

YOU'RE MY EVERYTHING

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Music: CD –The Best of Rumba Collection of DanceLife – download from Amazon.com

Rhythm & Level - Rumba, PH V+1 (Adv Alemana)

SLOW FOR COMFORT

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses) (Version 1.1) Rel: 9/21



MEAS.

INTRO

1-4 SHAD POS DLW BOTH LF FT FREE WAIT 2 MEAS;;SD LUNGE SHAPE; M REC W TRN CL CP/DLW;

- 1-2** Shad/dlw L ft free for both wait 2 meas;;
3-4 [sd lng] Sm ft wk Lunge sd L, sweep both arms across body and extend , - ;
 [rec m w trn trans] M rec, - , - (W rec R/trn RF, - , cl L to R) to CP/DLW, - ;

PART A

1-4 LOP/FC WALL ADVANCED ALEMANA FC COH;; SERPIENTE;;

- 1-2** [adv alemana] Fwd L, rec R, trn RF 1/4 sd L (W Bk R, rec L, fwd R swvl RF to fc M), - ;
 XRIB of L trn RF, sd L complete RF 1/4 RF trn, cl R to L (W fwd L trn RF under jnd ld hds, fwd R cont RF trn, fwd L cont RF trn to fc M) Loose CP/COH;
3-4 [serpiente] Step thru LOD L trng LF (W RF), sd LOD R, XLIB of R (both XIB) remaining in loose closed, ronde R ft CW (W ronde L ft CCW); XRIB of L (both XIB), sd L, cl R to L ;

5-8 CUDDLE 3X W SPIRAL;; W OUT TO FC;

- 5-6** [cuddle 3x] Slight RF body trn to lead W out sd L to 1/2 open, rec R, cl L both arms around W's back (W trn RF bk R to 1/2 open, rec L trn LF, fwd R return hand to M's shoulder) , - ; Slight LF body trn to lead W out sd R to 1/2 open, rec L, cl R both arms around W on back (W trn LF bk L to L 1/2 open, rec R trn RF, fwd L return hand to M's shoulder) , - ;
7-8 [cont cuddle w/spiral] Slight RF body trn to lead W out sd L to 1/2 OP, rec R, sd L join lead (W trn RF bk R to 1/2 open, rec L trn LF, fwd R, spiral LF under joined lead hands);
 [W out to fc] Bk R leading W fwd, rec L, fwd R (W fwd L, fwd R trn LF 1/2 to fc M, bk L), - ;

REPEAT PART A END LOD/ FC WALL

PART B

1-4 LOP/FC WALL ALEMANA CP/WALL;; CL HIP TWIST; FAN;

- 1-2** [alemana] LOP/WALL Fwd L, rec R, cl L to R lead W to comm RF trn under jnd hds (W bk R, fwd L, fwd R comm RF trn under jnd lead hds), - ; bk R, rec L, sd & fwd R (W cont trn fwd L, cont trn fwd R, sd & bk L to fc ptr) end CP/WALL;
3-4 [cl hip twist] Trn body Slightly RF sd L, rec R, cl L lower lead hds to lead W to hip twist (W swvl 1/2 RF on L bk R, rec L swvl LF 1/2 to fc M, cl R to L swvl 1/4 RF bringing L knee thru to LOD & keep shoulders as square as possible to M), - ; [fan] Bk R, rec L, sd & , fwd R (W fwd LOD, fwd R trn LF, cont LF trn bk L), - ;

5-8 SLOW STEP TOG WITH M'S HEAD LOOP AND SHAPE TO W; M TRN AWAY W TO FAN; STOP & GO HKY STK WITH X LUNGE;;

- 5-6** [slow tog m's head loop] Step L twd W (W step fwd R twd M) raising jnd ld hds w/M's palm up and elbow bent and pointed twd Wall then take joined hnds over M's hd and slowly lower them to rest on M's R shldr while W place L hnd on M's L rib cage and M leaves free R hnd down at R sd , - ; [M trn away RF to fan] Releasing hnds step sd RLOD R trn RF to fc RLOD, fwd RLOD L trn 1/2 RF to fc wall, sd R (W step bk L) to fan, - , - ;
7-8 [stop & go hky stk with x lng] Fwd L, rec R, sm sd L, - (W cl R, fwd L, fwd R trn LF to fc Wall, -) end Tandem Wall; chk fwd R with lunge action hnds extended sd looking at ptr, rec L, sd R, - (W chk bk L with lunge action hnds extended sd looking at ptr, rec R trn RF to fc RLOD, sd & bk L, -) end Fan Pos M fc Wall;

9-12

ALEMANA;; OP HIP TWIST; TO FC FAN JN RT HDS;

