

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)
margin

Timing: as indicated in left

Footwork: Opposite, except where noted for woman in parentheses
rpm

Suggested Speed: 39

Sequence: **INTRO, A(2-16), B, A, B, A**
2005

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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 to 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/ROD {**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 toTRNG TGO to WALL ~ START ADV CORTE ~ QK 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 ptrn, -,) 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/RL0D
 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/RL0D;

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/RL0D

9-12 DOBLE CRUZ;; OUTSD SWVL & PU/RL0D; ZARANDEO;

9-11 repeat meas 5-7 starting from SCP/RL0D ending CP/RL0D;;;
 QQQQ 12 {zarandeo} w/no wgt chg trn upper body 1/8 LF, 1/8 RF, 1/8 LF, 1/8 RF; CP/RL0D
 (lift R ft parallel to floor knees tog swivel on L ft LF, RF, LF, RF;)

13-16 QK 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/RL0D
 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
 (QQS&)
 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/RL0D
 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/RL0D;
 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 {1 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