



TANGLED UP

Choreographers:	Release date: January 2019
Annette & Frank Woodruff	Rhythm & Phase: Mixed IV (Tango III, Rumba IV & Cha Cha III+1)
	Music: Caro Emerald, album The Shocking Miss Emerald or mp3 from Amazon (see links on page 2)
Rue du Camp, 87 7034 Mons, Belgium	Time & Speed: 3:08 @ speed + 5%
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro – AB – AB – Interlude – B(1-8) - Ending

INTRODUCTION (TG III)

1	Wait ;	CP LOD wait 1 meas ;
2	Tango Draw ;	Fwd L, fwd & sd R, draw L to R no wgt, - ;
3	Walk & Face ;	Fwd L, -, trng RF ¼ fwd R to CP WALL, - ;
4	Tango Draw ;	Fwd L, fwd & sd R, draw L to R no wgt, - ;
5 – 6	Criss Cross ;;	Sd & fwd L to SCP LOD, -, thru R & swvl to RSCP RLOD, - ; thru L, sd R to CP WALL, draw L to R no wgt, - ;
7	Corte & Recover ;	Bk & sd L usg lowering action w/ L leg relaxed & R leg extended fwd, -, rec R, - ;
8	Tango Draw ;	Fwd L, fwd & sd R, draw L to R no wgt, - ;

PART A (RB IV – 4 IV figures)

1 - 2	Cross Body ;;	In LCP fwd L, rec R, sd L trng ¼ LF [bdy trn only 1/8] (<i>W bk R, rec L, fwd R twd M's R sd to L-pos</i>) ; bk R contg LF trn, sm fwd L, sd & fwd R compg ½ LF trn (<i>W fwd L comm LF trn, compg ½ LF fwd R, sd & bk L</i>) to LOP-FCG COH, - ;
3	Aida ;	Twd LOD thru L bringing ld hnds thru, trng LF to fc sd R dropping ld hnds & jng trl hnds, contg LF trn bk & sd L to V-BK-TO-BK DRW (<i>W DRC</i>), - ;
4	Switch Cross ;	Trng LF bk & sd R to fc ptr, rec L to BFLY, XRif (<i>W XLif</i>), - ;
5	Crab Walk Ending ;	Twd RLOD sd L, XRif (<i>W XLif</i>), sd L, - ; [Uninterrupted BFLY pos from meas 5 to meas 9]
6	Whip ;	Lwrg hnds & Xg trl hnds ovr ld hnds bk R turning 1/4 LF, rec fwd L cont turn 1/4 LF, sd R (<i>W fwd L outsd M on his L sd, fwd R turning ½ LF, sd L</i>) to BFLY WALL, - ;
7 - 8	Full Crab Walks ;;	Twd RLOD XLif (<i>W XRif</i>), sd R, XLif (<i>W XRif</i>), - ; sd R, XLif (<i>W XRif</i>), sd R, - ;
9	New Yorker ;	XLif (<i>W XRif</i>) to LOP RLOD, rec R to fc ptr, sd L to LOP-FCG, - ;
10	Aida ;	Twd LOD thru R bringing trl hnds thru, trng RF to fc sd L dropping trl hnds & jng ld hnds, contg RF trn bk & sd R to V-BK-TO-BK DRC (<i>W DRW</i>), - ;
11	Switch Rock;	Bk & sd L to fc ptr, rec R, sd L to LOP-FCG WALL, - ;
12	Spot Turn to Face no Hands ;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R, - ;

PART B (CH III+1)

1	Fwd Cucaracha Shake it ;	W/ no hands jnd fwd L, rec R, cl L swvlg on both feet angling both bent knees to L/to R, to L shifting wgt to L ft (<i>W bk R, rec L, cl R swvlg on both feet angling both bent knees to R/to L, to R shifting wgt to R ft</i>) [1, 2, 3&4& going down into knees on "3&4" and bk up on the last "&"] ;
2	Bk ½ Basic to Handshake ;	Bk R, rec L, sd R/cl L, sd R & jn R hnds ;
3 - 4	Flirt ;;	Fwd L, rec R, sd L/cl R, sd L (<i>W bk R, rec L stg to shoulder-wrap LF, cont wrap sd R/ cl L, sd R</i>) to VARS WALL ; bk R, rec L, sd R/cl L, sd R (<i>W bk L, rec R, sd L/cl R, sd L sliding in frt of M</i>) to L-VARS WALL ;
5 - 6	Lady back to Varsou and out to Handshake ;;	Bk L, rec R, sd L/cl R, sd L (<i>W bk R, rec L, sliding in frt of M sd R/ cl L, sd R</i>) to VARSOU WALL ; bk R, rec L, sd R/cl L, sd R (<i>W bk L, relg L hnds rec R swvlg ½ RF, bk L/cl R, bk L</i>) to HNDSHK WALL ;

7 - 8	Shadow Break both ways ;;	XLib trng to both fcg LOD (<i>W XRib xtndg L arm behind M</i>), rec R trng to fc ptr, sd L/cl R, sd L ; XRib trng to both fcg RLOD & xtndg L arm behind W, rec L to fc ptr, sd R/cl L, sd R ;
9 - 11	Chase 3/4 to LCP;;;;	Dropping hnds fwd L trng ¼ RF, rec R trng ¼ RF, fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) ; fwd R trng ¼ LF, rec L trng ¼ LF (<i>W fwd L trng ¼ RF, rec R trng ¼ RF</i>), fwd R/cl L, fwd R ; fwd L, rec R, bk L/cl R, bk L (<i>W fwd R trng ¼ LF, rec L trng ¼ LF, fwd R/cl L, fwd R</i>) to LCP WALL ;
12	Back Rumba Cucaracha ;	Bk R, rec L, cl R, - ;

