

# ESTAS EN MI CORAZON (You're in My Heart)

<b>Choreographers:</b>	<b>Release date:</b> April 2006
<b>Annette &amp; Frank Woodruff</b> Rue du Camp, 87 7034 Mons, Belgium Tel: 00 32 65 73 19 40  anneteandfrank@gmail.com	<b>Rhythm &amp; Phase:</b> <b>Rumba-Cha III+2</b> (Fan, Alemana from Fan)
	<b>Music:</b> CD « Los Mas Grandes Exitos de Angela Carrasco », track 13 or Casa Musica Latin Mix CD2 track 10 or download from iTunes
	<b>Time &amp; Speed:</b> 2:54 @ unchanged CD speed
	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
	<b>Sequence:</b> <b>Intro-AB-AB-Interlude-B-A-Ending</b>



## INTRODUCTION - RUMBA

<b>1 - 2</b>	<b>Wait;;</b>	BFLY WALL wt 2 meas;;
<b>3</b>	<b>New Yorker;</b>	XLif trng to LOP RLOD, rec R to fc ptr, sd L to BFLY WALL, -;
<b>4</b>	<b>Spot Turn to CP;</b>	XRIF ( <i>W Xif</i> ) trng ½ LF, rec L comp full LF trn to fc ptr, sd R to CP WALL, -;

## PART A - RUMBA

<b>1 - 2</b>	<b>½ Basic to Fan;;</b>	Fwd L, rec R, sd L, -; bk R, rec L, sd R ( <i>W fwd L, rec R trng ¼ LF, bk L</i> ) to FAN pos WALL, -;
<b>3 - 4</b>	<b>Alemana;;</b>	Fwd L, rec R, cl L raisg jnd ld hnds palm-to-palm ( <i>W bk R, rec L, fwd R twd M's L sd</i> ), -; XRib, rec L, sd R ( <i>W fwd L &amp; swvl RF to fc WALL, fwd R &amp; swvl RF to fc DRC, fwd &amp; sd L to fc M</i> ), -;
<b>5</b>	<b>Hand to Hand;</b>	XLib trng to OP LOD, rec R to fc ptr, sd L to BFLY WALL, -;
<b>6 - 7</b>	<b>Crab Walks;;</b>	XRif ( <i>W XLif</i> ), sd L, XRif ( <i>W XLif</i> ), -; sd L, XRif ( <i>W XLif</i> ), sd L, -;
<b>8</b>	<b>Fence Line;</b>	XRif ( <i>W XLif</i> ) w/ bent knee, rec L, sd R, -;

## PART B - RUMBA

<b>1</b>	<b>Shoulder to Shoulder;</b>	Fwd L to BFLY SCAR, rec R staying in SCAR, sd L, -;
<b>2</b>	<b>Underarm Turn;</b>	Raisg jnd ld hnds XRib, rec L, sd R ( <i>W XLif under jnd ld hnds com full RF trn, rec R comp RF trn to fc ptr, sd L twd M's R sd</i> ), -;
<b>3 - 4</b>	<b>To a Lariat;;</b>	Press sd L, rec R, cl L ( <i>W circ RF arnd M R, L, R</i> ), -; press sd R, rec L, cl R ( <i>W cont circ arnd M L, R, L</i> ) to BFLY WALL, -;
<b>5</b>	<b>Back Break to OP;</b>	XLib trng to OP LOD, rec R, fwd L twd LOD, -;
<b>6 - 7</b>	<b>Kiki Walks;;</b>	Placg each ft in frt of the other fwd R, L, R, -; L, R, L, -;
<b>8</b>	<b>Spot Turn to Low BFLY;</b>	XRIF ( <i>W Xif</i> ) trng ½ LF, rec L comp ¾ LF trn to fc ptr, sd R & jn 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

