

Why Did You Hurt Me (Para Que Me Haces Llorar)

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CD: Healing Evolution Track 7 Artist: Inka Gold Available: Inkagoldmusic.com (full CD only at this time)

Rhythm: Rumba RAL Phase V + 2 {Ropespin, curl} or Choreographer

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Rumba unless noted. Time @ 45 RPM: 3:11 Adjust for comfort Difficulty Level – Average

Sequence: Intro-A-B-C-C-B{mod}-End Released: July 1, 2018

Meas

INTRODUCTION

1 - - 4 LOP FCNG WALL TRAIL FT FREE WAIT 1; ALEMANA TRN; ROPESPIN;;

1 LOP Fcng WALL Wait 1 Meas;

2 - 4 [Alemana Trn to Ropespin] Leading W to trn RF bk R, rec L, cl R leading W to pass on rt sd, - (comm RF trn under joined lead hnds fwd L, cont RF trn fwd R, fwd L commence RF spiral to M's rt sd, -); Rk sd L, rec R, cl L, - (Commence to circle M clockwise with joined ld hnds fwd R, fwd L, fwd R, -); Rk bk R, rec L, cl R, - (Continue clockwise circle fwd L, fwd R, fwd & sd L trng to fc ptr, -) to Bfly;

5 - - 8 CHASE W/UNDERARM PASS;; SHLDR TO SHLDR 2X;;;;

5 - 6 [Chase w/Underarm Pass] Keeping ld hnds joined fwd L trng 1/2 RF, rec R, fwd L, - (W bk R, rec L to M's left side, fwd R, -); Rk bk R, rec L to Bfy COH, sd R, - (W fwd L, fwd R trng 1/2 LF to BFLY COH, sd L, -);

7 - 8 [Shldr to Shldr 2X] From Bfly Pos fwd L to Bfly SCAR, rec R to fc, sd L, - (Bk R to Bfly SCAR, rec L to fc, sd R, -); From Bfly Pos fwd R to Bfly BJO, rec L to fc, sd R, - (Bk L to Bfly BJO, rec R to fc, sd L, -);

9 - - 11 CHASE W/UNDERARM PASS;;

9 - 10 Repeat Meas 5 -6, Intro;;

PART A

1 - - 4 ALEMANA;; ROPSESPIN;;

1 - 2 [Alemana to Ropespin] Fwd L, rec R, sd L leading W to trn RF, -; Bk R, rec L, cl R leading W to pass on rt sd, - (Bk R, rec L, sd R comm RF swivel, -; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, fwd L commence RF spiral to M's rt sd, -);

3 - 4 [Ropespin] Rk sd L, rec R, cl L, - (Complete RF spiral & commence to circle M clockwise with joined ld hnds fwd R, fwd L, fwd R, -); Rk bk R, rec L, cl R, - (Continue clockwise circle fwd L, fwd R, fwd & sd L trng to fc ptr, -) to Bfly;

5 - - 8 CHASE W/UNDERARM PASS;; SHLDR TO SHLDR 2X;;

5 - 6 Repeat Meas 5 & 6 Intro;;

7 - 8 Repeat Meas 7 & 8, Intro;;

9 - - 11 CHASE W/UNDERARM PASS;; SHLDR TO SHLDR 4;

9 Repeat Meas 5 & 6, Intro;;

11 Repeat Meas 11 Intro;

PART B

1 - - 4 OP HIP TWIST; FAN; HOCKEYSTICK;;

1 [Op Hip Twist] Ck fwd L, rec R, cl L pushing arm fwd gently to trn W, - (Rk bk R, rec L, fwd R swivel ¼ RF on Rt, -);

2 [Fan] Bk R, rec L, sd R (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L leaving R extended fwd w/no weight);

3 - 4 [Hockeystick] Fwd L, rec R, cl L, - (Cl R, fwd L, fwd R, -); bk R, rec L, fwd R ending DRW, - (fwd L, fwd R trng lft to fc ptr, bk L on a diagonal, -);

5 - - 8 ½ BASIC; NAT TOP TO HND SHK;;;;

5 [1/2 Basic] Rk fwd L, rec R, sd & fwd L commence RF trn prep stp for, -;

6 - 8 [Nat Top] In CP Comm RF rotation XRIB, sd L, XRIB, - (Comm RF Rotation sd L, XRIF, sd L, -); sd L, XRIB, sd L, - (XRIF, sd L, XRIF, -); XRIB, sd L, sd R, - (sd L, XRIF, sd L, -) to CP/WALL;

9 - - 12 FLIRT;; SWEETHEARTS TO CP;;

