

Regresa A Mi

(Return To Me)



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Music: Artist: Gloria Estefan "Regresa A Mi" CD: "Exitos De Gloria Estefan" CD-80432 Track #5

Suggested speed: Speed up to 21.5MPM

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Bolero VI Basic Rhythm: SQQ except where noted

Sequence: **Intro A B A B Bridge C C End**

Released: March, 2016

Rev 1.3

Meas

INTRO

1-4 WAIT; EXPLOSION & ROLL ACROSS; SOLO SPOT TRN;

TOG TO BOLERO-BJO WHEEL W TRANS;

- 1 Wait 1 Meas in FCG Pos M fcg DLW X-hnd hold R over L R-ft free for both pointed sd & bk;
- 2 **{Explosion & Roll Across}** Sd R twd RLOD (W twd LOD) swinging R-hnd up & out, -, rec L releasing L-hnds & comm roll LF twd LOD, sd R cont roll LF to fc WALL end momentary SD-BY-SD R-shoulders adjacent M fcg WALL (W fcg COH);
- 3 **{Solo Spot Trn}** Sd L twd LOD (W sd L twd RLOD), -, XRIF flexing both knees comm LF trn, cont LF trn fwd L twd RLOD (W twd LOD) end FCG Pos/RLOD approx 3 ft apt;
- SQQ 4 **{Tog to Bolero-BJO Wheel W Trans}** Fwd R assuming BOLERO-BJO Pos/RLOD M's R-hnd
(W SQ&Q) around W's waist (W's R-hnd on M's L-shoulder), -, fwd L comm wheel RF, fwd R cont wheel RF to fc almost WALL (W fwd L comm wheel RF/fwd R cont wheel RF, fwd R trn RF to fc M);

PART A

1-8 TRNG BASIC; OPEN BREAK; FWD & W SYNC SOLO SPIN TRANS TO; SHADOW FENCE LINE; SYNC SHADOW TRNG BASIC TO FC; LUNGE/STORK LINE; W SPIRAL & REV UNDERARM SPIN; NEW YORKER;

- 1 **{Trng Basic}** BOLERO-BJO/Wall assuming CP sd & slightly fwd L trng RF looking well left (W looking right), -, bk R under body comm trng LF, cont trng LF fwd L twd DLC end CP/DLC;
- 2 **{Open Break}** Sd & fwd R releasing trailing hnds, -, bk L under body flexing knee, fwd R (W sd & bk L, -, bk R under body flexing knee, fwd L) end LOP Fcg/DLC;
- SQQ 3 **{Fwd & W Sync Solo Spin Trans to}** Fwd L & trng RF to fc DLW joining R-hnds, -, leading W
(W SQ&Q) spin RF & release R-hnds sd R twd RLOD, cl L (W fwd R slightly trng LF to DLW, -, XLIF comm RF spin almost 2 full trn/cont spinning RF on L step R in pl, cont spin RF on R step L to fc WALL) end OP/WALL no hnd jnd;
- 4 **{Shadow Fence Line}** Assuming SHADOW Pos/WALL L-hnds jnd & extended sd M's R-hnd on W's R-shoulder blade sd R, -, XLIF checking W extending free R-hnd sd & fwd, bk R;
- S&QQ 5 **{Sync Shadow Trng Basic to Fc}** Sd & fwd L trng RF looking well left, -/trng LF on L slip R bk under body flexing knee to fc LOD, fwd L leading W trn LF & release, fwd R joining R-hnds (W sd & fwd L trng RF looking well left, -/trng LF on L slip R bk under body flexing knee to fc LOD, fwd L trng LF 1/2 to fc M, bk R) end FCG Pos/LOD R-hnds jnd;
- 6 **{Lunge/Stork Line}** Hold leading W step bk, -, flex R-knee extending L bk slightly rotating body
(W S--) LF looking at W, - (W bk L, -, swiveling LF on L lift R-toe along L-leg to the point of L-knee free L-hnd straight up looking at M);
- 7 **{W Spiral & Rev Underarm Spin}** Fwd L trng RF to fc WALL leading W spiral LF, -, sd R leading W spin LF, cl L (W fwd R spiraling LF under jnd R-hnds to fc COH, -, sd L comm spinning LF under jnd R-hnds, cont spinning LF to fc COH cl R) end FCG Pos/WALL R-hnds jnd;
- 8 **{New Yorker}** Sd R joining lead hnds, -, trng RF on R to fc LOD fwd L checking, bk R trng LF to fc WALL end LOP FCG/WALL;

