

A Media Luz

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Record: Roper 233 flip: My Heart Is A Violin
Rhythm: Argentine Tango RAL Phase V+1 (la cobra) **Timing:** as indicated in left margin
Footwork: Opposite, except where noted for woman in parentheses **Suggested Speed:** 39 rpm
Sequence: **INTRO, A(2-16), B, A, B, A** **Release Date:** August 2005

INTRODUCTION

1 **WAIT:**
1 In SENTADA pos fcg DRW both have R ft free **{start dance at meas 2, Part A}** wait 4 pu notes + 1 meas;

PART A

1-4 **THRU TO SENTADA; REV SENTADA; & TELEMAR to SCP; THRU SD DRAW;**
QQQQ 1 **{sentada}** thru R, sd L fc wall, cl R, sd L on relaxed knee leave trl leg extd twd RLOD & trn upper body LF;
(thru L, sd R, XLIB of R, lift R in frnt of L at knee level toes ptd down;)
QQQQ 2 **{rev sentada}** rec R fc wall, XLIB, sd R, relax R knee & trn upper body RF left leg extd twd LOD;
(lower R in pl, trng RF sd & bk L to fc LOD, XRIB of L, lift L in frnt of R at knee level toes ptd down;)
&QQS 3 **{telemark}** w/no wgt chg trn LF to fc LOD folding w in frnt of CP/fwd L comm. LF trn, cont trn sd R, fwd L, -;
(rec L trng sharply LF in frnt of ptr in CP/bk R trng LF, bring L to R tgo heel trn, fwd R, -;) to SCP/LOD
QQS 4 **{thru sd drw}** thru R, sd L, drw R to L w/no wgt chg, -; CP/WALL

5-8 **START A RIGHT FT BASIC; FWD in BJO CHKG to Lady's SWIVEL & SLOW BK;**
LEG SWEEP & STEP FWD; WK 2 to CP;
SS 5 **{r ft basic}** bk R comm. LF trn, -, fwd & slightly sd L, -;
SS 6 **{fwd, w swvl & bk}** fwd R chkg outsd ptr, -, rotate upper body sharply RF causing w to swivl to fallaway pos bk L,
-; (bk L in bjo, -, swivel RF on ball of L ft bk R to fallaway pos, -;)
SS 7 **{leg sweep & fwd}** place R ft besd insd of w's L ft slide & flick w's leg up, -, fwd R outsd ptr, -;
(let ptr slide & sweep your L ft to ronde ccw while swivlg LF on ball of R ft, -, bk L, -;) BJO/DLW
SS 8 **{wk 2 to cp}** w/slight LF trn fwd L start bringing ptr to CP, -, cont trn fwd R in CP, -; CP/DLC

9-12 **OP REV TRN to Man's GAUNCHOS;; X-SWVL to BJO, to Lady's GAUNCHOS;;**
QQS& 9 **{op rev trn to m's goncho}** fwd L comm. LF trn, cont trn sd R, cont trn bk L/hook R arnd & beh w's R calf, -;
(QQS) (bk R comm. LF trn, cont trn sd L, cont trn sd & fwd R, -;) to almost sd by sd pos fcg DRW
QQS& 10 trng RF fwd R, cont trn sd L, cont trn bk R/hook L ft arnd & beh w's L calf, -;
(QQS) (bk L trng RF, cont trn sd R, cont trn sd & fwd L, -;) to almost sd by sd pos fcg DLC
SS(SS&)11 **{x-swvl}** swivlg LF fwd L, -, BJO/RLOD **{w's gaunchos}** chk fwd R, -; (bk L/ hook R ft arnd & beh m's R calf,
-;)
QQS 12 trng RF rec bk L, cont trn sd & fwd R, cont trn fwd L, -; to almost sd by sd pos fcg DLW
(QQS&) (trng RF fwd R, cont trn sd & bk L, cont trn bk R/hook L ft arnd & beh m's L calf, -;)

13-16 **BK X-SWVL to BJO & OUTSD SWVL; [to REV] PU to TRNG TGO to WALL ~**
START ADV CORTE ~ OK THRU FC STAMP;;
SS 13 **{rev swivel, outsd swivel}** rec bk R swivelg LF to BJO/DRC, -, bk L draw R to L ankle & rotate upper body RF, -;
(fwd L swivlg LF, -, fwd R swivelg RF on ball of R to fc RLOD, -;) RLOD/SCP
SQQ 14 **{pu, trng tgo}** fwd R to CP/RLOD, -, (fwd L folding in frnt of ptr, -,) fwd L comm. trng LF, cont trn sd R;
SS 15 draw L to R, -, to CP/WALL **{start adv corte}** sd & bk L w/lowering action trng LF to SCP/LOD, -;
QQS 16 **{thru fc stamp}** thru R, sd L, stamp R w/no wgt chg, -; CP/WALL