- 9 – 10 [Flirt]** Fwd L, rec R, sd L, - (Bk R, fwd L, fwd R trng LF to Varsouvienne pos, -); Bk R, rec L, sd R, - (bk L, rec R, sd L moving to her left in front of M to end in Left Varsouvienne pos, -) fcng Wall;
- 11 – 12 [Sweethearts to Fc]** Ck fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr, rec R straightening body, sd L, - (Bk R with lft sd lead into a contra ck like action, rec L, straightening body, sd R, -); Ck fwd R with rt sd lead into contra ck like action maintaining eye contact w/ptr, rec L straightening body, sd R, - (Bk L with lft sd lead into a contra ck like action, rec R, straightening body, fwd L trng LF to fc ptr, -); CP/Wall;
- Alternate Version [Dbl Hndhold Sweethearts to Fc]** Still in Varsuv fwd L with rt sd lead into contra ck like action maintaining eye contact w/ptr & retaining dbl handhold, rec R straightening body, sd L, - (Bk R with lft sd lead into a contra ck like action, rec L, straightening body, sd R, -); Ck fwd R with rt sd lead into contra ck like action maintaining eye contact w/ptr & retaining dbl handhold, rec L straightening body, sd R, - (Bk L with lft sd lead into a contra ck like action, rec R commencing RF trn under joined hnds, straightening body, fwd L trng RF to fc ptr, -);

13 – 16 CROSS BODY;; CROSS BODY TO BFLY;;

- 13 – 14 [Cross Body]** Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L, - (Bk R, rec L, fwd R twd M staying on rt sd ending in an L-shaped pos;;); Bk R beh L cont LF trn, rec L, sd R, - (fwd L commencing to trn lft, fwd R trng ½ LF, sd & bk L, -); to CP/COH;
- 15 – 16 [Cross Body]** Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L, - (Bk R, rec L, fwd R twd M staying on rt sd ending in an L-shaped pos;;); Bk R beh L cont LF trn, rec L, sd R, - (fwd L commencing to trn lft, fwd R trng ½ LF, sd & bk L, -); to BFLY;

PART C**1 - - 4 CURL*; FAN; STOP & GO HOCKEYSTICK;;**

- 1 [Curl]** Fwd L, rec R, cl L leading W to trn [swivel] LF under raised lft hnd, -(Bk R, rec L, fwd R start LF trn, continue trn to complete 1/2 to 5/8 trn in front of M & fcng the same direction, -);
- 2 [Fan]** Bk R, rec L, sd R, - (Fwd L comm trng ½ LF step sd & bk R completing trn, bk L leaving Rt extended fwd w/no weight, -);
- 3 – 4 [Stop & Go Hockeystick]** Ck fwd L, rec R raising lft arm to lead W to a LF underarm trn, cl L to R, -; ck fwd R w/lft sd stretch shaping to ptr placing R hnd on W's lft shldr blade to ck her movement, rec L raising lft arm to lead W to a RF underarm trn, cl R, - (Cl R, fwd L, fwd R trng 1/2 LF under joined hnds to end at M's rt sd, -; ck bk L [M catches W with rt hnd on W's lft shldr blade at end of stp to ck her movement], rec R, fwd L trng 1/2 RF under joined hnds to end fcng M in Fan Pos, -);

5 - - 8 START ALEMANA; THRU TO AIDA; RK 3 SWIVEL TO FC; THRU TO AIDA;

- 5 [Start Alemana]** Fwd L, rec R, sd L leading W to trn RF (Bk R, rec L, sd R comm RF swivel);
- 6 [Aida]** Thru R trng RF, sd L cont RF trn, bk R, - to “V” bk to bk;
- 7 [Rk 3 Swivel to Fc]** Rk fwd L, rec R, fwd L swiveling LF to fc ptr & wall;
- 8 [Aida]** Thru R trng RF, sd L cont RF trn, bk R, - to “V” bk to bk;

9 - - 12 SWITCH RK; CUCARACHA; SD, DR, CL BFLY;

- 9 [Switch Rk]** Trng LF to fc ptr sd L checking bringing joined hands thru, rec R, rec L, -;
- 10 Cucaracha** Rk sd & slightly bk R, rec L, cl R, -;
- 11 [Sd, Dr, Cl]** Sd L, dr R to L, cl R, - to BFLY/Wall;

REPEAT PART C**PART B {Mod}****1 - - 4 OP HIP TWIST; FAN; HOCKEYSTICK;;**

- 1 Repeat Meas 1, Part B;**
- 2 Repeat Meas 2, Part B;**
- 3 - 4 Repeat Meas 3 & 4, Part B;;**

5 - - 8 ½ BASIC; NAT TOP TO HNDSHK;;;

- 5 Repeat Meas 5, Part B;**
- 6 – 8 Repeat Meas 6 – 8, Part B;;;**

9 - - 12 FLIRT;; SWEETHEARTS TO CP;;

- 9 - 10 Repeat Meas 9 & 10, Part B;;**
- 10 – 12 [Repeat Meas 11 & 12, Part B;;**

13 – 15 START X BODY; W X SWIVEL 2X; FINISH X BODY FC COH;

- 13 [Start Cross Body] Fwd L, rec R trng ¼ LF, sd L fc RLOD, (W bk R, rec L, fwd R, -) -;
- 14 [W Cross Swivels] Sd R,-, sd L (W fwd L swiv ½ LF,-, fwd R swiv ½ RF),-;
- 15 [Fin Cross Body] Bk R trng LF ¼, fwd L fc WALL, sd R, (W fwd L, fwd R trn LF ½, sd L) – to CP/Wall;

