CANCIONES DE MI CORAZÓN • VOLUME FOUR

Entre Copas y Recuerdos

Canciones de Amor, Desamor y Vida

CMC-0032 • La Media Vuelta • ONE OF TEN SELECTIONS

ENGLISH

Entre Copas y Recuerdos brings together ten songs that reflect one of the most enduring traditions in Mexican music: the ability to transform love, heartbreak, longing, pride, and memory into something shared and celebrated through song. These selections were chosen not simply because they are beautiful or well known, but because they are the kinds of songs that pass from one generation to another - sung at family gatherings, celebrations, serenades, around a table, or late in the evening when music becomes more personal and memories rise to the surface. Songs such as *Paloma Negra*, *La Media Vuelta*, *Acá Entre Nos*, *Sabor a Mí*, *Mujeres Divinas*, and *Pa' Todo el Año* speak to universal human experiences while carrying the unmistakable character of Mexican musical culture. Together, these ten songs represent sorrow without despair, celebration without forgetting, and the remarkable tradition of singing through both the joys and disappointments of life. This volume honors the music that allows families and friends to laugh, remember, raise a glass, shed a tear, and continue singing together.

ESPAÑOL

Entre Copas y Recuerdos reúne diez canciones que representan una de las tradiciones más profundas y perdurables de la música mexicana: la capacidad de transformar el amor, el desamor, la nostalgia, el orgullo y los recuerdos en algo que se comparte y se celebra por medio del canto. Estas canciones fueron escogidas no solamente por su belleza o popularidad, sino porque forman parte de esa música que pasa de una generación a otra y que se canta en reuniones familiares, celebraciones, serenatas, alrededor de una mesa o ya entrada la noche, cuando la música se vuelve más íntima y los recuerdos comienzan a hablar. Canciones como *Paloma Negra*, *La Media Vuelta*, *Acá Entre Nos*, *Sabor a Mí*, *Mujeres Divinas* y *Pa' Todo el Año* expresan experiencias humanas universales y, al mismo tiempo, llevan consigo el carácter inconfundible de la cultura musical mexicana. Juntas, estas diez canciones representan la tristeza sin desesperanza, la celebración sin olvidar y esa extraordinaria tradición de seguir cantando tanto en las alegrías como en las desilusiones de la vida. Este volumen rinde homenaje a la música que permite a las familias y a los amigos reír, recordar, levantar una copa, derramar una lágrima y continuar cantando juntos.

This song is one of ten selections in Canciones de Mi Corazón - Volume 4.

Esta canción es una de diez selecciones de Canciones de Mi Corazón - Volumen 4.

Project & editorial direction: Samuel Colton Sr. • Founder, Welders Without Borders

MEXICAN CULTURAL CLASSICS

Canciones de Mi Corazon

A PERSONAL SONGBOOK • VOLUME FOUR • SONG 0032

La Media Vuelta

A ranchera of wounded pride, release, and the dignity of letting someone go

THE PRODUCTION MODEL

This module follows the locked seven-page CMC model: economical, low-ink, printable, and compatible with three-hole punching. It teaches cultural context, meaning, pronunciation, listening, and performance without reproducing a protected lyric or melody. Page 7 reserves a place for the learner's legally obtained music.

INSIDE THIS MASTER MODULE

- documented cultural history and authorship
- a copyright-respectful meaning map
- Mexican Spanish pronunciation and vocabulary
- listening and accompaniment guidance
- original rhythm/harmony practice
- a learn-perform-verify pathway

Project & editorial direction: Samuel Colton Sr.
Founder, Welders Without Borders • Master Module V0001

La Media Vuelta

A ranchera of wounded pride, release, and the dignity of letting someone go

AUTHOR / COMPOSER	Jose Alfredo Jimenez
GENRE	Cancion ranchera
VOLUME	Volume 4 - Entre Copas y Recuerdos

THE COMPOSER

Jose Alfredo Jimenez (1926-1973) became one of the defining composers of Mexican ranchera song. Mexico's Fonoteca Nacional describes his catalog as direct, sincere, close to ordinary people, and central to twentieth-century popular music. *La Media Vuelta* is preserved in the national sound archive as a ranchera authored by Jimenez.

THE DRAMA OF LETTING GO

The song stages separation not as quiet resignation but as a proud, emotionally charged act. The singer gives the other person freedom while revealing how much that freedom costs. The emotional tension comes from the gap between outward confidence and inward vulnerability.

A SONG THAT OUTLIVED ITS ERA

La Media Vuelta became part of the standard ranchera and mariachi repertory because its central situation is immediately recognizable: loving someone enough to release them while still wanting to be remembered. Its compact emotional premise allows very different singers to make it their own.

WHY IT BELONGS HERE

In *Entre Copas y Recuerdos*, this song provides the voice of dignity after disappointment. It is sad, but not defeated. That balance - heartbreak carried with posture, humor, and pride - is exactly the emotional territory of Volume 4.

Words and Meaning

A COPYRIGHT-RESPECTFUL EMOTIONAL MAP • ENGLISH IS A SENSE GUIDE

Use these ideas to understand the song before consulting your authorized lyric source. No complete protected lyric or melody is reproduced here.

