

FROM THE SOUL

"Desde el Alma"

Choreography: Ron & Mary Noble, 1570 N. Kings Valley Hwy Dallas, OR 97338 (503) 623-3782
Nov - Mar 13624 East 51st Lane Yuma, AZ 85367 (928) 345-0760
With assistance by Larry Caves, Stardust Dance Studio Mesa, AZ
Record: CD Bailemos Tango "Desde el Alma", Track 10, Osvaldo Pugliese
Phase: V Argentine Tango Vals Rdancer@aol.com
Footwork: Opposite, directions for man (lady as noted) June 2003
Sequence: A(Intro), A, B, A, C, C, D, Ending Revised July 2003

- INTRO -

1 - 8 Partners 4 ft apart M facing WALL W facing M as music begins M WALKS TO W AND ASSUMES THE EMBRACE POSITION WITH TRAILING FT FREE;;; ;;;

1-8 4 ft apart M facing partner & Wall M walks to W and assumes the Embrace Position facing Wall (M's R arm around W with his L & W's R hands joined with heads close together M's head to the left and W's head to the right) with trailing ft free;;; ;;;

9 - 16 RIGHT FOOT BASIC;;; CRADLE;; TRNG TANGO CLOSE to CP LOD;:

1-- 1-- 9-12 **[RIGHT FOOT BASIC]** CP Facing Wall bk R, -, -; sd L, -, -; fwd R outside partner on her R in CBMP, -, -; fwd & sd L, -, cl R; (W fwd L, -, -; sd R, -, -; bk L in CBMP, -, -; bk & sd R, -, cross L in front of R;)
1-- 1-3
1-3 1-3 13-14 **[CRADLE {La Cunita}]** Fwd L trng slightly LF, -, tap R bhnd L; bk R, -, tap L in front of R CP DLW; (W bk R trng LF, -, tap L in front of R; fwd L, -, tap R bhnd L;)
1-- 1-3 15-16 **[TURNING TANGO CLOSE to CP LOD {La Resolution}]** Fwd L trng LF, -, -; sd R, -, cl L to CP LOD; (W bk R trng LF, -, -; sd L, -, cl R;)

- A -

1 - 8 START THE BASIC;; LADY'S SENTADA;; OCHO;; TRNG TANGO CLOSE to COH;:

1-- 1-3 1- **[START THE BASIC]** Bk R, -, -; sd L, -, -; (W fwd L, -, -; sd R, -, -;)

2
(1-- 1--)

--- --- 3- **[LADY'S SENTADA]** Swvl LF on L, -, -; hold, -, -; (W swiveling 3/8 LF bk L sitting on M's L knee, -, -; raise R bent at knee in front of L, -, -;)

4
(1-- 1--)

--- 1-- 5- **[OCHO]** Swvl RF on L, -, -; in place R, swvl LF, -; (W rec fwd R, swvl 1/2 RF, -; fwd L, swvl LF on L to face partner, -;)

6
(1-- 1--)

1-- 1-3 7- **[TURNING TANGO CLOSE to COH]** Fwd L trng LF, -, -; sd R, -, cl L to CP COH; (W bk R trng LF, -, -; sd L, -, cl R;)

8

9 - 16 RIGHT FOOT BASIC;;; CRADLE;; TURNING TANGO CLOSE to RLOD;:

1-- 1-- 9- **[RIGHT FOOT BASIC]** CP Facing Wall bk R, -, -; sd L, -, -; fwd R outside partner on her R in CBMP, -, -; fwd & sd L, -, cl R; (W fwd L, -, -; sd R, -, -; bk L in CBMP, -, -; bk & sd R, -, cross L in front of R;)
12
1-- 1-3

1-- 1-- 13-14 **[CRADLE]** Fwd L trng slightly LF, -, tap R bhnd L; bk R, -, tap L in front of R CP DLW; (W bk R trng LF, -, tap L in front of R; fwd L, -, tap R bhnd L;)

1-- 1--

1-- 1-3 15-16 **[TURNING TANGO CLOSE to RLOD]** Repeat meas. 7-8 of PART A to CP RLOD;:

- A -

1-16 Repeat meas. 1 – 16 of Part A to end CP LOD;;;; ;;;;

- C -

1 – 12 START THE BASIC;; FWD SWVL (LADY'S MOLINETE);; TRAVELING BACK ZIG ZAGS (four times);;; FWD ZIG ZAGS (four times);;;