16 – 19 START X BODY; W X SWIVEL 2X; FINISH X BODY FC WALL; SD, DR, CL;

- 16 [Start Cross Body] Fwd L, rec R trng ¼ LF, sd L fc RLOD (W bk R, rec L, fwd R),-;
- 17 [W Cross Swivels] Sd R,-, sd L (W fwd L swiv ½ LF,-, fwd R swiv ½ RF),-;
- 18 [Fin Cross Body] Bk R trng LF ¼, fwd L fc WALL, sd R (W fwd L, fwd R trn LF ½, sd L),- to CP/ Wall;
- 19 [Sd, Dr, Cl] Sd L, dr R to L, cl R, -;

END**1 - - 4 CL HIP TWIST; FAN; ALEMANA TO CUDDLE POS;**

- 1 [Cl Hip Twist] With slight RF body trn & rt sd stretch giving W a slight lft sd lead to open her out ck sd & fwd L, rec R with slight rt sd lead to lead W to cl, cl L with slight lft sd lead to trn W ending with slight rt sd stretch, (With slight lft sd stretch swivel RF up to ½ bk R, rec L swiveling LF up to ½, sd R small stp swivel ¼ RF on R tchnng L to R no weight with slight lft sd stretch, -), -;
- 2 [Fan] Bk R, rec L, sd R, - (Fwd L comm trng ½ LF step sd & bk R completing trn, bk L leaving Rt extended fwd w/no weight, -);
- 3 – 4 [Alemana] Fwd L, rec R, sd L leading W to trn RF; Bk R, rec L, cl R leading W to M's rt sd (Bk R, rec L, sd R comm RF swivel; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, sd L;) to Cuddle Pos;

5 - - 8 CUDDLES 4X TO CP;::;

- 5 – 8 [CUDDLES] Release lead hnds sd L lead W to op out, rec R, cl L,- (W bk R trng 1/2 RF extend R arm, rec L, fwd R plc R hnd on M's L shldr trng 1/2 LF fc ptr,-); Sd R lead W to op out, rec L, cl R,- (W bk L trn 1/2 LF extend L arm, rec R, fwd L plc L hnd on M's R shldr trn 1/2 RF to fc ptr,-); Release lead hnds sd L lead W to op out, rec R, cl L,- (W bk R trng 1/2 RF extend R arm, rec L, fwd R plc R hnd on M's L shldr trng 1/2 LF fc ptr,-); Sd R lead W to op out, rec L, cl R,- (W bk L trn 1/2 LF extend L arm, rec R, fwd L plc L hnd on M's R shldr trn 1/2 RF to fc ptr,-) to CP/Wall;

9 DIP, TWIST, ETC;

- 9 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, cont LF rotation & hold (Leg crawl);

* NOTE on CURL: Man's figure is a Forward Cucaracha. The Curl should not be confused with the spiral. The Curl is a "loosely" executed one foot turn [or action] which involves less turn than a spiral. The degree of turn will never be more than 5/8 and the free foot will normally end crossed in front of the supporting foot [after completing the Curl] extended forward. The spiral will always involve 3/4 to 1 full turn ended with the free foot and legs "wound up" ankles close together. A "spiral action" may involve less turn. The Curl may be danced from Fan, Left Open Facing, Butterfly or following a Hockey Stick. Each varies slightly in execution but retains the same essential characteristics. The description is from Open Facing Position. The Curl properly belongs to the Rumba.-

Head CuesWhy Did You Hurt Me

(Phase 5 + 2 – Rumba)

(Ropespin, Curl)

(Weiss)

Intro LOP Fcng Wall, Trail Ft Free Wait 1; Alemana Trn; Ropespin;;**Chase w/Underarm Pass;; Shldr to Shldr 2X;;****Chase w/Underarm Pass;;**

A Alemana;; Ropespin;;
Chase w/Underarm Pass;; Shldr to Shldr 2X;;
Chase w/Underarm Pass;; Shldr to Shldr 4;

B Op Hip Twist; Fan; Hockeystick;;
½ Basic to; Nat Top to Hndshk;;;
Flirt;; Sweethearts 2X to CP;;
X Body;; X Body to BFLY;;

C Curl to Fan;; Stop & Go Hockeystick;;
Start Alemana; to Aida; Rk 3 swivel to Fc; Thru to Aida;
Switch Rk; Cucaracha; Sd, Dr, Cl BFLY;

C Curl to Fan;; Stop & Go Hockeystick;;
Start Alemana; to Aida; Rk 3 swivel to Fc; Thru to Aida;
Switch Rk; Cucaracha; Sd, Dr, Cl BFLY;

B1 Op Hip Twist; Fan; Hockeystick;;
½ Basic to; Nat Top to Hndshk;;;
Flirt;; Sweethearts 2X to CP;;
Start X Body; W X Swivel 2S; Finish X Body;
Start X Body; W X Swivel 2S; Finish X Body; Sd, Dr, Cl;

End Cl Hip Twist; Fan; Alemana to Cuddle Pos;;
Cuddles 4X;;; Dip, Twist;