

TRACES OF LOVE

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Traces Track 4 Gloria Estafan
Rumba Phase V +2
Released 9/24/2010
INTRO, A, A MOD, INTER, B, C, A(9-16), C, A(9-16), ENDING

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Album: Hold Me, Thrill Me, Kiss Me
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INTRO

1-4 WAIT PICK-UP NOTES AND 1 MEAS; SHOULDER TO SHOULDER WITH SHAPE; ALEMANA;;

- 1-2 {**Wait**} Wait pick-up notes and one meas in BFLY wall trail ft free; {**Shoulder to Shoulder**} With strong L sd stretch rk fwd R DW in BJO with knee bend, recov L, sd R to fc wall lead hnd joined,-;
- QQS
- QQS 3-4 {**Alemana**} Rk fwd L, recov R, small sd L lift lead hnd to palm to palm,-; Rk bk R, recov L, cl R to L (W rk bk R, recov L, fwd & sd R,-; fwd L DC swvl RF draw R ft under body trn under lead hnds, fwd R away from M swvl RF draw L under body, fwd L to M's R sd blend to BJO),-;
- QQS

5-8 NAT OPENING OUT WITH CHA; RUMBA TRNING FAN; HOCKEY STICK WITH CHA; RUMBA ENDING;

- QQQ&Q 5-6 {**Nat Opening Out with Cha**} Rk fwd & sd L with RF body trn, recov R to fc wall, sd L/ cl R, sd L (W swvl ½ RF to step bk R, recov L trn ¼ to fc LOD, fwd R/ lk LIB of R, fwd R); {**Trning Fan**} Bk R trning ¼ LF, recov L to fc DW, sd R in fan pos (W fwd L, fwd R trning 5/8 to fc DRW, bk L leave R ft extended),-;
- QQS
- QQQ&Q 7-8 {**Hockey Stick with Cha & Rumba Ending**} Rk fwd L, recov R, in pl L/R, L; Bk R, recov L, fwd R follow W to wall (W cl R to L, fwd L, fwd R/ lk LIB of R, fwd R; Fwd L, fwd R trn LF under lead hnd, bk L),-;
- QQS

PART A

1-4 OPEN HIP TWIST; TRNING FAN; CURL; TRNING FAN TO FC;

- QQS 1-2 {**Open Hip Twist**} Chk fwd L, recov R, cl L to R (W bk R, recov L, fwd R swvl ¼ RF to fc LOD),-; {**Trning Fan**} Bk R trning ¼ LF, recov L to fc DW, sd R in fan pos (W fwd L, fwd R trning 5/8 to fc DRW, bk L leave R ft extended),-;
- QQS
- QQS 3-4 {**Curl**} Rk fwd L, recov R, cl L as lead W to swvl LF under lead hnds (W cl R to L, fwd L, fwd R trn LF to fc DC),-; {**Trning Fan**} Bk R trn ¼ LF, recov L to fc COH, sd R fc ptr & COH (W fwd L, fwd R trn LF to fc wall, sd L),-;
- QQS

5-8 NEW YORKER; SPOT TRN; ALEMANA;;

- QQS 5-6 {**New Yorker**} Rk thru L twd LOD straight leg, recov R to fc, sd L,-; {**Spot Trn**} XRIF of L swvl LF ¾, fwd L swvl LF ¼, sd R,-;
 QQS 7-8 {**Alemana**} Rk fwd L, recov R, small sd L lift lead hnd to palm to palm,-; Rk bk R, recov L, cl R to L (W rk bk R, recov L, fwd & sd R,-, fwd L DRW swvl RF draw R ft under body trn under lead hnds, fwd R away from M twd COH swvl RF draw L under body, fwd L to M's R sd blend to BJO),-;

9-12 TRNING CUDDLES TWICE;;;:

