

TODO Y NADA

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RECORD: Special Pressing "Todo Y Nada" [Flip "Mujer"]
RHYTHM: Phase VI Bolero

SEQUENCE: INTRO, A, B, C, END

Speed 45 RPM

INTRO

1-4 **WAIT; BK BRK; SYNC LT SD ROLL TRANS; FWD BRK;**

1 [WAIT] Both fc LOD W beh & rt of M wt on R with L extended bk pt toe thighs crossed rt hds joined lt arms extended up palm out;
 2 [BK BRK] Sd & bk L, __, bk R, fwd L(W sd & bk L, __, bk R, fwd L);
 3 S__&(SQ&Q&) [SYNC LT SD ROLL TRANS] Fwd R, __, hold & lead W lf underarm roll LOD, __/fwd L LOD join lead hds
 (W fwd R, __, fwd L LOD trn lf/cl R cont lf trn, fwd L cont trn lf/bk R fc RLOD);
 4 [FWD BRK] Sd & fwd R, __, fwd L, bk R(W sd & bk L, __, bk R, fwd L);

5-8 **RT SD PASS; NY; SPT TRN; LUNGE BRK;**

5 [RT SD PASS] Sd L raise lead hds, __, bk R trn rf lead W lf trn under lead hds, fwd L WALL(W fwd R, __, fwd L trn lf 3/4, bk R fc
 COH);
 6 [NY] Sd R swivel rf, __, fwd L RLOD, bk R fc ptr(W sd L swivel lf, __, fwd R RLOD, bk L fc ptr);
 7 [SPT TRN] Sd L release hds start lf trn, __, fwd R LOD trn lf 1/2, fwd L RLOD trn lf 1/4 fc ptr & WALL join lead hds
 (W sd R start rf trn, __, fwd L LOD trn rf 1/2, fwd R RLOD trn rf 1/4 fc ptr & COH);
 8 [LUNGE BRK] Sd R, __, lower on R extend L lead W ck bk, rise on R lead W fwd(W sd L, __, bk R, fwd L);

PART A

1-4 **LT SD PASS; SYNC RUNAWAY; FC & LUNGE BRK; CHECKED RT SD PASS;**

1 [LT SD PASS] Bk & sd L trn lf, __, bk R cont lf trn, fwd L LOD lead W swivel lf tandem LOD
 (W fwd & sd R, __, fwd L trn lf, bk R swivel lf 1/2 fc LOD);
 2 SQ&Q [SYNC RUNAWAY] Fwd R LOD, __, fwd L/fwd R, fwd L(W fwd L LOD, __, fwd R/fwd L, fwd R);
 3 [FC & LUNGE BRK] Cl R lead W swivel rf, __, lower on R extend L sd & bk lead W to ck bk, rise on R lead W fwd
 (W fwd L swivel rf 1/2 fc ptr, __, bk R, fwd L);
 4 [CHECKED RT SD PASS] Fwd L trn rf raise lead hds ck W with rt hd on abdomen, __, fwd R around ptr lead W trn lf under lead hds
 slide rt hd around to W's bk, fwd L slide rt hd up W's bk to lt sh rt sd stretch look lt CP COH
 (W fwd R, __, small fwd L trn lf 1/4 under lead hds fc WALL, cl R look rt CP);

5-8 **RT LUNGE SYNC TWL; FWD BRK; SYNC LT SD ROLL; FAN & START HOCKEY STK;**

5 SQ&Q [RT LUNGE SYNC TWL] Lower & lunge fwd & sd R look rt, __, rec L trn rf lead W rf twl/small sd & fwd R fc RLOD, cl L
 (W lunge sd & bk L look lt, __, rec R/fwd L RLOD twl rf full trn, fwd R);
 6 [FWD BRK] Stp R in place join rt hds lt hd extended to ptr, __, fwd L lt arm sweep, bk R join lt hds rt arm fwd to ptr
 (W fwd L swivel rf fc ptr & LOD join rt hds lt hd extended to ptr, __, bk R lt arm sweep, fwd L rt arm fwd to ptr join lt hds);
 7 SQ(SQ&Q&) [SYNC LT SD ROLL] Bk L rt arm sweep, __, bk R raise lt hds lead W lf roll, fwd L fc WALL
 (W fwd R LOD rt arm sweep, __, fwd L/cl R trn lf full trn, fwd L/cl R trn lf 1/2 fc RLOD);
 8 [FAN & START HOCKEY STK] Sd R join lead hds, __, fwd L, bk R(W bk L FAN POS, __, lower & cl R rf swivel, fwd L RLOD);

