

KNOW YOURSELF RUMBA

Choreographers: BOB & SALLY NOLEN
Address: 790 Camino Encantado, Los Alamos, NM 87544
Rhythm & Phase: RUMBA, PHASE IV +1 (SWHRT) +1 (HLF ALT BAS)
Music: KNOW YOURSELF-LATIN MAGIC BY WATAZU
ON DVD TRACK 17

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Level of Difficulty: MODERATE

Release Date: Jan 2020, R1 (added meas 9-15 in B)

and cleaned up head cues

Footwork: Ladies opposite man

except where noted



Speed: As downloaded from Casamusica.de at 2:59 time

Sequence: INTRO A A(MOD) B C A(MOD) INTL END

INTRO

1-4 Wait BFLY/WALL LFT FT FREE ; ; Thru Circular Serpiente Man Trans ; ;

1-2 **{Wait}** Wait 2 meas in BFLY/WALL w/both L feet free w/man slightly offset toward RLOD/WALL;

3-4 **{Thru Circular Serpiente Trans}** BFLY/WALL & offset to men's right thru L towards RLOD/WALL, thru L moving towards LOD, sd R, fan L clockwise,-; behind L, sd R, thru L continuing to rotate clockwise, fan R counterclockwise & man trans with cls L to R; (BFLY/WALL thru L, sd R, behind L, fan R clockwise,-; behind R, sd L, thru R, fan L clockwise,-;)

Part A

1-4 New Yorker ; Open Break ; Kiki Walks ; ;

1 **{New Yorker}** OP/WALL step thru R to LOD with straight leg to sd by sd pos, rec to face partner L, sd R to LOP/WALL, -; (stp thru L to LOD, rec to face partner R, sd L to LOP/WALL, -;)

2 **{Open Break}** LOP/WALL rock apart strongly on L while ecrosstnding free arm up with palm out, rec on R lowering free arm, sd L, - LOP/WALL; (LOP/WALL rock apart R, rec on L, sd R, - opening to LOP/WALL;)

3-4 **{Kiki Walks}** In OP/LOD take 3 stps fwd R, fwd L, fwd R,-; fwd L, R, L,- placing each foot directly in front of supporting foot; (OP/LOD take 3 steps fwd L, R, L,-; R, L, R,- ;)

5-7 Spot Turn ; Alemana ; ;

5 **{Spot Turn}** Cross R in front of L commencing 1/2 turn on R, rec L turn to face RLOD, step sd R, - to fc LOP/WALL; (cross L in front of R, commencing turn, turn 1/2 on R, step sd to LOP/WALL, -;)

6-7 **{Alemana}** LOP/WALL fwd L, rec to R, cl L to R, -; Bk R LOD/WALL, stp fwd L going out w/woman, sd R,-; (bk R, rec L, fwd R starting RF turn, -; turnng right face fwd L, turnng right face fwd R, turning right face fwd L into BFLY/WALL, -;)

PART A(MOD)

1-4 Fnc Ln; NY ; Opn Brk; Start Kiki Wiks;

1 **{Fence Line}** In Bfly cross lunge thru L with bent knee looking in the direction of lunge, rec R turning to face partner, step sd L, - BFLY/WALL; (in Bfly cross lunge thru R with bent knee looking in the direction of lunge, rec L turning to fac prtnr, stp sd R, - BFLY/WALL;)

2 **{New Yorker}** BFLY/WALL thru R towards LOD with straight leg to sd by sd, rec bk L pivoting tpwards RLOD to fc partner, sd L, - OP/LOD; (BFLY/WALL step thru L pivoting towrds LOD to sd by sd, rec R pivoting to fc, sd L, - BFLY/WALL;)

3 **{Open Break}** From BFLY/WALL w/lead hnds jned only rock apart strongly on L, rec R, sd L, -; (w/lead hands joined rock apart strongly on R, rec on L, sd R, -;)

4 **{Start Kiki Walks}** Going from lead hands joined begin to take trailing hands to OP/LOD take stps fwd R, fwd L, fwd R,-, placing each foot directly in front of supporting foot; (Going from lead hands joined begin to take trailing hands to OP/LOD 3 steps fwd L, R, L,- ;)

5-8 Fin Kiki Wiks ; Spot turn ; Alemana; ;

5 **{Finish Kiki Wiks}** In OP/LOD take stps fwd L, fwd R, fwd L,-, placing each foot directly in front of supporting foot; (OP/LOD take 3 steps fwd R, L, R,- ;)