- 1-- 1-- 1- [START THE BASIC] CP LOD bk R, -, -; sd L, -, -; (W fwd L, -, -; sd R, -, -;)
2
1-- 1-- 3- [FWD SWVL LADY'S MOLINETE] Fwd R, -, swvl half LF to fc RLOD; hold, -, swvl LF 1/8;
4 (W bk L, -, sd R; XLIF, -, swvl LF;)
(1-3 1--)
1-- 1-- 5- [TRAVELING BACK ZIG ZAG'S (four times)] Backing LOD bk L, swvl RF 1/4, -; bk R,
8 swvl LF 1/4, -; bk L, swvl RF 1/4, -; bk R, -, -; (W fwd R, swvl RF 1/4, -; fwd L, swvl LF 1/4,
1-- 1-- -; fwd R, swvl RF 1/4, -; fwd L, -, -;)
1-- 1-- 9-12 [FWD ZIG ZAG'S (four times)] Fwd L, swvl LF 1/4, -; fwd R, swvl RF 1/4, -; fwd L, swvl LF
1-- 1-- 1/4, -; fwd R, swvl RF to CP RLOD, -; (W bk R, swvl LF 1/4, -; bk L, swvl RF 1/4, -; bk R,
swvl LF 1/4, -; bk L, swvl RF to fc ptr, -;)

13 - 24 THREE SIDE ROCKS LADY TRAP M SWEEP W'S FT;;; OCHOS five times;;; M CLOSE; TANGO CLOSE RLOD;; ZARANDEO;

- 1-- 1-- 13-16 [THREE SIDE ROCKS LADY TRAP M SWEEP LADY'S FT {SANDWICH & SACADA}] Sd
1-- 1-- L, -, -; sd R, -, -; sd L, slip R between W's feet next to inside of W's R, -; slide R to his
(1-- 1-- right sweeping W's R, -, swvl RF 1/8; (W sd R, -, -; sd L, -, -; sd R, -, -; W allows her L to
1-- 1-- be swept to the side, -, swvl RF 1/8;)
1-- 1-- 17-20 [OCHOS five times] XRIBL, -, -; hold, -, -; hold, -, -; rec L, -, -; (W XLIF, swvl LF 1/2, -; fwd
--- 1-- R, swvl RF 1/2, -; fwd L, swvl LF 1/2, -; fwd R, swvl RF 1/2, -;)
(1-- 1-- 1-- 1--)
1-- 21 [M CLOSE] Cl R to CP LOD, -, -; (W fwd L swvl LF to fc partner, -, -;)
22-23 [TANGO CLOSE (CP LOD)] Fwd L, -, -; sd R, -, cl L to CP LOD; (W bk R, -, -; sd L, -, cl
R;)
24 [ZARANDEO (SHAKE)] M twists LF, RF, & bk to neutral pos. one or two times in the
meas; (Lady lifts L leg straight bk from the knee keeping knees together so the M's
twisting waves the leg bk & forth;)

- C -

1-24 Repeat meas. 1 – 24 of PART C to face LOD;;;;

- D -

1 – 8 RIGHT FOOT BASIC MEN TOUCH;;; SAME FOOT WALK IN 4;;;

- 1-- 1-- 1- [RIGHT FOOT BASIC MEN TOUCH] CP facing LOD bk R, -, -; sd L, -, -; fwd R outside
4 partner on her R in CBMP LOD, -, -; fwd & sd L, -, tch R; (W repeat meas. 9-12 of PART
1-- 1-- A;;;;)
(1-- 1--
1-- 1-- 3)
1-- 1-- 5-8 [SAME FOOT WALK IN 4] Fwd R outside partner LOD, -, -; fwd L to CP, -, -; fwd R outside
1-- 1-- partner on her left, -, -; fwd L outside partner in CBMP SCAR LOD, -, -; (W bk R, -, -; bk L,
-, -; bk R, -, -; bk L, -, -;)

9 - 16 BACK OCHOS TWICE;; M STOP & TRAP LADY'S FOOT;; BEHIND; SIDE CLOSE; CORTE WITH SLOW LEG CRAWL & SLOW RISE;

1-- 1-- 9 [BACK OCHOS TWICE] Swvl LF to fc partner, -, -; (W bk R, -, -; sd L, -, -; sd R, -, -; W allows her L to be swept to the side, -, swvl RF 1/8;)