9-12 **RT SD PASS; FWD BRK; TRANS WRAP & BRK; SWITCH & BRK;**

9 [RT SD PASS] Sd L trn rf raise lead hds, __, bk R lead W lf trn under lead hds, fwd L RLOD(W fwd R, __, fwd L trn lf 1/2, bk R fc
 LOD);
 10 [FWD BRK] Join rt hds fwd R, __, bk L lead W to ck bk, fwd R lead W lf trn rt sweetheart wrap RLOD
 (W join rt hds bk L, __, bk R, fwd L trn lf to rt sweetheart wrap RLOD);
 11 __QQ(SQ) [TRANS WRAP & BRK] Pt L fwd, __, bk L, fwd R RLOD(W cl R, __, bk L, fwd R RLOD);
 12 [SWITCH & BRK] Fwd L trn rf 1/2 lt sweetheart wrap LOD, __, bk R, fwd L(W fwd L trn rf 1/2 lt sweetheart wrap, __, bk R, fwd L LOD);

13-16 **SWITCH & BRK; SWEETHEART RUN; SYNC ROLL TRANS TO FC; LUNGE BRK;**

13 [SWITCH & BRK] Fwd R trn lf 1/2 rt sweetheart wrap RLOD, __, bk L, fwd R
 (W fwd R trn lf 1/2 rt sweetheart wrap, __, bk L, fwd R RLOD);

- 14 [SWEETHEART RUN] Fwd L RLOD, __, fwd R, fwd L(W fwd L RLOD, __, fwd R, fwd L);
 15 **S__&(SQ&Q&)** [SYNC ROLL TRANS TO FC] Fwd R RLOD, __, hold & lead W lf roll RLOD, __/fwd L join lead hds
 (W fwd R, __, fwd L RLOD trn lf/cl R cont lf trn, fwd L cont trn lf/bk R fc LOD);
 16 [LUNGE BRK] Sd R, __, lower on R extend L lead W bk, rise fc RLOD lead W fwd(W sd L, __, bk R, fwd L LOD);

PART B

"Todo Y Nada" cont.

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1-4

RT SD PASS; NY; CHG SDS TO SYNC AIDA; AIDA LINE & HIP RKS;

- 1 [RT SD PASS] Fwd L raise lead hds trn rf, __, bk R lead W lf trn, fwd L COH(W fwd R, __, fwd L trn lf 3/4 under lead hds, bk R fc
 WALL);
 2 [NY] Sd R swivel rf, __, fwd L LOD, bk R(W sd L swivel lf, __, fwd R LOD, bk L);
 3 **SQ&Q** [CHG SDS TO SYNC AIDA] Fwd L COH around ptr lead W rf trn under lead hds, __, fwd R RLOD/fwd L, fwd R trn lf 1/2 fc LOD
 (W sd R rf trn fc WALL, __, trn rf under joined lead hds fwd L RLOD/fwd R, fwd L trn rf 1/2 fc LOD);
 4 [AIDA LINE & HIP RKS] Bk L LOP LOD bk to bk V, __, rk fwd R, rec L(W bk R LOP LOD bk to bk V, __, rk fwd L, rec R);

5-8

FC & FENCE LINE; RIFF TRNS; SYNC TRNG BASIC; CONTRA CK & SWITCH;

- 5 [FC & FENCE LINE] Fwd R rf trn BFLY WALL look lt, __, look rt ck thru R RLOD, rec R fc ptr lead hds joined
 (W fwd L lf trn fc ptr BFLY look rt, __, look lt ck thru R RLOD, rec L fc ptr);
 6 **QQQQ**[RIFF TRNS] Sd L lead W rf spin under joined lead hds, cl R, sd L lead W rf spin under joined lead hds, cl R
 (W fwd R LOD spin rf fc ptr, cl L, fwd R LOD spin rf fc ptr, cl L);
 7 **SQ&Q** [SYNC TRNG BASIC] Sd L CP WALL, __, small bk R slip lf/fwd L curve lf, fwd R COH
 (W sd R CP, __, small fwd L slip lf/ bk R curve lf, bk L fc WALL);
 8 [CONTRA CK & SWITCH] Lower & ck fwd L rt sd lead, __, rec R, bk L rf trn fc LOD(W ck bk R head far lt, __, rec L, fwd R rf trn);

9-12

DBL RONDE HAIRPIN; TWL TRANS; SHAD FENCE LINE; SYNC RUN TO CP;

