

TAUSEND TRÄUME

Choreography by: Monika Gründer, Aktienstr. 18, D - 47057 Duisburg e-Mail: monikagruender@gmx.de
Music: "Ich hab noch tausend Träume" (Dana Winner, CD „Wo ist das Gefühl?“ (1997 EMI Belgium NV/SA) Track 1)
or download (3:39min)

Rhythm & Phase: Rumba Phase IV + 2 (sweetheart, cuddle) + 1 (alternative basic)

Timing: qqS unless indicated

Footwork: opposite unless noted (Woman's footwork in parentheses)

Sequence: Intro - A - Inter - A - A - End

!!! Attention: Part A contains half measures (one slow step only) !!!

Release January 2015

INTRO

1-4 BASIC ; ; SPOT TURN TO HNDSHK ; ALTERNATIVE BASIC WITH M'S HEADLOOP ;

- 1-2 {**Basic**} After waiting 2 notes in BFLY WALL rk fwd L, rec R, sd L, - ; Rk bk R, rec L, sd R, - ;
3 {**Spot Trn**} Release trlhnds and XLif trng ½ RF bringing lhdnds thru to RLOD, release lhdnds and rec R trng RF to fc LOD, sd L to fc ptr join R hnds, - ;
4 {**Alternative Basic M Headloop**} Rising jnd R arms over & bhnd M's head cl R to L, sip L put R hnds on M's shldr and release hnds, while allowing W's hnd to slide down his L arm step sd R, - (*W cl L to R, sip R, slidg R hnd down M's L arm step sd L, -*) ;

5-8 LEFT HANDSHAKE ALTERNATIVE BASIC WITH W'S HEADLOOP ; THRU SERPIENTE ; ; FENCE LINE ;

- 5 {**Alternative Basic W Headloop**} Joining L hnds and rising jnd L arms over & bhnd W's head cl L to R, sip R put L hnds on W's R shldr and release hnds, slidg L hnd down W's R arm step sd L, - (*W cl R to L, sip L, while allowing M's hnd to slide down her R arm step sd R, -*) ;
6-7 {**Thru Serpiente**} XRif, sd L, XRib, flare L ; XLib, sd R, XLif, flare R ;
8 {**Fence Line**} In BFLY XRif w/soft knee, rec L, sd R, - ;

9-12 THRU SERPIENTE RLOD ; ; FENCE LINE ; WHIP ;

- 9-10 {**Thru Serpiente**} XLif, sd R, XLib, flare R ; XRib, sd L, XRif, flare L ;
11 {**Fence Line**} In BFLY XLif w/soft knee, rec R, sd L, - ;
12 {**Whip**} In BFLY rk bk R and lead W crossing in front (*W fwd L outside ptr to M's left side*), rec L trng 1/2 LF to fc COH and leadg W across (*W step fwd & sd R across LOD trng ½ LF*), step sd R to CP COH, - ;

13-16 CROSS BODY ; ; M UNDERARM TURN ; W UNDERARM TURN ;

- 13-14 {**Cross Body**} In CP COH rk fwd L, rec R trng ¼ LF, sip L, - (*W rk bk R, fwd L to L-shaped position, fwd R, -*); Trng ¼ LF to fc WALL rk bk R, rec fwd L, sip R to BFLY WALL, - (*W fwd L trng 1/4 LF, fwd R trng ¼ LF, sip L to BFLY, -*) ;
15 {**M Underarm Trn**} Release lhdnds XLif trng ½ RF undr jnd trlhnds, rec R contg RF trn to fc ptr, sd L to BFLY, - (*W rk bk R, rec L, sd R, -*) ;
16 {**W Underarm Trn**} Releasg trlhnds rk bk R ld W to trn RF undr jnd lhdnds, rec fwd L, sd R to BFLY WALL, - (*W XLif trng ½ RF undr jnd lhdnds, rec R contg RF trn to fc ptr, sd L*) ;

PART A

1-6 HALF BASIC ; AIDA ; SWITCH CROSS ; SLOW SIDE , , AIDA ; SWITCH CROSS ;

