




# SPIRALS IN MY HEART

(ESTAS EN MI CORAZON)

<b>Choreographers:</b>	<b>Music:</b> CD « Los Mas Grandes Exitos de Angela Carrasco », track 13 « Estas en mi Corazon » or Casa Musica Latin Mix CD2 track 10 or download from Wal Mart, iTune etc.	
Annette & Frank Woodruff	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )	
Rue du Camp, 87	<b>Rhythm:</b> Rumba-Cha	
7034 Mons, Belgium	<b>Phase:</b> Soft VI ( <b>Teaching tool: the most commonly used spirals</b> )	
Tel: 00 32 65 73 19 40	<b>Release date:</b> April 2006	
Fax: 00 32 65 73 19 41	<b>Time &amp; Speed:</b> 2:54 @ unchanged CD speed	
<b>E-mail:</b> anfrank@skynet.be	<b>Sequence:</b> Intro-AB-AB-Interlude-B-A-Ending	

## INTRODUCTION (RUMBA)

<b>1 - 2</b>	<b>Fan Pos Wait;;</b>	FAN pos WALL, wt 2 meas;; [ <b>FAN pos WALL = M fc WALL, W fc DRW</b> ]
<b>3 - 4</b>	<b>Hockey Stick;;</b>	Fwd L, rec R, sm sd L raisg jnd ld hnds to form window ( <i>W cl R to fc RLOD, fwd L, fwd R</i> ), -; bk R, rec L, lwrng hnds strong fwd R ( <i>W fwd L, fwd R &amp; spiral LF 5/8, bk L</i> ) to LOP-FCG DRW;

## PART A (RUMBA)

<b>1 - 2</b>	<b>Curl to Fan;;</b>	Fwd L, rec R, sd L ldg W to trn LF undr raised ld hnds ( <i>W bk R, rec L, sm fwd R &amp; spiral LF 5/8</i> ) to end in Mod WRP DLW w/ ld hnds jnd in frt of W's waist, -; bk R, rec L, sd R ( <i>W fwd L trng 1/8 LF, fwd R trng 3/8 LF, bk L trng 1/8 LF</i> ) to FAN pos WALL, -;
<b>3 - 4</b>	<b>Alemana overturned to SHAD WALL;;</b>	Fwd L, rec R, sd L ( <i>W cl R to fc RLOD, fwd L, trng RF to fc ptr fwd R</i> ), -; raisg jnd ld hnds XRib, rec L, sd R ( <i>W fwd L undr ld hnds &amp; swvl 5/8 RF, fwd R twd RLOD &amp; swvl 3/4 RF, bk L</i> ) to SHAD WALL, -;
<b>5 - 6</b>	<b>Advanced Sliding Door;;</b>	Press fwd L w/ slt RF bdy trn, rec R, Xlib trng sltly LF ( <i>W bk R w/ slt RF bdy trn, rec L trng bdy LF, XRif</i> ), -; lwr into L knee xtndg R ft to sd w/ LF bdy trn, straighten L leg, cl R trng RF ( <i>W sd L trng &amp; stretchg bdy twd LOD in lun line sweepg R hnd twd LOD, rec R trng bdy RF &amp; sweepg hnd bk, bk L to SHAD pos</i> ), -;
<b>7 - 8</b>	<b>Start another but Lady Spirals to Fan;;</b>	Press fwd L w/ slt RF bdy trn, rec R, Xlib trng sltly LF ( <i>W bk R w/ slt RF bdy trn, rec L trng bdy 3/8 LF, fwd R twd LOD &amp; spiral 7/8 LF</i> ), -; bk R, rec L, sd R ( <i>W fwd L twd LOD com LF trn, fwd R trng 5/8 LF, bk L</i> ) to FAN pos WALL, -;

## PART B (RUMBA)

<b>1 - 4</b>	<b>Alemana to Ropespin;;;;</b>	Fwd L, rec R, cl L & raise jnd ld hnds ( <i>W cl R to fc RLOD, fwd L, fwd R trng RF to fc M</i> ), -; XRib, rec L, sd R ( <i>W fwd L undr jnd hnds &amp; swvl RF to fc WALL, fwd R &amp; swvl RF to fc DRC, trng RF fwd &amp; sd L in frt of M &amp; spiral 7/8 RF to end on M's R sd</i> ), -; sd L, rec R, cl L ( <i>W circ RF arnd M R, L, R</i> ), -; sd R, rec L, cl R ( <i>W cont circ arnd M L, R, L</i> ) to BFLY WALL, -;
<b>5 - 6</b>	<b>Back Break both spiral to Aida;;</b>	XLib trng to OP, rec R, fwd L twd LOD & <b>spiral 7/8 RF</b> ( <i>W fwd R &amp; spiral LF</i> ), -; fwd R stg RF trn, fwd & sd L cont RF trn, bk R to V-BK-TO-BK DRC ( <i>W DRW</i> ), -;
<b>7</b>	<b>Switch Rock;</b>	Bk & sd L to fc ptr, rec R, sd L to LOP-FCG WALL, -;
<b>8</b>	<b>Spot Turn to Low BFLY;</b>	XRif ( <i>W Xif</i> ) trng 1/2 LF, rec L comp full LF trn to fc ptr, sd R jnd both hnds low, -;
<b>9</b>	<b>Slow Hip Rock 2;</b>	Rk sd L rollg L hip sd & bk, -, rk sd R rollg R hip sd & bk, -;

