fwd R to BJO swvl ½ RF to SCP),-; {**Prom Sway & Chg**} Slowing considerably thru R, fwd L in prom sway, chg to oversway,-;

SQQ 3-4 {**Fallaway Ronde & Slip**} Recov R while ronde L CCW,-, bk L well under body, slip R ft bk to CP DC;
 QQS {**Telemark**} Fwd L, sd & fwd R arnd W, sd L to “L” pos fc wall (W bk R, cl L to R heel trn, chg wgt to R with L knee bent fc LOD),-;

5-7 CONT TWO TELEMARCS; LADY 5 STEP UNDERARM TRN TO LUNGE LINE; BOTH ROLL TO LUNGE LINE;

&QQS 5-6 {**Cont Two Telemarks**} On & ct slip R ft bk to CP/ fwd L, sd & fwd R arnd W, sd L to “L” pos fc wall (W fwd L pick-up to CP/ bk R, cl L to R heel trn, chg wgt to R with L knee bent fc LOD),-;
 QQS {**Lady 5 Step Trn**} Lead the lady to roll across to a lunge line bodies fcng wall looking at each other with trail arms high rk bk R, recov L, sd R l (W fwd L trn LF/ cl R cont LF trn, fwd L trn LF/ cl R cont LF trn, sd L to lunge line),-;

QQS 7 {**Both Roll**} Roll across behind W trning LF L, R, L to lunge line look at each other (W roll across RF R, L, R to lunge line),-;

ABI AB

	WAIT SPOT TURN SPOT TURN MAN TRANS FAN	CUCARACHA CROSS LUNGE REC SIDE OPEN HIP TWIST OVERTURNED CURL
A	FAN END SPIRAL MAN FC COH END FC LOD NATURAL TOP LADY FWD & QUICK OPENING OUT FAN LADY LOWER & RISE	ALEMANA CONTINUOUS ROPE SPIN ---- 1/2 BASIC LADY SLOW SPIRAL LADY SWIVEL 3 START HOCKEY STICK TANDEM END HOCKEY STICK
B	1/2 BASIC ADVANCED HIP TWIST SWITCH CROSS & SWIVEL ALEMANA 3 CUDDLES ---- SLIP TELEMAR 1/2 OPEN ----	TORNILLO WHEEL FC LOD AIDA THRU TO FAN ---- ---- SLOW BODY ROLL IN & OUT RUNS MAN TURN SIDE BACK SCAR
I	ZIG ZAG OUTSIDE SWIVEL THRU TO FAN	2 SLOW SWIVELS CURL
END	ZIG ZAG OUTSIDE SWIVEL FALLAWAY RONDE & SLIP ---- BOTH ROLL TO LUNGE LINE	THRU PROMENADE SWAY & CHANGE TWO TELEMARCS LADY ROLL 5 TO LUNGE LINE

MOMENT TO MOMENT (GOSS) 4620
(FC WALL LADY NO HANDS BOTH R FREE)
(SPEED 44 - NOT DONE)