- 1 {**Half Basic**} In BFLY WALL rk fwd L, rec R, sd L, - ;
2 {**Aida**} Jnd trlhnds and R ft thru & fwd trng little LF, fwd & sd L twd LOD and trlhnds to RLOD trng RF to BFLY, release trlhnds stp bk R twd LOD trng RF w/larms extended to RLOD and trlamps to LOD in V-BK-TO-BK pos, - ;
3 {**Switch Cross**} Rk bk & sd L trng LF to fc ptr jnd lhdnds thru to LOD, rec sd R to BFLY, XLif, - ;
½ meas 4 {**Slow Side (S)**} Sd R, - ,
5 {**Aida**} Jnd lhdnds and L ft thru & fwd trng little RF, fwd & sd R to RLOD and lhdnds to LOD trng LF to BFLY, release lhdnds stp bk L twd RLOD trng LF w/trlamps extended to LOD and larms to RLOD in V-BK-TO-BK pos, - ;
6 {**Switch Cross**} Rk bk & sd R trng RF to fc ptr jnd trlhnds thru to RLOD, rec sd L to BFLY, XRif, - ;

7-11 QUICK VINE 4 ; VINE 3 TO HNDSHK ; BK HALF BASIC W RF TO L VARSUVIENNE ; SWEETHEART TWICE W TO BFLY ; ;

- 7 {Quick Vine 4 (qqqq)} Sd L, XRib of L, sd L, XRif of L (W sd R, XLib of R, sd R, XLif of R) ;
8 {Vine 3} Sd L, XRib of L (W XLib of R), sd L joining R hnds, - ;
9 {Bk Half Basic L VARS*} Rk bk R leadg W to trn RF, rec L, sd R joining* hnds to L VARS*, - (W fwd L start trng RF, fwd R to fc WALL, sd L to L VARS*, -) ;
10-11 {Sweetheart* 2x} In L VARS* pos ck fwd L lower* R arms and trn body little LF lookg at ptr undr raised* L arms, rec R, leadg* W in frnt to R side stp sd L to R VARS* pos, - (W ck bk R and trn body little RF, rec L, sd R, -) ;
Ck fwd R lower* L arms and trn body little RF lookg at ptr undr raised* R arms, releasg* L hnds rec L and lead* W to trn LF then release* hnds, sd R to BFLY, - (W step bk L and start trng LF, cont trng LF rec R to fc ptr, sd L to BFLY, -) ;
*) Sweetheart may be danced without hnds joined (replace VARS by SHDW)

12-17 BASIC FORWARD & BACK ; ; QUICK VINE 4 ; SLOW SIDE , , AIDA ; SLOW SWITCH & RECOVER;

- 12-13 {Basic fwd & bk} Rk fwd L, rec bk R, bk L, -; rk bk R, rec fwd L, fwd R, -;
14 {Quick Vine 4 (qqqq)} Sd L, XRib of L, sd L, XRif of L (W sd R, XLib of R, sd R, XLif of R) ;
½ meas 15 {Slow Side (S)} Sd L, - ,
16 {Aida} Repeat meas 2 of Part A ;
17 {Slow Switch & Rec (SS)} Rk bk & sd L trng LF to fc ptr jnd lhdhs thru to LOD, -, rec sd R to BFLY pos, - ;

18-22 FENCE LINE ; ALEMANA TURN TO CP ; CUDDLE TWICE ; ; SLOW HIP ROCKS ;

- 18 {Fence Line} In BFLY XLif w/soft knee, rec R, sd L releasg trlhnds and raisg lhdhs, - ;
19 {Alemana Trn} Leading W to a RF trn undr jnd lhdhs rk bk R, rec fwd L, step sd R to CP WALL, - (W startg trng RF fwd L twd DLC, cont trng RF fwd R twd DRW, sd L cont trng to fc ptr) ;
20-21 {Cuddle 2x} Push sd L little stretchg L side ldg W into ¼ RF trn w/trlarm to the right arnd W's waist and ldam extended to LOD, rec R, cl L to R, - (W bk & sd R trng ¼ RF ldam extended to side and trlhnd on M's shoulder, rec L and retreat ldam trng LF to fc ptr, cl R to L w/both hnds on M's shoulders, -) ;
Push sd R little stretchg R side ldg W into ¼ LF trn w/larm to the left arnd W's waist and trlarm extended to RLOD, rec L, cl R to L endg with both hnds on W's hips, - (W bk & sd L trng ¼ LF trlarm extended to side and lhdnd on M's shoulder, rec R and retreat trlarm trng RF to fc ptr, cl L to R w/both hnds on M's shoulders, -) ;
22 {Slow Hip Rocks (SS)} In CUDDLE pos rk sd L and roll L hip, -, rk sd R and roll R hip, - ;

