

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;)

1-3 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 1-2 **[START THE BASIC]** Bk R, -, -; sd L, -, -; (W fwd L, -, -; sd R, -, -;)

--- --- 3-4 **[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, -, -;)

--- 1-- 5-6 **[OCHO]** Swvl RF on L, -, -; in place R, swvl LF, -; (W rec fwd R, swvl _ RF, -; fwd L, swvl LF on L to face partner, -;)

1-- 1-3 7-8 **[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;)

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

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

- B -

1 - 8 START THE BASIC MEN CLOSE;; BACK OCHOs;; W's MOLINETE M RONDE;; TURNING TANGO CLOSE to LOD;;

- 1--1-3 1-2 **[START THE BASIC M CLOSE]** Bk R, -, -; sd L, -, cl R; (W fwd L, -, -; sd R, -, swiveling slightly LF;)
(1--1--)
1-- 1-- 3-4 **[BACK OCHOs]** Sd L, -, -; sd R, -, -; (W bk L, swvl _ RF, -; bk R, swvl _ LF, -;)
1-- 1-- 5-6 **[W's MOLINETE M RONDE LF]** Sd & fwd L, ronde R LF 1/4, -; fwd R, -, -; (W XLIB, sd R, fwd L; swvl to fc partner, -, -;)
123 --- 7-8 **[TURNING TANGO CLOSE to LOD]** Repeat meas. 7-8 of PART A to CP LOD;;

9 - 16 START THE BASIC MEN CLOSE;; BACK OCHO;; W'S MOLINETE M RONDE;; TURNING TANGO CLOSE to RLOD;;

- 9-16 Repeat meas. 1 – 8 of Part B to end 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-- 1-2 **[START THE BASIC]** CP LOD bk R, -, -; sd L, -, -; (W fwd L, -, -; sd R, -, -;)
1-- --- 3-4 **[FWD SWVL LADY'S MOLINETE]** Fwd R, -, swvl half LF to fc RLOD; hold, -, swvl LF 1/8; (W bk L, -, sd R; XLIF, -, swvl LF;)
(1-3 1--)
1-- 1-- 5-8 **[TRAVELING BACK ZIG ZAG'S (four times)]** Backing LOD bk L, swvl RF 1/4, -; bk R, 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, -; 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 1/4, -; 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}]**
1-- --- Sd L, -, -; sd R, -, -; sd L, slip R between W's feet next to inside of W's R, -; slide R to his right sweeping W's R, -, swvl RF 1/8; (W sd R, -, -; sd L, -, -; sd R, -, -; W allows her L to be swept to the side, -, swvl RF 1/8;)
(1-- 1--)
1-- --- 17-20 **[OCHOS five times]** XRIBL, -, -; hold, -, -; hold, -, -; rec L, -, -; (W XLIF, swvl LF 1/2, -; fwd R, swvl RF 1/2, -; fwd L, swvl LF 1/2, -; fwd R, swvl RF 1/2, -;)
--- 1-- (1-- 1-- 1-- 1--)
1-- 21 **[M CLOSE]** Cl R to CP LOD, -, -; (W fwd L swvl LF to fc partner, -, -;)
1-- 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-- 1-4 **[RIGHT FOOT BASIC MEN TOUCH]** CP facing LOD bk R, -, -; sd L, -, -; fwd R outside