6 **{Spot Turn}** Cross R in front commencing 1/2 turn on crossing foot, rec L complete turn to face partner, step sd, - R; (cross L in front commence 1/2 turn on crossing foot, rec R complete turn to face partner, step sd L, -;)

7-8 **{Alemana}** LOP/WALL fwd L, rec to R, cls L to R, -; Bk R LOD/WALL, step fwd L, sd R,-; (bk R, rec L, fwd R commence right face swivel, -; continue right face turn under joined lead hands fwd L, continue turning right face turn fwd R swivelng to face, sd L, - to man's right side ;)

9-11 To a Lariat ; ; Cuc in 4 to Shk Hnds ;

9-10 **{To a Lariat}** Cucaracha L, R, L, -; cucaracha R, L, R, -; (circle man clockwise with joined lead hands fwd R, fwd L, fwd R, -; fwd L, fwd R, sd L ending facing man, -;)

11 **{Cucaracha in 4 & Shk Hnds}** Press L to the left, rec R in place, sd L,-; press R to right, rec L in place, sd R,- while shaking hands;

PART B

1-4 Flirt to the Fan; ; Hcky Stk to CP/WALL/RLOD; ;

- 1-2 **{Flirt to the Fan}** Fwd L, rec R, sd L, -; bk R, rec L, sd R, -; (bk R, fwd L commencing left face turn, fwd R completing the turn to Varsouvienne pos, -; bk L, rec R, sd L moving to her L in front of the man to end in fan pos, -;)
- 3-4 **{Hockey Stick to CP/WALL/RLOD}** Fwd L, rec R, close L, -; bk R, rec L, fwd R following the woman -; (close R, fwd L, fwd R, -; fwd L, fwd R turning left face to face partner, sd & bk L, - to CP/WALL/RLOD;)

5-8 Latin Whisk ; Aida ; Switch Rock ; Spot Turn to Shk Rt Hnds ;

- 5 **{Latin Whisk}** Cross L behind R, rec R, sd L, -; (cross R behind L, rec L, sd R, -;)
- 6 **{Aida}** Fwd R turning right face, sd L continuing right face turn, bk R, -; (fwd L turning left face, sd R continuing left face turn, bk L, -;)
- 7 **{Switch Rock}** Turning left face to face partner sd L checking bringing joined hands thru, rec R, sd L, -; (turning right face to face partner sd R checking bringing joined hands thru, rec L, sd R, -;)
- 8 **{Spot Turn to Shake Right Hands}** Cross R in front commencing 1/2 turn on crossing ft, rec L complete turn to face partner, stp sd R, - to shake right hands ; (cross L in front of R commencing 1/2 turn on crossing ft, rec R complete turn to face partner, step sd L, -;)

9-12 Trade Plcs 2X to Tch Ld Hnds ; ; Lariat ; ;

- 9-10 **{Trade Places 2X to Tch Lead Hnds}** From Handshake Position rock apart L, recover R turning 1/4 right face behind woman releasing joined right hands to momentary Tandem Position, turning 1/4 right face to face partner side and back L to shake left hands, -; rock apart R, recover L turning 1/4 left face behind woman releasing joined left hands to momentary Tandem Position, turning 1/4 left face to face partner side and back R, -; (left handshake Position rock apart L, recover R turning 1/4 right face in front R, -;) of man releasing joined right hands to momentary Tandem Position, turning 1/4 left face to face partner side and back right, -;
- 11-12 **{Lariat}** Step in place L, R, L, -; R, L, R, -; (circle man clockwise with joined lead hands fwd R, fwd L, fwd R, -; fwd L, fwd R, sd L ending facing man, -;)

13-15 To Rev Crabwalks ; ; Fnc Line in 4 ;

- 13-14 **{To Reverse Crabwalks}** Cross R in front of L, sd L, cross R in front of L, -; sd L, cross R in front of L, sd L, -; (cross L in front of R, sd R, cross L in front of R, -; sd R, cross L in front of R, sd R, -;)
- 15 **{Fenceline in 4}** In butterfly cross lunge thru with bent knee looking in the direction of lunge L, rec R turning to face partner, stp sd L, close R to L ; (in butterfly cross lunge thru with bent knee looking in the direction of lunge R, rec L turning to face partner, step sd R, close L;)

PART C

1-8 Chase-Peek-a-Boo Dbl ; ; ; ; ; ; ; ;

