

REGRESE A MI

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Music: "Return To Me", Marty Robbins, CD Marty Robins Super Hits – Trk 6
Available on itunes and Rhapsody.
Rhythm and Phase: Rumba, Soft Phase V + 2 +1 Unphased (Advanced Sliding Door, Continuous Natural Top)
Unphased (Circular Cross Body)
Sequence: Intro, A, A, B, A, C, A, End

(INTRO)

1-4 WAIT;; CUCARACHA W/SUNBURST; CUCARACHA;

- 1-2 **(Wait 2)** Facing wall and ptr with no hnds joined & lead feet free, Hold;;
- 3 **(Cucaracha w/Sunburst)** Sd L raising hnds up in frt of body, Rec R spreading arms to Sd, Cl L lowering arms to be down,- (Sd R raising hnds up in frt of body, Rec L spreading arms to Sd, Cl R lowering arms to be down,-);
- 4 **(Cucaracha)** Sd R, Rec L, Cl R join lead hnds low,- (Sd L, Rec R, Cl L joining lead hnds low,-);

(A)

1-4 HIP TWIST TO TANDEM WALL; CUCARACHA CROSS; ADVANCED SLIDING DOOR;;

- 1 **(Hip Twist to Tandem Wall)** Fwd L, Rec R, Cl L with elbow tucked to Sd,- (Bk R, Rec L, Fwd R pushing against M's lead hnd and Swivel RF to Tandem Wall);
- 2 **(Cucaracha Cross)** Sd R, Rec L, XRIF of L,- (Sd L, Rec R, XLIF of R,-);
- 3 **(Advanced Sliding Door)** Fwd L trng body ¼ keeping L hnds joined R hnd straight up, Rec R, XLIB trng LF 1/4,- Fwd L trng body ¼ keeping L hnds joined R hnd straight up, Rec R, XLIB trng LF 1/4,- (Bk R keeping L hnds jnd, R hnd straight up, Rec L, XRIF,-);
- 4 Flexing L knee extend R sd twd RLOD trng LF extending R hnd twd Wall, straightening L knee turn body RF, XRIF,- (SD L flexing knee trng body LF extending R hnd twd wall, trng body RF Rec R, Bk L,-); ending in shadow wall

5-8 START ADVANCED SLIDING DOOR; LADY SPIRAL TO FAN; ALEMANA TO FC;;

- 5 **(Start Advance Sliding Door)** Fwd L trng body ¼ keeping L hnds joined R hnd straight up, Rec R, Cl L trng LF 1/4,- (Bk R keeping L hnds jnd, R hnd straight up, Rec L, XRIF spiraling LF,-);
- 6 **(Lady Spiral to Fan)** Bk R, Rec L, Sd and Fwd R,- (Fwd L trng LF, Fwd R trng LF to fc RLOD, Bk L leaving R foot pointed to RLOD,-); NOTE: W spirals on previous measure
- 7 **(Alemana to FC)** Fwd L, Rec R, Cl L raising jnd L hnds to lead W to trn RF,- (Cl R, Fwd L, Fwd R trng RF to fc M,-);
- 8 Bk R, Rec L, small Sd R,- (XLIF of R trn RF trng undr jnd lead hnds, Fwd R cont RF tm, Fwd L to fc M,-);

(A - REPEAT)

(B)

1-4 ½ BASIC; CROSS BODY TO BFY/COH; REV U/A TRN TO WRAP RLOD; WALK 3;

- 1 **(1/2 basic)** Fwd L, Rec R, Sd & Bk L,- (Bk R, Rec L, Sd & Fwd R,-);
- 2 **(Cross body to BFY/COH)** Trng RF Bk R DLW leading W Fwd, Rec trn 3/8 LF to fc ptr & COH, Bk R,- (Fwd L DLC, Fwd R DRC trng 1/2 LF, cont LF trn Sd L) to end fcng in BFY M FCING COH,-);
- 3 **(Rev U/A Trn to Wrap RLOD)** Keeping both hnds together Thru L to LOD raising lead hnd to wrap ptr, Rec to fc COH, Fwd L to RLOD lowering lead hnd to wrap position,- (Thru R to LOD raising lead hnd over head and trn LF to fc COH, Rec L trng LF and lowering lead hnd in frt of W, Fwd R in wrap position to RLOD,-);
- 4 **(WK 3)** In wrap position Fwd R, Fwd L, Fwd R,- (Fwd L, Fwd R, Fwd L,-);

REGRESE A MI (CONTINUED)