9-10 [alemana] Fwd L, rec R, cl L to R lead W to comm RF trn under jnd hds (W Bk R, fwd L, fwd R comm RF trn under jnd lead hds);-; Bk R, rec L, sd & fwd R (W cont trn fwd L, cont trn fwd R, sd & bk L to fc ptr)end CP/Wall;

11-12 [op hip twist] Fwd L, rec R, cl L to R (W bk R, rec L, fwd R twd prt swivel ¼ RF bringing L knee thru to LOD & keep shoulders as square as possible to M);-; [facing fan] Bk R, rec L trn ¼ LF to fc LOD, fwd R (W fwd L LOD, fwd R trn LF, bk L) jn R hds end LOP/LOD:

13-16

½ BASIC W/SPIRAL M'S HEAD LOOP FC RLOD; PROG WK 3 FC PTR/WALL; ; NEW YORKER TWICE;;

13-14 [1/2 basic w/spiral] Fwd L, rec R, fwd L trn slight RF lead W to spiral under lead hds & bring hands over M's head (W bk R, rec L, fwd R spiral LF under joined R hands)end fc RLOD;-; [fwd 3] Rel hands blend to L ½ opn RLOD fwd R, fwd L, fwd R,-)W fwd L, fwd R, fwd L) trn to fc ptr;-;

15-16 [ny'r 2x] Trn RF fwd L RLOD,- rec R trn LF, cont LF trn sd L to fc ptr;-; Trn LF fwd R LOD, rec L trn RF, cont RF trn sd R to fc ptr in BFLY,- jn R hds;; ;

PART C

1-4

START X BODY; M RK (W X SWVL 2X) ; FINISH X BODY; NY'R IN 4 FC COH;

1-2 [start x body] Fwd L, rec R trn LF, sd twd wall (W bk R, rec L , fwd R), - ;

ss

[x swvls] Sd R, - , sd L (W fwd L swvl LF, -l fwd R swvl RF),- ;

3-4 [fin x body] Bk R, rec L trn LF, sd R LOP fc COH (W fwd L to COH , fwd R trn LF fc M, sd L), - ; [ny'r 4] trn RF fwd L, rec R trn RF to fc ptr, sd L, rec R, jn R hds, - ;

qqqq

5-8

START X BODY; M RK (W X SWVL 2X) ; FINISH X BODY; NY'R IN 4 FC WALL;

5-6 [start x body] Fwd L, rec R trn LF, sd twd COHI (W bk R, rec L , fwd R), - ;

ss

[x swvls] Sd R, - , sd L (W fwd L swvl LF, -l fwd R swvl RF),- ;

7-8 [fin x body] Bk R, rec L trn LF, sd R LOP fc WALL (W fwd L to WALL , fwd R trn LF fc M, sd L), - [ny'r 4] trn RF fwd L, rec R trn RF to fc ptr, sd L, rec R to op/fc wall,;

qqqq

9-12

½ BASIC; AIDA; HIP RK SWVL TO FC; START CRAB WKS;

9-10 [1/2 basic] Fwd L, rec R, sd L,- (W bk R, rec L, sd R,-) [Aida] Releasing trailing hnd hold Thru R IF of L trng RF on the spot, Sd L cont trng RF, XRIB of L trng RF fcg COH in 'V' back-to-back pos w/lead hnds jnd & trailing arms out to sides, - ;

11-12 [Hip Rks Swivel to Fc] Rk Sd L sweeping trailing arms across body, Rk Sd R sweeping arms back out to sides, Rk Sd L swiveling LF to fce ptr, - ; [Start Crab Walks] XRIF of L sweeping trailing arms up & thru ccw, Sd L bringing trailing arm down & to side, XRIF of L sweeping trailing arms up & thru ccw, - ;

13-16

FINISH CRAB WKS; DOUBLE FENCE LN;; HIP RK 2 SL;

13-15 [fin crab wks] Sd L bringing trailing arm down & to side, XRIF of L sweeping trailing arms up & thru ccw, Sd L sweeping trailing arms down & to side ccw, - ;

[start dbl fn ln] XRIF, rec L, pt R to RLOD, -; XRIF, rec L, sd R, - (W XLIF, rec R, pt L to RLOD, - ; XLIF, rec R, sd :, -);

16 [hip rk 2 sl] Sd L, - , sd R, -(W sd R, - sd L,-);

REPEAT A MEAS 1 – 8

1-4

LOP/FC WALL ADVANCED ALEMANA FC COH;; SERPIENTE;;

1-2 [adv alemana] Fwd L, rec R, trn RF 1/4 sd L (W Bk R, rec L,fwd R swvl RF to fc M), - ; XRIB of L trn RF, sd L complete RF 1/4 RF trn, cl R to L (W fwd L trn RF under jnd ld hds, fwd R cont RF trn, fwd L cont RF trn to fc M) Loose CP/COH;