- 9 [DBL RONDE HAIRPIN] Fwd R ronde L CW rf trn, __, fwd L rt sd stretch, fwd R RLOD outsd ptr lt sd stretch
 (W bk L ronde R CW head rt, __, bk R, bk L ptr outsd fc LOD);
 10 **SQQ(SQ&Q)** [TWL TRANS] Bk L lf trn raise lead hds lt sd stretch, __, bk & sd R lead W rf twl, cl L fc COH join trail hds
 (W fwd R, __, fwd L trn rf 3/4 under joined lead hds/sd R, cl L join trail hds fc COH);
 11 [SHAD FENCE LINE] Sd R full CW lt arm sweep, __, xLif ck & look rt, rec R look RLOD
 (W sd R full CCW rt arm sweep, __, xLif ck & look rt, rec R look RLOD);
 12 **SQ&Q** [SYNC RUN TO CP] Trail hds joined fwd L RLOD, __, fwd R/fwd L trn rf, cl R CP COH
 (W fwd L RLOD, __, fwd R/fwd L, fwd R lf trn fc ptr CP COH);

13-16

TRANS DBL CONTRA CK;; CROSS BODY; FWD BRK;

- 13 **__QQ(SQQ)**[TRANS DBL CONTRA CK] Hold, __, lower & ck fwd L rt sd lead, rec R(W cl L & caress both hds, __, ck bk R head far rt, rec L);
 14 **SQQ** Rt sd stretch look lt pt L RLOD, __, lower & ck fwd L rt sd lead, rec R(W look rt extend lt arm up pt L RLOD, __, bk R head far rt, rec L)
 15 [CROSS BODY] Bk & sd L trn lf, __, bk R cont lf trn, fwd L DRW(W fwd R, __, fwd L trn lf, bk R fc DLC);
 16 [FWD BRK] Sd & fwd R, __, fwd L, bk R(W sd & bk L, __, bk R, fwd L);

17-20

RT SD PASS; CIRCULAR BK CUBAN WKS 3T;;;

- 17 [RT SD PASS] Fwd & sd L fc RLOD, __, bk R rf trn lead W lf underarm trn, curve rf bk L fc WALL lead W curve fwd rf lead hds joined
 (W fwd R, __, fwd L lf underarm trn, curve rf fwd R WALL);
 18 [CIRCULAR BK CUBAN WKS 3T] Curving rf bk R, __, bk L, bk R fc LOD(W curving rf fwd L, __, fwd R, fwd L fc LOD);
 19 Curving rf bk L, __, bk R, bk L fc COH(W curving rf fwd R, __, fwd L, fwd R fc COH);
 20 Curving rf bk R, __, bk L, bk R fc RLOD(W curving rf fwd L, __, fwd R, fwd L fc RLOD);

21-22 1/2

RT SD PASS; LUNGE BRK & QK HIP TWIST WRAP;;,

- 21 [RT SD PASS] Bk & sd L fc COH, __, bk R rf trn lead W lf trn, fwd L LOD(W fwd R LOD, __, fwd L lf underarm trn, bk R fc RLOD);
 22 [LUNGE BRK] Sd & fwd R, __, lower on R extend L lead W ck bk, rise on R lead W fwd(W sd & bk L, __, bk R, fwd L);
 22 1/2 **__(Q_)** [QK HIP TWIST WRAP] Hold & lead W fwd to qk lf hip twist wrap lower wt on both ft arms around W's waist shad LOD, __
 (W fwd R qk rf hip twist wrap, cl R arms crossed at waist in frt wt on both ft shad LOD),

PART C

1-4

SUNBURST; DEVELOPE & OUT TO FC; LT SD PASS; FWD BRK;

- 1 **SS** [SUNBURST] Shad wrap LOD slo rise & extend arms up(W slo rise & extend arms up);

2 **SS(SQ_)** [DEVELOPE & OUT TO FC] Arms up inside W's arms W develop, __, join both hds lead W fwd qk lf trn join lead hds, __
 (Arms up use M's arms for support raise L to rt knee, extend L fwd, fwd L qk lf trn fc ptr & RLOD, tch R to L join lead hds);
 3 [LT SD PASS] Bk & sd L trn lf, __, bk R cont lf trn, fwd L RLOD(W fwd R, __, fwd L trn lf, bk R fc LOD);
 4 [FWD BRK] Sd R, __, bk L lead W ck bk, fwd R lead W lf trn under lead hds(W sd L, __, bk R, fwd L lf trn 1/2 under lead hds);

5-8 **STOP & GO; LUNGE BRK; RT SD PASS TO CP; RT LUNGE WITH SYNC ROLLS;**
 5 [STOP & GO] Lunge fwd L rf body trn look at ptr, __, rec R, fwd L RLOD(W bk R sit line, __, rec L lf trn 1/2, bk R fc LOD);
 6 [LUNGE BRK] Sd R, __, lower on R extend L lead W ck bk, rise fc RLOD lead W fwd(W sd L, __, bk R, fwd L LOD);
 7 [RT SD PASS TO CP] Fwd L trn rf, __, fwd R lead W lf underarm trn, fwd L CP DLC(W fwd R, __, fwd L lf underarm trn, bk R fc
 DRW);
 8 **SQ&Q** [RT LUNGE WITH SYNC ROLLS] Lunge sd & fwd R, __, rec L with body roll/lunge R with body roll, rec L with body roll
 (W lunge sd & bk L, __, rec R with body & head roll/lunge L with body & head roll, rec R with body & head roll);