<b>1</b>	<b>½ Basic;</b>	Fwd L, rec R, sd & bk L, -;
<b>2</b>	<b>Whip;</b>	Bk R trng LF ¼ & ldg W acrs, rec L trng LF ¼, sd R ( <i>W fwd L trng LF &amp; xg in frt of M, fwd R contg LF trn, sd L</i> ) to BFLY COH, -;
<b>3</b>	<b>½ Basic;</b>	Rpt meas 1-2 Interlude to BFLY WALL;;
<b>4</b>	<b>Whip;</b>	

## ENDING - CHA

<b>1</b>	<b>New Yorker;</b>	XLif trng to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L to BFLY WALL, -;
<b>2</b>	<b>Spot Turn;</b>	XRIF ( <i>W Xif</i> ) trng ½ LF, rec L cont LF trn, sd R/cl L, sd R comp full LF trn to fc ptr & blend to CP WALL, -;
<b>3 - 6</b>	<b>Chase;;;</b>	Fwd L trng ¼ RF, rec R trng ¼ RF, fwd L/cl R, fwd L ( <i>W bk R, rec L, fwd R/cl L, fwd R</i> ); fwd R trng ¼ LF, rec L trng ¼ LF ( <i>W fwd L trng ¼ RF, rec R trng ¼ RF</i> ), fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L ( <i>W fwd R trng ¼ LF, rec L trng ¼ LF, fwd R/cl L, fwd R</i> ) to BFLY WALL; bk R, rec L, sd R/cl L, sd R;
<b>7</b>	<b>½ Basic;</b>	Fwd L, rec R, sd L/cl R, sd & bk L;
<b>8</b>	<b>Whip;</b>	Bk R trng ¼ LF & ldg W acrs, rec L trng ¼ LF, sd R/cl L, sd R ( <i>W fwd L trng LF &amp; xg in frt of M, fwd &amp; sd R contg LF trn, comp LF trn to fc M sd L/cl R, sd L</i> ) to BFLY COH, -;
<b>9</b>	<b>½ Basic;</b>	Rpt meas 7-8 Ending to BFLY WALL;;
<b>10</b>	<b>Whip;</b>	
<b>11</b>	<b>Fence Line;</b>	XLif ( <i>W XRif</i> ) w/ bent knee, rec R, sd L/cl R, sd L;
<b>12</b>	<b>Rock Thru Rec Point Side;</b>	XRif, rec L, pt R twd RLOD, -;

**N.B. Other Dance we wrote to same music: Soft Phase VI addressing the most commonly used occurrences of Spirals.**

**ESTAS EN MY CORAZON – WOODRUFF – RB/CH III+2 – 2:54 – Carrasco**

**INTRO (RB) (4 meas)**

BFLY WALL Wait 2 ;; New Yorker ; Spot Turn to CP ;

**PART A (RB) (8 meas)**

½ Basic to Fan ;; Alemana ;;

Hand to Hand ; Crab Walks ;; Fence Line ;

**PART B (RB) (9 meas)**

Shoulder to Shoulder ; Underarm Turn to a Lariat ;;;

Break to OP ; Kiki Walks ;; Spot Turn to Low BFLY ; Slow Hip Rk 2 ;

**PART A (RB) (8 meas)**

½ Basic to Fan ;; Alemana ;;

Hand to Hand ; Crab Walks ;; Fence Line ;

**PART B (RB) (9 meas)**

Shoulder to Shoulder ; Underarm Turn to a Lariat ;;;

Break to OP ; Kiki Walks ;; Spot Turn to Low BFLY ; Slow Hip Rk 2 ;

**INTERLUDE (RB) (4 meas)**

½ Basic ; Whip ; ½ Basic ; Whip ;

**PART B (RB) (9 meas)**

Shoulder to Shoulder ; Underarm Turn to a Lariat ;;;

Break to OP ; Kiki Walks ;; Spot Turn to Low BFLY ; Slow Hip Rk 2 ;

**PART A (RB) (8 meas)**

½ Basic to Fan ;; Alemana ;;

Hand to Hand ; Crab Walks ;; Fence Line ;

**ENDING (CH) (12 meas)**

New Yorker ; Spot Turn ; Chase ;;;

½ Basic ; Whip ; ½ Basic ; Whip ;

Fence Line ; Rk Thru Rec Point Side ;