- QQS 9-10 {**Trning Cuddles**} Rk sd L bring W into R arm, recov R, cl L,-; rk sd R bring W into L arm, recov L, small fwd R trning RF ¼ in cuddle position to fc LOD (W open up RF to fc RLOD bk R, recov L, fwd R trn LF to cuddle pos,-, open up LF to fc LOD bk L, recov R trn ¼ RF fc wall, fwd L to wall swvl RF to fc COH),-;
 QQS 11-12 {**Trning Cuddles**} Rk sd L bring W into R arm, recov R, cl L,-; rk sd R bring W into L arm, recov L, small fwd R trning RF ¼ in cuddle position to fc wall (W open up RF to fc COH bk R, recov L, fwd R trn LF to cuddle pos,-, open up LF to fc wall bk L, recov R trn RF ¼ to fc RLOD, fwd L to swvl RF to fc LOD),-;

13-16 CUDDLE WITH SPIRAL; TRNING FAN; HOCKEY STICK;;

- QQS 13-14 {**Cuddle with Spiral**} Rk sd L bring W into R arm, recov R, cl L connect lead hnds cause W to spiral (W open up RF to fc LOD bk R, recov L, fwd R spiral LF),-; {**Trning Fan**} Bk R trning ¼ LF, recov L to fc DW, sd R in fan pos (W fwd L, fwd R trning 5/8 to fc DRW, bk L leave R ft extended),-;
 QQS 15-16 {**Hockey Stick**} Rk fwd L, recov R, sd L,-; Bk R, recov L, fwd R to follow W out (W cl R to L, fwd L, fwd R,-; Fwd L, fwd R trn LF under lead hnd, bk L),-;

REPEAT A 1-14

15-16 HOCKEY STICK OVERTURNED TO FC;;

- QQS 15-16 {**Hockey Stick Overtrn to Fc**} Rk fwd L, recov R, sd L,-; Bk R, recov L, sd R fc ptr & wall (W cl R to L, fwd L, fwd R,-; Fwd L, fwd R trn LF under lead hnd, sd L),-;

INTER

1-2 NEW YORKER; SWIVELS;

- QQS 1-2 {**New Yorker**} Rk thru L twd RLOD straight leg, recov R to fc, sd & fwd L start ft swvl RF draw R under body,-; {**Swvls**} Fwd R twd RLOD draw L to R swvl LF, fwd L twd LOD draw R to L to swvl RF, to step R twd RLOD,-;

PART B**1-4 NEW YORKER; AIDA; SYNCO HIP RKS; SWITCH TO LOP;**

- QQS 1-2 {**New Yorker**} Rk thru L twd RLOD straight leg, recov R to fc, sd L,-; {**Aida**} Trn LF to step thru R, fwd L with RF trn, sd & bk R to bk to bk "V" pos L foot twd RLOD.-;
- Q&QS 3-4 {**Synco Hip Rks**} Rk fwd L/recov R, fwd L, recov R start to trn LF,-; {**Switch to LOP**} Cont LF trn to fc ptr rk sd L twd LOD, recov R to fc RLOD, fwd L in LOP RLOD,-;

5-9 SPIRAL TO FC; ALEMANA;; LARIAT (ROPEPIN OPTION);;

- QQS 5-7 {**Spiral to Fc**} Fwd R spiral LF, fwd L to fc ptr, sd R to fc wall,-; {**Alemana**} Rk fwd L, recov R, small sd L lift lead hnd to palm to palm,-; Rk bk R, recov L, cl R to L lift lead hnds (W rk bk R, recov L, fwd & sd R,-, fwd L DC swvl RF draw R ft under body trn under lead hnds, fwd R away from M twd wall swvl RF draw L under body, fwd L to M's R sd blend to BJO option to spiral RF on L for ropespinn),-;
- QQS 8-9 {**Lariat or Ropespin**} Trn to fc DRW sd L, recov R, cl L to fc wall,-, bk R, recov L, sd R (W fwd arnd the M R, L, R,-; L, R to fc ptr, sd L) to lead hnds joined,-;