PART A (cont'ed)

- 9-17 **UNDERARM TRN; OPEN BREAK; CHECKED R-PASS M OVERTRN w/ HND CHG BHND BK;;
CROSS BODY W FREE ROLL IN 5; AIDA TWD LOD; AIDA LINE & HIP RKS; FC & SPOT TRN;
RIFF TRN;**
- 9 **{Underarm Trn}** LOP FCG/Wall Sd L raising jnd lead hnds, -, bk R leading W trn RF under jnd lead hnds, fwd L (W sd R, -, XLIF trng RF under jnd lead hnds, cont trng RF sd & fwd R to fc M) end LOP FCG/WALL;
- 10 **{Open Break}** Sd & fwd R, -, bk L under body flexing knee, fwd R (W sd & bk L, -, bk R under body flexing knee, fwd L) end LOP Fcg/WALL;
- 11-12 **{Checked R-Pass M Overtrn w/ Hnd Chg bhnd Bk}** Joining both hnds fwd L twd W's R sd raising jnd lead hnds comm trng RF around W, -, cont trng RF around W XRIB lowering lead hnds, sd & fwd L (W fwd R passing under jnd lead hnds, -, XLIF, bk R) end WRAPPED/COH; Releasing trailing hnds fwd R swiveling RF 1/2 to fc W, -, fwd L trng RF 1/2 to fc COH joining R-hnds bhnd bk, fwd R (W bk L, -, bk R, fwd L) end TANDEM/COH M IF of W R-hnds jnd
- SQQ 13 **{Cross Body W Free Roll in 5}** Fwd L, -, leading W fwd & roll LF & release hnds bk R, fwd L (W SQ&Q&) (W fwd R, -, fwd L small step comm rolling LF/cont spinning cl R, fwd L small step comm rolling LF/cont spinning cl R to fc M) end LOP FCG/COH;
- 14 **{Aida twd LOD}** Joining lead hnds sd & fwd R twd LOD, -, thru L, trng LF sd R;
- 15 **{Aida Line & Hip Rks}** Cont trng LF sd & bk L to AIDA LINE, -, fwd R rolling hips CW (W CCW), rec L rolling hips CCW (W CW);
- 16 **{Fc & Spot Trn}** Fwd R swiveling RF to ptr pointing L sd, -, releasing hnds XLIF comm trng RF, rec R cont trng RF to fc COH joining lead hnds end LOP FCG/COH;
- QQQQ 17 **{Riff Trn}** Sd L raising jnd lead hnds to lead W spin RF, cl R, sd L raising jnd lead hnds, cl R (W sd R comm spinning RF under jnd lead hnds, cont spinning on R to fc M cl L, sd R comm spinning RF under jnd lead hnds, cont spinning on R to fc M cl L) end LOP FCG/COH;