- 1-8 **{Chase-Peek-a-Boo Double}** Fwd L turning sharply to sd 1/4 & continue right face turn to tandem (man in front), rec R, fwd L, -; sd R looking over L shoulder, rec L, close R, -; sd L looking over R shoulder, rec R, close L, -; fwd R turning sharply 1/2 LF, rec L, fwd R, -; (bk R, rec L, fwd R, -; sd L, rec R, close L, -; sd R, rec L, close R, -; fwd L w/sharp turn 1/2, rec R, fwd L, -;) bk R, rec L, fwd R, -; fwd L, rec R, close L, -; sd R, rec L, close R, -; fwd L, rec R, bk L, -; (fwd & sd R turning sharply 1/2 left face to tndm (woman in front), rec L, fwd R, -; sd L looking over R shoulder, rec R, close L, -; sd R looking over L shoulder, rec L, close R, -; fwd L turning sharply 1/2 RF, rec R, fwd L, -;)

Repeat PART A(MOD)

INTL

1-2 Basic to the Fan ; ;

- 1-2 **{Basic to the Fan}** Fwd L, rec R, sd L, -; bk R, rec L, sd R, -; (bk R, rec L, fwd R, -; Fwd L, rec bk R swiveling to fc LOD checking then turn left face, bk & sd L, - to fc RLOD;)

END

1-4 Alemana Wom Ovrturn to Vars & Wall ; ; Sweetheart 2X cross ; ;

- 1-2 **{Alemana Woman Overturn to Varsouvienne & Wall}** Fwd L, rec R, close L leading woman to turn right face under lead hand continue to lead lady to overturn to face wall, -; bk R, rec L, sd R to Varsouvienne, -; (cls R, fwd L, fwd R comm right face swivel to face partner, -; cont right face turn under joined lead hnds fwd L, cont right face turn continuing to overturn to Varsouvienne & wall fwd R, bk & sd L, -;)
- 3-4 **{Sweetheart 2X}** Chk fwd L with R sd lead into contra chk like action, rec R straightening body, sd L leading woman to man's right side, -; chk fwd R with L sd lead into contra chk like action, rec L straightening body, sd R, -; (bk R crossing, rec L, sd R, moving to the man's right side -; bk L crossing, rec R, sd L, -;)

5-8 Chase Endng ; ; Hip Rks QQS (no music-hold) ; Tch Ld Hnds - Hlf Alt Bas :

- 1-2 **{Chase Ending}** Fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; (fwd R commencing 1/2 left face turn, rec fwd L, fwd R, -; fwd L with no turn, rec R, bk L, -;)
- 3 **{Hip Rks QQS (no music-hold)}** Sd L begin rotating hip's in a figure 8 pattern, rec R, rec L,-,-; (woman opposite)
- 4 **{Half Alternative Basic Touch Lead Hands}** No hnds w/feet apart cls R to L, cls L to R, sd R,- to tch lead hnds palm up; (opposite for woman but man leads woman to his right side)

9-11 To Lariat in 6 ; ; Hlf Bas to Cuddle Corte End :

- 9-10 **{Lariat in 6}** Stp in place L, R, L, -; R, L, R, -; (Circle man clockwise with jned lead hnds fwd R, fwd L, fwd R, -; fwd L, fwd R, sd L ending facing man, -;)
- 11 **{Half Basic to Cuddle Corte End}** Fwd L, rec R, sd & bk L to cuddle corte pos, -; (opposite for lady)

HEAD CUES

INTRO

Wait BFLY/WALL Both L Ft Free; ; Thru Circ Serp; ;

PART A

NY; Op Brk; Kiki Wlks; ;

Spt trn;

PART A(MOD)

Fnc Line; NY; Opn Brk; Kiki Wlks; ;

Spt trn; Alemana; ; To Lrt; ; Cuca in 4 to Sk Rt Hnds ;

PART B

Flirt to the Fan ; ; Hockey Stick Ovrtrned to CP/WALL; ;

Latin Whisk; Aida; Switch Rock; Spot Turn to Shk Rt Hnds;

Trade Places 2X to Tch Ld Hnds To; ;

A Lariat ; ;

To Rev Crabwalks ; ; Fnc Line 4;

PART C

Chase-Peek-a-Boo; Dbl ; ; ; ; ; ; ;

PART A(MOD)

Fnc Ln; NY; Opn Brk; Kiki Wlks; ;

Spt turn; Alemana ; ; To Lrt; ; Cuca in 4 ;

PART INTL

Bas to Fan Pos ; ;

PART END

Alemana Overturnd to Vars & Wall ; ; Sweetheart 2X ; ;

Chase Ending to BFLY/WALL ; ; Hip Rks QQS-Hold (no music) ; Hlf Alt Bas & Tch Ld Hnds ;

Lariat to CP/WALL ; ; Hlf Bas to Cuddle Corte End;