9-12 **SYNC FALLAWAY RONDE; FWD BRK; LT SD PASS; LUNGE BRK;**
 9 **SQ&Q** [SYNC FALLAWAY RONDE] Fwd & sd R strong rf body trn L extended bk, __, lt sd stretch bk L trn rf lead W lf trn/fwd R, fwd L DRW
 (W sd L ronde R CW extend R bk, __, bk R trn lf under lead hds/fwd L DRW trn lf, bk R fc ptr & DLC);
 10 [FWD BRK] Fwd R, __, fwd R, bk L(W bk L, __, bk R, fwd L);
 11 [LT SD PASS] Bk & sd L trn lf, __, bk R cont lf trn, fwd L DLC(W fwd R, __, fwd L trn lf, bk R fc DRW);
 12 [LUNGE BRK] Sd R, __, lower on R extend L lead W ck bk, rise fc DLC lead W fwd(W sd L, __, bk R, fwd L DRW);

PART C Cont. "Todo Y Nada" cont. Page 3 of 3

13-16 **RT SD PASS; NY; SPIN & LUNGE; REC WRAP & CROSS CK;**
 13 [RT SD PASS] Sd L raise lead hds, __, bk R trn rf lead W lf trn under lead hds, fwd L WALL(W fwd R, __, fwd L trn lf 1/2, bk R fc
 COH);
 14 [NY] Sd R swivel rf, __, fwd L RLOD, bk R fc ptr(W sd L swivel lf, __, fwd R RLOD, bk L fc ptr);
 15 **QQS** [SPIN & LUNGE] Release hds fwd L LOD full lf spin fc ptr & WALL, cl R, lunge sd L join lead hds extend trail hds sd, __
 (W fwd R LOD spin rf full trn fc ptr, cl L, lunge sd R, __);
 16 [REC WRAP & CROSS CK] Rec R lead W lf trn under lead hds, __, lower & cross ck fwd L outsd ptr, rec R
 (W rec fwd L RLOD lf trn 1/2 fc LOD, __, cross ck bk R ptr outsd head lt, rec L);

17-20 **CROSS BODY; NY; DBL UNDERARM TRN; LUNGE BRK;**
 17 [CROSS BODY] Sd L, __, bk R lf trn, fwd L LOD(W fwd R, __, fwd L lf trn 1/2, bk R fc RLOD);
 18 [NY] Sd R swivel rf, __, fwd L WALL, bk R fc ptr & LOD(W sd L swivel lf, __, fwd R WALL, bk L fc ptr & RLOD);
 19 [DBL UNDERARM TRN] Sd L raise lead hds, __, fwd R COH trn lf 1.2, fwd L trn lf 1/4 fc ptr & LOD
 (W sd R, __, fwd L COH trn rf 1/2 under joined lead hds, fwd R trn rf 1/4 fc ptr & RLOD);
 20 [LUNGE BRK] Sd R, __, lower on R extend L lead W ck bk, rise fc LOD lead W fwd(W sd L, __, bk R, fwd L RLOD);

21-22 **LT SD PASS; MAN'S UNDERARM TRN;**
 21 [LT SD PASS] Bk & sd L trn lf, __, bk R cont lf trn, fwd L RLOD(W fwd R, __, fwd L trn lf 1/2, bk R fc LOD);
 22 [MAN'S UNDERARM TRN] Fwd R, __, fwd L outsd ptr rf trn 1/2 under lead hds, fwd R LOD rf trn 1/4 fc WALL join rt hds
 (W bk L, __, bk R ptr outsd raise lead hds, fwd L LOD);

END

1-4 **SYNC LT SD ROLL TRANS SHAD; SD TO SHAD ARM SWEEP; EXTEND LINE;;**
 1 **SQ&Q(SQ&Q&Q)** [SYNC LT SD ROLL TRANS SHAD] Join rt hds sd L fc WALL, __, bk R lead W lf underarm roll/fwd L trn lf, bk R LOD cont lf trn
 (W fwd R, __, fwd L start lf roll under rt hds/bk R cont lf roll, fwd L cont lf roll/bk R COH cont lf trn);
 2 **SS** [SD TO SHAD ARM SWEEP] Sd L DLW wrapping bk into rt arm bring lt arm to front across waist, __, start lt arm sweep, __
 (W sd L DLW lt shad rt hds joined bring lt arm in front across waist, __, start lt arm sweep, __);
 3-4 [EXTEND LINE] Cont lt arm extension up & out DLW rt leg extended bk pt toe look up DLW past extended arm;;