PART C**1-4 BASIC NAT TOP TO SCAR;; DEVELOPE; OK TELEMARCK;**

- QQS 1-2 {**Basic Nat Top**} Rk fwd L, recov R, trning RF sd & fwd L to CP,-; (W bk R, recov L, fwd & sd R btwn his feet),-; XRIB of L cont RF trn, sd L cont RF trn, sd R to overturn to SCAR fc DRW (W sd L, XRIF of L, sd L trning to SCAR),-;
- S- 3-4 {**Develope**} In loose SCAR fwd L with strong R sd stretch and hold (W bk R trn head to R to look at audience draw L leg up with knee bend,-, kick L leg fwd),-; {**Qk Telemark**} Bk R slipping W into CP as lead hnds lowers to hip/ cl L cont to trn LF, sd & fwd R arnd W, sd L to fc wall giving both arms twd W (W fwd L trning LF/ bk R, cl L to R heel trn, cl R to L with strong L knee bend),-;

5-8 LADY ROLL ACROSS LOP; FENCE LINE APT TO FC; BOLERO WHEEL 3; SYNCO WHEEL TO ½ OP FC COH;

- QQS 5-6 {**Lady Roll Across**} Rk bk R, recov L, sd R (W roll across fwd L, fwd R trn LF, cont LF trn sd L fc wall),-; {**Fenceline**} Release hnds and lunge thru to RLOD L (W twd LOD R), recov R, sd & fwd L twd W fc LOD,-;
- QQS 7-8 {**Bolero Wheel**} Come to bolero position wheel fwd R, L, R to fc COH,-; {**Synco Wheel**} Wheel L/R, L, R to fc COH,-;

PART A 9-16

9-12 TRNING CUDDLES TWICE;;;:

- QQS 9-10 {**Trning Cuddles**} Rk sd L bring W into R arm, recov R, cl L,-;
 QQS rk sd R bring W into L arm, recov L, small fwd R trning RF ¼ in
 cuddle position to fc LOD (W open up RF to fc RLOD bk R,
 recov L, fwd R trn LF to cuddle pos,-, open up LF to fc LOD bk
 L, recov R trn ¼ RF fc wall, fwd L to wall swvl RF to fc COH),-;
- QQS 11-12 {**Trning Cuddles**} Rk sd L bring W into R arm, recov R, cl L,-;
 QQS rk sd R bring W into L arm, recov L, small fwd R trning RF ¼ in
 cuddle position to fc wall (W open up RF to fc COH bk R, recov
 L, fwd R trn LF to cuddle pos,-, open up LF to fc wall bk L, recov
 R trn RF ¼ to fc RLOD, fwd L to swvl RF to fc LOD),-;

13-16 CUDDLE WITH SPIRAL;TRNING FAN; HOCKEY STICK;;

- QQS 13-14 {**Cuddle with Spiral**} Rk sd L bring W into R arm, recov R, cl L
 QQS connect lead hnds cause W to spiral (W open up RF to fc LOD bk
 R, recov L, fwd R spiral LF),-; {**Trning Fan**} Bk R trning ¼ LF,
 recov L to fc DW, sd R in fan pos (W fwd L, fwd R trning 5/8 to
 fc DRW, bk L leave R ft extended),-;
- QQS 15-16 {**Hockey Stick**} Rk fwd L, recov R, sd L,-; Bk R, recov L, fwd R
 QQS to follow W out (W cl R to L, fwd L, fwd R,-; Fwd L, fwd R trn
 LF under lead hnd, bk L),-;

REPEAT C AND A (9-16)

ENDING

**1-2 OVERTRN HIP TWIST TO TANDEM; ARMS UP CARESS AND
 LOOK;**

- QQS 1-2 {**Overtrn Hip Twist Tandem Caress**} Rk fwd L, recov R, cl L
 Hold to R (W bk R, fwd L, fwd R trn ½ RF to fc wall wrapped into M's
 arm),-; On last ding in the music lift R arm as shape upper body
 slightly fwd and to the L (W lowers L arm to sweep down & up to
 caress the bk of M's neck) look at each other as music fades;