**INTERLUDE (RUMBA)**

1	<b>Back Break to OP;</b>	XLib trng to OP LOD, rec R, fwd L twd LOD, -;
2 - 3	<b>Progr Walks w/ spirals;;</b>	Fwd R, fwd L, relg hnds fwd R & <b>spiral</b> LF 7/8 (W fwd L & spiral RF), -; jng trl hnds fwd L, fwd R, relg hnds fwd L & <b>spiral</b> RF 7/8 (W fwd R & spiral LF), -;
4	<b>Lady out to Fan;</b>	Fwd R, rec L trng ¼ RF, sd R (W fwd L stg LF trn, fwd R trng LF 5/8, bk L compg LF trn to FAN pos WALL), -;

**ENDING (CHA)**

1 - 2	<b>Hockey Stick;;</b>	Fwd L, rec R, XLib/cl R, sd L (W cl R, fwd L, fwd R/lk Lib, fwd R look thru window formed by raised jnd ld hnds); sm bk R, rec L, fwd R/lk Lib, fwd R (W fwd L, fwd R & spiral LF 5/8 under jnd hnds, bk L/lk Rif, bk L) to LOP-FCG DRW;
3 - 4	<b>Advanced Alemana;;</b>	Fwd L, rec R, trng 1/8 RF sd L/cl R, sd L (W bk R, rec L fwd R/lk Lib, fwd R com RF trn); XRib trng RF, sd L compg RF trn to fc COH, sd R/cl L/sd R (W trng RF undr hnds fwd L, fwd R cont trn, contg RF trn to fc ptr fwd L/cl R, sd L) to LOP-FCG COH ;
5 - 6	<b>Advanced Hockey Stick;;</b>	Fwd L, rec R trng ¼ RF, sd L/cl R, sd L (W bk R, rec L, fwd R/lk Lib, fwd R) -; bk R raisg ld hnds to form window, rec L trng RF 1/4, twd DRW fwd R/lk Lib, fwd R (W fwd L, fwd R & spiral 3/8 LF, bk L/lk Rib, bk L) to LOP-FCG DRW;
7 - 10	<b>Alemana to Ropespin;;;</b>	Fwd L, rec R, ip L/R, L raisg jnd ld hnds palm to palm (W bk R, rec L, fwd R/lk Lib, fwd R twd M's L sd), -; XRib, rec L, sd R/cl L, sd R (W fwd L undr jnd hnds & swvl RF to fc WALL, fwd R & swvl RF to fc DRC, cont RF trn fwd & sd L/cl R, fwd & sd L & <b>spiral</b> 7/8 RF to end on M's R sd), -; sd L, rec R, ip L/R, L (W circ RF arnd M R, L, R/L, R), -; sd R, rec L, ip R/L, R (W cont circ arnd M L, R, L/R, L) to BFLY WALL, -;
11	<b>Back Break both spiral;</b>	XLib trng to OP, rec R, twd LOD fwd L/lk Rib, fwd L & <b>spiral</b> 7/8 RF (W fwd R & spiral LF), -;
12	<b>Rumba Aida &amp; Freeze;</b>	Thru R stg LF trn, sd L contg LF trn, bk R to V-BK-TO-BK DRC, -;

**Spiral (Roundalab Manual – Phase V Action)**

Turning action only for man or woman. Turn on left foot approximately 7/8 right face leaving right foot in place with slight pressure on toe.

NOTE: Thighs will be crossed after spiral is made. Knees are relaxed and body stretched upward with weight staying directly over supporting foot. Usually done on 1 beat of music but may be done slower. May be done on right foot turning left face.

**The Spiral action (URDC Manual)**

The action may be danced on the left or right foot, by the man alone, the lady alone, or both.

Danced on the left foot - as weight is taken forward onto and over the ball of the left foot quickly turn 3/8 to 5/8 right face to end with the right foot crossed at the ankles in front of the left foot, body turns more. Weight transfer on the Left foot is ball then flat.

Danced on the right foot - as weight is taken forward onto and over the ball of the right foot quickly turn 3/8 to 5/8 left face ending with the left foot crossed at the ankles in front of the right foot, body turns more. Weight transfer on the right foot is ball then flat.

**N.B. Other dance using same music: phase III+2 rumba/cha introducing FAN and ALEMANA FROM FAN**



Angela Carrasco (born approx. 1945) is a Dominican singer. Carrasco was one of a group of Latin American divas in the 1970s. Carrasco moved to Spain from her native country. In Spain, she enjoyed wild success. She had her first big hit when she was chosen to play Mary Magdalen together with Camilo Sesto in the first Spanish version of *Jesus Christ Superstar* in the mid-1970s. She also hit the airwaves strongly in the late 1970s, with songs such as "Carino Mio" ("Love of Mine") and "Quererte a Ti" ("Loving You") which gave her much exposure all over Latin America, the United States and Europe. She continues to make music, and releasing albums that include songs in new styles as well as remakes of some of her most famous songs such as "No, no hay nadie mas" and "No se como amarle" from *Jesus Christ Superstar*. Her voice continues to be strong and her music fresh and unique.