3-4 [serpiente] Step thru LOD L trng LF (W RF), sd LOD R, XLIB of R (both XIB) remaining in loose closed, ronde R ft CW (W ronde L ft CCW); XRIB of L (both XIB), sd L, cl R to L ;

5-8

CUDDLE 3X W SPIRAL;;; W OUT TO FC COH;

5-6 [cuddle 3x] Slight RF body trn to lead W out sd L to ½ open, rec R, cl L both arms around W's back (W trn RF bk R to ½ open, rec L trn LF, fwd R return hand to M's shoulder) ,-; Slight LF body trn to lead W out sd R to ½ open, rec L, cl R both arms around W on back (W trn LF bk L to L ½ open, rec R trn RF, fwd L return hand to M's shoulder) ,-;

7-8 [cont cuddle w/spiral] Slight RF body trn to lead W out sd L to ½ OP, rec R, sd L join lead (W trn RF bk R to ½ open, rec L trn LF, fwd R, spiral LF under joined lead hands); [W out to fc] Bk R leading W fwd, rec L, fwd R (W fwd L, fwd R trn LF ½ to fc M, bk L),-;

END

1-4

FC COH ½ BASIC; FAN; ALEMANA FROM FAN JN R HDS;-;

- 1-2 [1/2 Basic; Fan] Bfly COH rk fwd L, rec R, sd L, -(W bk R, rec L, sd R); rk bk R, rec L, sd R (W fwd L twd M, trng to fce LOD stp sd bk R, bk L to fc LOD in L POS, -);
- 3-4 [Alemana] Rk fwd L, rec R, cl L raise ld hands palm to palm lead W to trn RF, - (W cls R, fwd L, fwd R, -); XRIB, rec L, sd R, - join rt hands (W fwd L trn RF undr jnd ld hnds, fwd R cont RF trn, fwd L twd M's R sd, -) to fce coh

5-9

TRADE PLACES 4X;;; RT HND OPN BRK FREEZE;

- 5-6 [Trade Places] With R hnds jnd rk apt L, rec R trng RF to fc RLOD bhnd W then rel jnd R hnds, cont to trn RF to fc ptr stepping sd & bk L twd COH (W rk apt R, rec L trng LF to fc LOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL) joining L hnds,-; [Trade Places] With L hnds jnd rk apt R, rec L trng LF to fc LOD bhnd W then rel jnd L hnds, cont to trn LF to fc ptr stepping sd & bk R twd WALL (W rk apt L, rec R trng RF to fc LOD in front of M then rel jnd L hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH) joining R hnds, -;
- 7-8 Repeat Meas 5-6 of Ending jn ld hds;;
- 9 [Opn Break] rk apt L, -,,-;

Head cues/Cue card

YOU'RE MY EVERYTHING

CHOREO: BLACKFORD

MUSIC: The Best of Rumba/Dance Life

PH 5+1 RB

Sept2021

INTRO

SHAD POS DLW BOTH LF FT FR W 2 MEAS;;SD LNG SHAPE; M REC W TRN CL CP/DLW;

PART A

LOP/FC WALL ADV ALEM FC COH;; SERPIENTE;; CUDDLE 3X;;; W SPIRAL OUT TO FC COH; ADV ALEM FC WALL;; SERPIENTE;; CUDDLE 3X;;; W SPIRAL OUT TO FC WALL;;

PART B

LOP/FC WALL ALEM CP/WALL;; CL HIP TWIST; FAN; SL STEP TOG W/M'S HEAD LOOP SHAPE TO W; M TRN AW W TO FAN; STOP & GO HKY STK W/X LNG;; ALEM;; OP HIP TWIST; TO FC FAN JN RT HDS;½ BAS W/SPIRAL M'S HEAD LOOP FC RLOD; PROG WK 3 FC PTR/WALL; ;NYR 2X;;

PART C

START X BODY; M RK (W X SWVL 2X) ; FIN X BODY; NY'R IN 4 FC COH; START X BODY; M RK (W X SWVL 2X) ; FIN X BODY; NY'R IN 4 FC WALL; ½ BAS; AIDA; HIP RK SWVL TO FC; START CRAB WKS;FIN CRAB WKS; DBL FN LN;; HIP RK 2 SL;

REPEAT A MEAS 1 – 8

LOP/FC WALL ADV ALEM FC COH;; SERPIENTE;;CUDDLE 3X;;; W SPIRAL OUT TO FC COH;

END

FC COH ½ BAS; FAN; ALEM FROM FAN JN R HDS;-;TRADE PL 4X;; RT HND OPN BRK FREEZE;