- 5-8 SLIDE THE DOOR; CUCARACHA & STEP FWD; AIDA; HIP ROCK 3 TO FC (LOW LEAD HDS);**
- 5 (Slide the Door)** Rk Sd L, Rec R crossing behind W, XLIF,- (Rk Sd R, Rec L crossing in frnt of M, XRIF,-);
- 6 (Cucaracha & Step FWD)** Rk Sd R, Rec L, Fwd R,-, (Rk Sd L, Rec R, Fwd L,-);
- 7 (Aida)** Fwd L trning LF to fc ptr, Sd R continuing LF trn to fc LOD, Bk L leaving R foot pointed to LOD,- (Fwd R trning RF to fc ptr, Sd L continuing RF trn to fc LOD, Bk R leaving L foot pointed to LOD,-);
- 8 (Hip Rock 3 to FC (Low Lead HDs))** Rk Fwd R, Rec L, Fwd R trning to FC ptr joining low leads hnds,- (Rk Fwd L, Rec R, Fwd L trning to FC ptr joining low leads hnds,-);

(A - REPEAT)

(C)

- 1-6 CIRCULAR CROSS BODY;;;;; CUCARACHA W/SUNBURST:**
- 1 (Circular Cross Body)** With R hnds jnd Fwd L, Rec R trng 1/4 LF to fc LOD, Sd L,- (Bk R, Rec L, Fwd R,-) end M fcg LOD & W fcg COH);
- 2** Bk R, Rec L comm LF trn leading W across in frnt of M, cont LF trn to fc DRC, Cl R,- (Fwd L, Fwd R comm LF trn , cont LF trn to fc DRC Sd L,-) blend to vars, pos DRC;
- 3** Fwd L, Rec R trng LF 1/8 to fc RLOD, Sd L,- (Fwd R, Fwd L releasing jnd hnds & trng 1/2 RF DLW, cont RF trn to fc WALL Sd R,-) end M fcg RLOD & W fcg WALL w/R hnds jnd in frnt of W;
- 4** Bk R, Rec L comm LF trn leading W to cross in frnt of M, cont LF trn to fc DLW Cl R,- (Fwd L, Fwd R comm LF trn, cont LF trn to fc DLW Sd L) blending to vars pos fcg DLW;
- 5** Fwd L, Rec R trng slight LF, Fwd L to fc ptr WALL,- (Fwd R, Fwd L releasing jnd L hnds & trng RF to fc DRC, cont RF trn to fc ptr COH Sd R,-) end fcg ptr WALL trail ft free;
- 6 (Cucaracha w/Sunburst)** (Repeat Intro Measure 3)

- 7-8 SHOULDER TO SHOULDER TWICE;;**
- 7 (Shoulder to Shoulder 2x)** In low BFY XLIF, Rec R, Sd L,- (XRIB, Rec L, Sd R,-);
- 8** XRIF, Rec L, Sd R,- (XLIB, Rec L, Sd L,-);

- 9-12 ½ BASIC TO CONTINUOUS NATURAL TOP;;;;;**
- 9 (1/2 basic)** Fwd L, Rec R, Sd & Bk L trning RF to fc RLOD,- (Bk R, Rec L, Sd & Fwd R to fc LOD,-); end in CP position
- 10 (Continuous Natural Top)** XRIB, Sd L, XRIB, - (Sd L, XRIF, Sd L,-);
- 11** Sd L lead W to spiral LF under jnd lead hnds, XRIB, Sd L, - (XRIF spiral ¾ LF to CP, Sd L, XRIF,-);
- 12** XRIB, Sd L lead W to spiral LF under jnd lead hnds, Cl R to CP/Wall,- (Sd L, XRIF spiral ¾ LF to fc partner, Sd L,-);

- 13-16 BASIC;; STEP APART w/ARMS; TOG, TCH;**
- 13 (Basic)** Fwd L, Rec R, Sd & Bk L,- (Bk R, Rec L, Bk & Fwd L,-);
- 14** Bk R, Rec L, Sd & Fwd R,- (Fwd,L, Rec R, Sd & Bk L,-);
- 15 (Step Apart w/Arms)** Sd & Bk L w/L Sd stretch looking at W left arm extended out & up, R arm towards W,- Hold,- (Sd & Bk R w/ R Sd stretch looking at M R arm extended out & up, L arm towards M,- Hold,-);
- 16 (Tog, Tch)** Fwd R to WALL to low lead hnds,-, tch L to R,- (Fwd L to COH to low lead hnds,-, TCH R to L,-);

(A - REPEAT)

(END)

- 1-4 AIDA TO RLOD; HIP ROCK 3 TO FC (CUDDLE POS); BK TO SLOW CUDDLE LEG CRAWL;;**
- 1 (Aida to RLOD)** Thru L to RLOD, Bk R trning to fc ptr & WALL, Bk L w/slight LF rotation towards COH w/lead arm out to Bk & up (Thru R to RLOD, Bk L trning to fc ptr & COH, Bk R w/slight RF rotation towards WALL w/trailing arm out to Bk & up);
- 2 (Hip Rock 3 to FC (Cuddle Position))** Fwd Rk R, Rec L, Fwd R trning to fc ptr w/arms around W's waist,-, (Fwd Rk L, Rec R, Fwd L to fc ptr & wrap arms around M's neck);
- 3-4 VERY SLOWLY (BK to Slow Leg Crawl)** Bk L slowly trning LF,-,-,-, (Fwd R,-, slowly trning LF raising L leg along outside M's R leg,-);