PART B

- 1-8 **TRNG BASIC OVERTRN TO FC LOD; CONTRA BREAK; HIP RKS M TRANS;
M LUNGE W LEG LIFT & CROSS BODY; ALTERNATING UNDERARM TRNS;;
DBL RONDE w/ INSIDE UNDERARM TRN; LUNGE BREAK;**
- 1 **{Trng Basic Overtrn to FC LOD}** LOP FCG/COH assuming CP sd & slightly fwd L trng RF looking well left (W looking right), -, bk R under body comm strongly trng LF, cont trng LF fwd L twd WALL end CP almost fcg DLW;
- 2 **{Contra Break}** Sd & fwd R cont trng LF to fc LOD, -, fwd L across body flexing knee looking at W (W looking well left), bk R end CP/LOD;
- SQQ& 3 **{Hip Rks M Trans}** Sd & bk L, -, rk fwd R rolling hips CW, rk bk L rolling hips CCW/cl R (W sd & (W SQQ) fwd R, -, rk bk L rolling hips CCW, rk fwd R rolling hips CW);
- SQQ 4 **{M Lunge W Leg Lift & Cross Body}** Releasing trailing hnds sd & bk L twd RLOD flexing knee (W --QQ) leading W to hold move, -, leading W fwd bk R under body, trng LF to fc RLOD fwd L (W hold lifting L-toe along R-leg L-hnd straight up, -, fwd L comm trng LF, cont trng LF to fc LOD bk R) end LOP FCG/RLOD;
- 5-6 **{Alternating Underarm Trns}** Joining trail hnds sd twd COH, -, XLIF trng RF under jnd trail hnds, cont trng RF sd & fwd R trng LF to fc W joining lead hnds (W sd L twd COH raising trail hnds, -, bk R, fwd L) end BFLY/RLOD; Sd L raising jnd lead hnds, -, bk R leading W trn RF under jnd lead hnds, fwd L (W sd R, -, XLIF trng RF under jnd lead hnds, cont trng RF sd & fwd R to fc M) end LOP FCG/RLOD;
- SQ&Q 7 **{Dbl Ronde w/ Inside Underarm Trn}** Assuming CP fwd R btwn W's ft trng RF rondel CW, -, sd & fwd L around W raising jnd lead hnds/XRIB leading W spin LF, cl L (W sd & fwd L trng RF ronde R CW, -, cont trng RF XRIB/fwd L spinning LF, cont spinning LF on L cl R) end LOP FCG/WALL;
- S-- 8 **{Lunge Break}** Sd & fwd R, -, flexing R-knee extend L sd & bk, rise on R straightening knee (W (W SQQ) sd & bk L, -, bk R under body flexing knee L extended fwd, fwd L) end LOP FCG/WALL;

BRIDGE

1 ROLL 2 SD CL;

QQQQ 1 **{Roll 2 Sd Cl}** Sd L comm roll LF (W RF), sd R cont rolling LF to fc WALL, sd L, cl R joining R-hnds;

PART C

**1-8 ALTERNATING CROSS BODY;; X-HND UNDERARM TRN W TRANS w/ M'S HEAD LOOP;
OPEN SAME FT LUNGE & PICK-UP; TELESPIN TO SCP;; CHAIR REC & REV UNDERARM SPIN;
SHADOW NEW YORKER:**

- 1-2 **{Alternating Cross Body}** FCG Pos/Wall R-hnds jnd sd L, -, leading W fwd w/ jnd R-hnds bk R under body, fwd L trng LF 1/4 to fc LOD (W slightly trng RF to fc LOD fwd R raising L-hnd straight up, -, fwd L trng LF around M, cont trng LF bk R to fc WALL) end L-Shape Pos M fcg LOD (W fcg WALL); Fwd R raising L-hnd straight up, -, fwd L trng LF around W, cont trng LF bk R to fc WALL (W sd L, -, leading M fwd w/jnd R-hnds bk R under body, fwd L trng LF 1/4 to fc LOD) end L-Shape Pos M fcg WALL (W fcg LOD) R-hnds jnd;
- SQQ 3 **{X-hnd Underarm Trn W Trans w/ M's Head Loop}** Sd L raising jnd R-hnd above head joining (W SQQ&) L-hnds at waist level, -, bk R leading W trn RF raising L-hnds, rec L leading W trn RF under L-hnds & over head for head loop (W fwd R trng LF to fc M, -, XLIF trng RF under R-hnds, cont trng RF sd & fwd R under L-hnds/cont RF to fc M cl L) end Modif CP/WALL M's R-hnd around W's bk W's L-hnd on M's shoulder;
- S-- 4 **{Open Same Ft Lunge & Pick-up}** Sd & fwd R flexing knee, -, hold extending L-hnd sd & bk, - (W S--/&) /swivel LF on R picking up W (W bk R slightly across body flexing knee, -, sway R looking well right extending R-hnd sd & bk, -/rec L swiveling LF to fc M) end CP/LOD knees of supporting ft flexed;
- SQ- 5-6 **{Telespin to SCP}** Fwd L comm trng LF around W, -, cont trng LF sd & bk R, extend L bk (W SQQ&) partial/swivel LF on R to fc LOD picking up W (W bk R comm trng LF, -, cont trng LF cl L, fwd R in SCP/fwd L small step swiveling LF to fc M) end CP/LOD; Fwd L comm trng LF around W, -, cont trng LF sd & bk R, cont trng LF sd & fwd L (W bk R comm trng LF, -, cont trng LF cl L, cont trng LF sd & fwd R) end SCP/LOD;
- QQQQ 7 **{Chair Rec & Rev Underarm Spin}** Fwd R checking, rec L trng RF to fc WALL, sd R raising jnd lead hnds to lead W spin LF, cl L (W fwd L checking, rec R trng LF to fc M, sd L comm spinning LF under jnd lead hnds, cont spinning LF to fc M cl R) end LOP FCG/WALL;
- 8 **{Shadow New Yorker}** Sd R joining R-hnds, -, trng RF on R to fc RLOD fwd L checking, bk R trng LF to fc WALL end FCG Pos/WALL R-hnds jnd;