PART B

- 1-4** **RIGHT LUNGE & SPANISH DRAG; BK CORTE; ADV CORTE to RLOD; TRNG TGO DRAW to SCP/LOD;**
- SS 1 {**r lunge, span drag**} sd & fwd R on relaxed knee, -, leaving R leg extd fwd rec L chg sway drw R twds L, -;
(sd & bk L on relaxed knee, -, rec R chg sway drw L twds R, -;)
- QQS 2 {**bk corte**} w/left sd stretch trng LF sm bk R w/slipping action, cont trn sd L, cl R, -; CP/DLC
(w/right sd stretch trng LF sm fwd L, sd R, cl L, -;)
- QQS 3 {**adv corte**} bk & sd L w/lowering action trng LF, drw R to L trng to SCP, thru R, -; SCP/RLOD
- QQS 4 {**trng tgo drw**} blending to CP sm fwd L comm. trng LF, cont trn fwd & sd R to wall, drw L twds R, -; SCP/LOD
(sd & bk R trng sharply LF in frnt of ptr, cont trng LF sd L, drw R twds L, -;)
- 5-8** **DOBLE CRUZ;; OUTSD SWVL & PU; TRNG TGO DRAW to SCP/RLOD;**
- SQQ 5 {**doble cruz**} fwd L, -, fwd & thru R, sd L; CP/WALL
- QQQQ 6 XRIB, ronde L, XLIB, bk R; (XLIB, ronde R, XRIB, trn LF fwd L;) to CBJO/DLW
- SS 7 {**outsd swvl & pu**} bk L XRIF of L ankle w/no wgt rotating upper body RF, -, trng to SCP short stp thru R
folding W in frnt, -; (fwd R swivelg RF on ball of R, -, thru L swivelg LF in frnt of ptr, -;) CP/LOD
- QQS 8 {**trng tgo drw**} fwd L comm trng LF, cont trn fwd & sd R to COH, drw L to R w/no wgt chg, -; to SCP/RLOD
- 9-12** **DOBLE CRUZ;; OUTSD SWVL & PU/RLOD; ZARANDEO;**
- 9-11 repeat meas 5-7 starting from SCP/RLOD ending CP/RLOD;;;
- QQQQ 12 {**zarandeo**} w/no wgt chg trn upper body 1/8 LF, 1/8 RF, 1/8 LF, 1/8 RF; CP/RLOD
(lift R ft parallel to floor knees tog swivel on L ft LF, RF, LF, RF;)
- 13-16** **OK HES CHG; REV TRN; OP FIN w/GAUNCHO; DBL GAUNCHO;**
- QQS 13 {**qk hes chg**} comm. trng RF bk L, cont trng sd R, draw L to R, -; CP/DLC
- QQS 14 {**rev trn**} fwd L comm. trng LF, cont trn sd R (tgo heel trn), bk L, -; CP/RLOD
- QQS 15 {**op fin/goncho**} bk R comm. trng LF, cont trn sd L in CBJO, cont trn to almost sd by sd pos fwd R, -; DLW
(fwd L trng LF, cont trng sd R, bk L/hook R beh m's R calf, -;)
- S&S(SS&)16 {**gonchos**} rec bk L/hook R beh w's R calf, -, rec fwd R, -; (rec fwd R, -, rec bk L/hook R beh m's R calf, -;)
- 17-20** **OUTSD SWVL & THRU to LA COBRA;; - THRU TCH to FC; LEFT FT START to SCP;**
- SS 17 {**outsd swivel & thru to la cobra**} bk L XRIF of L ankle w/no wgt rotating upper body RF, -, fwd R trng RF
across LOD in frnt of ptr bringing L toe to pt DLW, -;
(fwd R swvlg RF to fc LOD, -, fwd L swvlg RF ½, -;) to SCP/RLOD
- SS 18 fwd & sd L swivelg RF drawing R toe in flaring action arnd to tch besd L, -, thru R trng RF in frnt of ptr, -;
(fwd R betw m's ft swivlg RF, -, fwd L swvl RF, -;) to SCP/RLOD;
- SS 19 {**thru to fc ending**} fwd & sd L swivelg RF drawing R toe in flaring action arnd to tch besd L, -, thru R, trng to fc
ptrn tch L besd R; (fwd R betw m's ft swivlg RF, -, fwd L, trng to fc ptrn tch R besd L;) CP/WALL
- S 20 {**l ft start**} w/no wgt draw an arc ccw (cw) slightly fwd & sd L, tch L besd R, trng to SCP sd & fwd L, -; SCP/LOD

Repeat: PART A

Repeat: PART B

Repeat: PART A