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- 1-- 1-- partner on her R in CBMP LOD, -, -; fwd & sd L, -, tch R; (W repeat meas. 9-12 of PART 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 partner on her left, -, -; fwd L outside partner in CBMP SCAR LOD, -, -; (W bk R, -, -; bk L, -, -; bk R, -, -; bk L, -, -;)
- 1-- 1--
- 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 face COH sd R, swvl LF, -, -; sd L, swvl RF, -, -; (W bk R, swvl _ LF, -, -; bk L, swvl _ RF, -, -;)
- 10
- 1-- 11-13 **[M STOP & TRAP LADY'S FOOT]** Slide inside edge of R without wt to the outside edge of W's L, -, -; in place R, -, -; turning RF sd L to the inside edge of W's L trapping W's ft between both of M's ft, -, -; (W bk R leaving L extended, -, -; hold, -, -; hold, -, -;)
- 1--
- (1-- --- - - -)
- 1-- 14- **[BEHIND]** Cross R bhnd L, -, -; (W fwd L, -, -) **[SIDE CLOSE]** Sd L, -, cl R LOD; (W sd R, -, cl L;)
- 15
- 1-3
- 1
- 16 **[CORTE WITH SLOW LEG CRAWL & SLOW RISE]** Sd & bk L with bent knee leaving R leg extended; (W sd & fwd R with bent knee and a slow leg crawl;) The music is extended and as the start of meas. 17-24 approaches, the M will collect the W and rise.
- 17 - 24** **RIGHT FOOT BASIC;;; CRADLE;; TURNING TANGO DRAW & CLOSE to COH;;**
- 1-- 1-- 17-20 **[RIGHT FOOT BASIC]** Repeat meas. 9-12 of PART A
- 1-3 1-3 19- **[CRADLE]** Repeat meas. 13-14 of PART A
- 22
- 1-- 1-3 23- **[TURNING TANGO DRAW & CLOSE to COH]** Fwd L trng LF, -, -; sd R, -, draw L to R & cl L to R to fc COH; (W bk R trng LF, -, -; sd L, -, draw R to L & cl R;)
- 24
- Note: Music holds longer during meas. 23-24.
- ENDING -**
- 1 - 12** **START THE BASIC MEN CLOSE;; BACK OCHO M STOP & TRAP;; STEP SIDE & SLIDE LADY'S FOOT THREE TIMES;;; ;;; TURNING TANGO CLOSE RLOD;;**
- 1-- 1-3 1-2 **[START THE BASIC MEN CLOSE]** Repeat meas. 1-2 of PART B;;)
- (1-- 1--)
- 1-- 1-- 3-4 **[BACK OCHO M STOP & TRAP]** Sd L, swvl RF, -, -; step R with inside of R in contact with outside of W's L, bring inside of L in contact with inside of W's L, -, -; (W bk L, swvl _ RF, -, -; bk R leaving L ft extended, -, -;)
- (1-- 1--)
- 1-- 1-- 5-10 **[STEP SIDE & SLIDE LADY'S FOOT THREE TIMES]** M sd L, slide W's L to his left with his R, -, -; in pl R, bring inside of L in contact with inside of W's L, -, -; sd L, slide W's L to his left with his R, -, -; in pl R, bring inside of L in contact with inside of W's L, -, -; sd L, slides W's L to his left with his R, -, -; small bk R, -, -; (W hold, allows L ft to be pushed side by M, -, -; hold, -, -; hold, allows L ft to be pushed side by M, -, -; hold, -, -; hold, allows L ft to be pushed side by M, -, -; in pl L swvl to fc partner, -, -;)
- 1-- 1--
- (--- --- - - -)
- --- 1--)
- 11- **[TURNING TANGO CLOSE]** Repeat meas. 7-8 of the PART A to fc RLOD;;
- 12
- 13 - 20** **START THE BASIC MEN CLOSE;; BACK OCHO;; W's MOLINETE M RONDE;; TURNING TANGO CLOSE (LOD);;**
- 13- Repeat meas. 1-8 of PART B to CP LOD;;; ;;;
- 20
- 21 - 24** **BACK TO LA COBRA TWO TIMES;;;;**
- 1-- 1-- 21-24 **[BACK TO LA COBRA TWO TIMES]** Bk R, -, -; Bk & sd L, swiveling RF to SCP LOD bringing R bk & pointing, -, -; fwd R, swiveling rf _ to fc RLOD, -, -; Bk & sd L, swiveling RF to
- 1-- 1--

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SCP RLOD bringing R bk & pointing, -; (W fwd L, -, -; fwd R, swiveling RF to SCP, -; fwd L, -, -; W fwd R, swiveling RF to SCP, -;)

25 - 26 STEP THRU; CORTE

- 1-- 25 **[STEP THRU]** Step thru LOD R trng to fc partner, -, -; (W step thru L swvl LF to fc partner, -, -;)
- 1-- 26 **[CORTE]** Back L twisting LF with flexed knee releasing joined L hands and placing on W's back (W fwd R twisting LF and wrapping RT arm around M's neck)

Note:

The Argentine Tango Vals figures can be danced using three types of timing.

1. One step per measure, usually on the first beat.
2. Two steps per measure, usually on the first beat and the third beat.
3. Three steps per measure, one step on each beat of music.

Definitions:

LA CUNITA (CRADLE) – A figure involving a rocking motion.

LA COBRA – A figure involving an inside swivel followed by a stepping through.

MOLINETE – A grapevine action

OCHO – A figure describing the number eight on the floor by the Woman's foot.

SACADA – A displacement of a leg or foot by the partner's leg or foot.

SENTADA – A chair.

STOP – Bringing a foot in contact with the partner's foot.

TRAP – Bringing both feet together with one of the partner's feet in between.

ZARANDEO – A shaking action