1 RELEASE	The singer outwardly grants freedom rather than begging the other person to stay.
2 PRIDE	Confidence is part of the song's surface language, even when the emotion underneath is fragile.
3 TEST OF LOVE	Separation becomes a way of asking whether the bond was truly strong enough to survive distance.
4 MEMORY	The emotional wager is that absence may reveal the value of what has been lost.
5 DIGNITY	The performance works best when pain and self-command remain in balance.

PERFORMANCE QUESTION

What changes when this song is sung privately, with a family, or with a mariachi? Identify which emotions become more personal and which become more communal.

Pronunciation and Interpretation

MEXICAN SPANISH • CLEAR DICTION • EMOTIONAL TRUTH

TITLE

La Media Vuelta - lah MEH-dyah BWEHL-tah. In natural Mexican Spanish, *v* is normally close to a soft *b* sound.

PHRASE SENSE

media vuelta literally means a half-turn or turning around; culturally, the title carries the sense of turning away and leaving.

DICTION

Keep *media* flowing as two light syllabic units around the *dy* glide. Avoid a heavy English 'dee-ah'.

INTERPRETATION

Begin with composed authority. Allow vulnerability to show gradually rather than presenting the entire song at maximum intensity.

GENERAL VOCAL NOTES

Keep Spanish vowels steady: **a** as in father, **e** as in bed but cleaner, **i** as in machine, **o** pure and rounded, **u** as in rule. Avoid adding English-style diphthongs. Rolled or tapped *r* should remain natural rather than exaggerated.

FAMILY-SINGING NOTE

CMC treats pronunciation as a bridge, not a gatekeeper. A learner should aim for respect, intelligibility, and steady improvement while keeping the song emotionally alive.

Music and Accompaniment

ORIGINAL PRACTICE MATERIAL • NOT A TRANSCRIPTION

PULSE

Practice a moderate ranchera feel in 3/4: count **1 - 2 - 3**. Keep beat 1 grounded and let beats 2-3 breathe.

ORIGINAL HARMONY EXERCISE

In C major, loop **C - F - G7 - C**, one measure each. This is a generic educational progression, not the protected melody or arrangement.

VOICE

Speak the title once as a command, once as a farewell, and once as a memory. Notice how meaning changes without changing the words.

LISTENING ASSIGNMENT

Compare two authorized interpretations. Listen for tempo, rubato, mariachi punctuation, vocal restraint, and where the singer finally allows the emotional mask to crack.

Measure	1	2	3	4
Count	1 2 3	1 2 3	1 2 3	1 2 3
Feel	Ground / lift / lift	Ground / lift / lift	Ground / lift / lift	Release

Learn, Perform & Verify

FROM CULTURAL MAP TO PERFORMANCE

1 LISTEN

Hear an authorized performance once for overall character, then again for rhythm, phrasing, and accompaniment.

2 UNDERSTAND

Retell the five-part emotional map in your own words.

3 SPEAK

Read the authorized words as natural Spanish. Mark difficult words, breaths, and emotional turns.

4 PULSE

Use the original Page 5 practice exercise without imitating the protected melody.

5 SING

Use authorized words and music. Prioritize diction, pulse, and emotional clarity.

6 PERFORM

Decide key, tempo, cues, dynamics, instrumental breaks, repetitions, and ending before a complete run.

TWO-MINUTE REHEARSAL

Say *La Media Vuelta* three times cleanly. Summarize the song's cultural meaning in one sentence. Clap four measures of the original practice pulse, then move to your authorized music.

CREDITS AND RIGHTS

Song and original lyrics: Jose Alfredo Jimenez; rights administered by their respective holders. Cultural summary, English sense guide, pronunciation guidance, original exercises, compilation, and editorial design prepared for this project. Project & editorial direction: Samuel Colton Sr., Founder, Welders Without Borders. This V0001 module is educational and does not grant lyric-reproduction, arrangement, recording, synchronization, or performance rights.

SOURCES CHECKED - OCTOBER 4, 2026

• CID Alberto Beltran / Secretaria de Cultura archival catalog: La Media Vuelta, author Jose Alfredo Jimenez, classified as cancion ranchera.

• Fonoteca Nacional (Mexico), Jose Alfredo Jimenez collection description and repertory context.

• Secretaria de Cultura, biographical remembrance of Jose Alfredo Jimenez naming La Media Vuelta among his enduring works.

Authorized Music Insert

A PLACE FOR YOUR LEGALLY OBTAINED COPY

This divider marks the place for the learner's authorized lyrics, sheet music, or other licensed song material for *La Media Vuelta*. The CMC companion module prepares you to understand and learn the work; the authorized source supplies the protected words and music.

HOW TO USE THIS PAGE

Place your legally purchased or otherwise properly obtained music directly behind this divider. Print, copy, download, or hole-punch material only when the source and its license permit that personal use.

CMC BOUNDARY

This page intentionally contains no full lyric, melody transcription, or copied commercial arrangement. That separation allows the CMC educational material and the learner's authorized music source to remain clearly distinct.

PERSONAL COPY RECORD	
Authorized source or publisher	
Edition, product, or file title	
Date obtained	
Key or arrangement	
Personal study notes	

PLACE AUTHORIZED LA MEDIA VUELTA LYRICS OR SHEET MUSIC BEHIND THIS DIVIDER

CMC principle: inclusion recognizes the song's cultural and emotional importance. This educational companion complements the protected work; it does not replace it.