Repeat Parts A & B**INTERLUDE (TG III)**

1 - 2	Serpiente ;;	["Treating girls like a"] Sd L, XRib, flare L CCW, - ; ["yoyo is a no-no"] XLib, sd R, thru L, flare R CCW ;
3	Pick Up Side Close ;	["of a monumental kind"] Sm fwd R (<i>W fwd L & swvl LF foldg in frt of M</i>), sd L, cl R, - ;
4	Walk & Face ;	Rpt meas 3-4 Intro ;;
5	Tango Draw ;	
6	Corte & Recover ;	Rpt meas 7-8 Intro ;;
7	Tango Draw ;	
8	Sway L & R ;	Transferring partial weight to L ft sway upper body twd LOD, -, re-placing weight on trail ft, sway upper body twd RLOD, -;

Repeat Part B (1-8)**ENDING (CH III+1)**

1 - 4	Full Chase ;;;; to Handshake	Fwd L trng ¼ RF, rec R trng ¼ RF, fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) ; fwd R trng ¼ LF, rec L trng ¼ LF (<i>W fwd L trng ¼ RF, rec R trng ¼ RF</i>), fwd R/cl L, fwd R ; fwd L, rec R, bk L/cl R, bk L (<i>W fwd R trng ¼ LF, rec L trng ¼ LF, fwd R/cl L, fwd R</i>) ; jng R hnds bk R, rec L, sd R/cl L, sd R ;
5 - 6	Shadow Break Both Ways ;;	Rpt meas 7-8 Part B ;;
7	Start Flirt to Varsou ;	Rpt meas 3 Part B ;
8	Dip Back & point to Wall ;	Both dip bk on outside foot, - point inside feet towards Wall, - ;

LinksPurchase: [https://www.amazon.com/Tangled-](https://www.amazon.com/Tangled-Up/dp/B00KOAXV0M/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1546111368&sr=1-1&keywords=tangled+up+caro+emerald)[Up/dp/B00KOAXV0M/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1546111368&sr=1-1&keywords=tangled+up+caro+emerald](https://www.amazon.com/Tangled-Up/dp/B00KOAXV0M/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1546111368&sr=1-1&keywords=tangled+up+caro+emerald)Listen to whole tune: https://www.youtube.com/watch?v=Yj1890_qwf4

Caro Emerald (real name Caroline Esmeralda van der Leeuw) is a Dutch pop and jazz singer born in Amsterdam in 1981 to a Dutch father and an Aruban mother. She started singing lessons at age 12 and joined a girl vocal group. Following high school she trained as a jazz vocalist at the Amsterdam Conservatory, graduating in 2005.

Active since 2007, she rose to prominence in 2009. She predominantly performs in English and is often praised for her outstanding live performances with her band, the Grandmono Orchestra. She has sold millions of albums and been awarded many music prizes.

TANGLED UP – WOODRUFF – MX IV – 3:08 – CARO EMERALD

INTRO (8 Tango measures)

CP LOD Wait 1 ; Tango Draw ; Walk & Face ; Tango Draw ;
Criss Cross ;; Corte & Rec ; Tango Draw ;

PART A (12 Rumba measures)

Cross Body Throwaway ;; To Line Aida ; Switch Cross to BFLY ;
Crab Walks Ending ; BFLY Whip ; Full Crab Walks ;;
New Yorker ; Aida ; Switch Rock ; Spot Turn to fc No Hands ;

PART B (12 Cha Cha measures)

Fwd Cucaracha shake ; Bk ½ Basic to Handshake ; Flirt ;;
Lady bk to Varsou and out to Handshake ;; Shadow Break both ways ;;
Chase ¾ ;;; Bk Rumba Cucaracha ;

PART A (12 Rumba measures)

Cross Body Throwaway ;; To Line Aida ; Switch Cross to BFLY ;
Crab Walks Ending ; BFLY Whip ; Full Crab Walks ;;
New Yorker ; Aida ; Switch Rock ; Spot Turn to fc No Hands ;

PART B (12 Cha Cha measures)

Fwd Cucaracha shake ; Bk ½ Basic to Handshake ; Flirt ;;
Lady bk to Varsou and out to Handshake ;; Shadow Break both ways ;;
Chase ¾ ;;; Bk Rumba Cucaracha ;

INTERLUDE (8 Tango measures)

Serpiente ;; Pick Up Side Close ; Walk & Face ;
Tango Draw ; Corte & Rec ; Tango Draw ; Sway L & R ;

PART B (1-8 Cha Cha measures)

Fwd Cucaracha shake ; Bk ½ Basic to Handshake ; Flirt ;;
Lady bk to Varsou and out to Handshake ;; Shadow Break both ways ;;

ENDING (8 Cha Cha measures)

Full Chase ;;;
Shadow Break both ways ;; Start Flirt 1 measure ; Dip Bk & pt to Wall ;