INTER

1-4 ALTERNATIVE BASIC ; ; SPOT TURN TO HNDSHK ; CUCARACHA WITH M'S HEADLOOP ;

- 1-2 {Alternative Basic} Still in CUDDLE pos sip L, sip R, sd L, - ; Sip R, sip L, sd R, - ;
3 {Spot Trn} Release ptr and XLif trng ½ RF bringing lhdnd thru to RLOD, rec R trng RF to fc LOD, fwd & sd L to fc ptr join R hnds, - ;
4 {Cuca M Headloop} Rising jnd R arms over & bhnd M's head rk sd R with hip action, rec L put R hnds on M's L shldr and release hnds, while allowing W's hnd to slide down his L arm cl R to L, - (W rk sd L with hip action, rec R, slidg R hnd down M's L arm cl L to R, -) ;

5-8 SLOW SIDE & CLOSE TO CP ; CUDDLE TWICE ; ; CUDDLE IN 4 ;

- 5 {Slow Sd & Cl (SS)} Sd L to CP, -, cl R to L, - ;
6-7 {Cuddle 2x} Repeat meas 20-21 of Part A ;
8 {Cuddle in 4 (qqqq)} Push sd L little stretchg L side ldg W into ¼ RF trn w/trlarm to the right arnd W's waist and ldam extended to LOD, rec R, cl L to R, sip R (W bk & sd R trng ¼ RF ldam extended to side and trlhnd on M's shoulder, rec L and retreat ldam trng LF to fc ptr, cl R to L w/both hnds on M's shoulders, sip L) ;

END

1-4 ALTERNATIVE BASIC TO CP ; ; CUDDLE ; START CUDDLE & HOLD LEFT CUDDLE POS

- 1-2 {Alternative Basic} Cl L to R, sip R, sd L, - ; sip R, sip L, sd R to CP, - ;
3 {Cuddle} Repeat meas 20 of Part A ;
4 {Start Cuddle & Hold (S -)} Stp sd R little stretchg R side ldg W into ¼ LF trn w/larm to the left arnd W's waist and trlarm extended to RLOD, look at ptr and hold pos up to the end of music (W bk & sd L trng ¼ LF trlarm extended to the side and lhdnd on M's shoulder, look at ptr & hold)

Quick Cues

!!! half measures (one slow step only) in Part A - here shown by underlining !!!

Start in BFLY WALL

Wait 2 notes only

Intro: 1-4 Basic ; ; Spot Trn to HNDHK ; Alternative Basic w/M's Headloop ;
5-8 to a L HNDHK w/W's Headloop ; Thru Serpiente ; ; Fence Line ;
9-12 Thru Serpiente ; ; Fence Line ; Whip ;
13-16 Cross Body ; ; M Underarm Trn ; W Underarm Trn ;

A: 1-6 Half Basic ; Aida ; Switch Cross ; Slow Sd,, Aida ; Switch Cross ;
7-11 Quick Vine 4 ; Vine 3 to HNDHK ; Bk Half Basic W to L VARS* ;
Sweetheart ; Twice W to BFLY ;
12-17 Basic Fwd & Bk ; ; Quick Vine 4 ; Slow Sd,, Aida ; Slow Switch & Rec ;
18-22 Fence Line ; Alemana Trn to CP ; Cuddle Twice ; ; Slow Hip Rocks ;

Inter: 1-4 Alternativ Basic ; ; Spot Trn to HNDHK ; Cuca with M's Headloop ;
5-8 Slow Sd & Cl to CP ; Cuddle Twice ; ; Cuddle in 4 ;

A

A

End: 1-4 Alternative Basic ; to CP ; Cuddle ; Start Cuddle & Hold

*) Sweetheart may be danced without hnds joined (replace „VARS“ by „SHDW“).