END

**1-7 X-HND UNDERARM TRN; CIRCULAR X-HND SPIRALS;; BK BREAK w/ M'S HEAD LOOP;
FWD MANUV PIVOT; RUDOLPH RONDE w/ SYNC REV UNDERARM TRN; LUNGE/SIT LINE;**

- 1 **{X-hnd Underarm Trn}** FCG/WALL R-hnds jnd sd L raising jnd R-hnds above head joining L-hnds at waist level, bk R leading W trn RF raising L-hnds, rec L leading W trn RF under L-hnds (W sd & fwd R, -, XLIF trng RF under R-hnds, cont trng RF sd & fwd R under L-hnds to fc M) end FCG Pos/WALL L-hnds high above head R-hnds low at waist level;
- 2-3 **{Circular X-hnd Spirals}** Fwd R comm wheel RF, -, fwd L cont wheel RF leading W spiral LF & raising R-hnds, fwd R cont wheel RF to fc COH (W fwd L comm wheel RF, -, fwd R spiraling LF under L-hnds, fwd R cont wheel RF) end FCG Pos/COH jnd R-hnds above head jnd L-hnds at waist level; Fwd L comm wheel RF, -, fwd R cont wheel RF leading W spiral RF & raising L-hnds, fwd L cont wheel RF to fc WALL (W fwd R, comm wheel RF, -, fwd L spiraling RF under R-hnds, fwd L cont wheel RF) end FCG Pos/Wall jnd L-hnds above head jnd R-hnds at waist level;
- 4 **{Break Bk w/ M's Head Loop}** Sd R raising L-hnds over head & place L-shoulder, -, bk L placing R-hnd around W's waist, fwd R end HALF OP/LOD;

END (cont'ed)

- 5 **{Fwd Manuv Pivot}** Fwd L, -, fwd R trng RF to fc RLOD, bk L pivoting RF 1/2 to fc LOD (W fwd R, -, fwd L, fwd R btwn M's ft pivoting RF 1/2 to fc RLOD) end CP/LOD;
- SQ&Q 6 **{Rudolph Ronde w/ Sync Rev Underarm Trn}** Fwd R btwn W's ft rotating body RF to lead W ronde CW, -, bk L momentary SCP fcg LOD/trng RF to fc WALL sd R leading W LF, cl L (W sd & fwd L around M ronde R CW, -, XRIB/sd L trng LF under jnd lead hnds, cl R) end LOP FCG/WALL;
- S-- 7 **{Lunge/Sit Line}** Sd & fwd R, -, leading W bk flex R-knee extending L sd & bk, - (W sd & bk L, -, (W SS) bk R underbody flexing knee, -) end M's R-Lunge Line (W Sit Line) & hold as music fades out;