

# CABO-LEST



**Count:** 48      **Wall:** 2      **Level:** intermediate

**Choreographer:** Forty Arroyo

**Music:** **Quando, Quando, Quando** by Engelbert Humperdinck



Pronounced "cab-oley"

Dedicated to Carol Gowrie, Bob Hansen, Lee Mansfield and Steve Herson, four New York fellow instructors and friends whom, in a time of need and without hesitation, donated their time, energy and talents to the "dancing for a cause" program at Good Samaritan Hospital. To these selfless individuals I say thank You, Thank You, a thousand times Thank You.

## **TRAVELING FORWARD DIAGONALLY, STEP HOOK STEP - RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT**

- 1-2&      Step forward diagonally to right, hook left behind right, step right next to left (step on ball of right)
- 3-4&      Step forward diagonally to left, hook right behind left, step left next to right
- 5-8      Repeat steps 1-4

## **ROCK STEP RIGHT, SHUFFLE IN PLACE RIGHT-LEFT-RIGHT, ROCK STEP LEFT, SHUFFLE LEFT-RIGHT-LEFT WITH ½ LEFT**

- 1-4      Rock right, recover weight on left, shuffle in place right-left-right
- 5-8      Rock left, recover weight on right, shuffle in place left-right-left while turning ½ left

## **CROSS ROCK STEP RIGHT OVER LEFT- (CROSS, STEP, SIDE, & CROSS, STEP, SIDE, & CROSS, STEP)**

- 1-3      Cross right over left, step in place with left, step right with ball of right
- &4-6      Step in place with left, repeat steps 1-3
- &7-8      Step in place with left, cross right over left, step in place with left

## **3 COUNT SYNCOPATED WEAVE RIGHT, LEFT HEEL TAP ---REPEAT SEQUENCE TO LEFT**

- &1&2      Step right next to left, cross left over right, step right, cross left behind right
- &3&4      Step right, cross left over right, step right next to left, tap left heel forward-diagonal
- &5&6      Step left next to right, cross right over left, step left, cross right behind left
- &7&8      Step left, cross left over right, step right next to left, tap right heel forward-diagonal

Man may choose to dance the first 4 sets of eight counts with hands behind them (palms up, elbows bent). Lady may choose to place hands on hips for same counts.

## **TAP LEFT HEEL TWICE, KICK RIGHT TWICE, & STEP RIGHT, LEFT, PIVOT ½ LEFT, STEP, LOCK, STEP**

- &      Step right next to left
- 1-2      Tap left heel forward twice
- &      Step left next to right
- 3-4      Kick right forward twice (at 10:00)
- &5-6      Step right next left, step forward on left, pivot ½ left
- 7&8      Step forward left, hook right behind left, step forward left

## **LOCK, STEP, STEP, PIVOT ½ LEFT, & STEP, TOUCH SIDE - RIGHT, LEFT, RIGHT, RIGHT**

&1-2	Hook right behind left, step forward left, step forward right
3&4	Pivot ½ right, step right next to left-on ball of right foot, step forward left
5&6	Touch right to side, step right next to left, touch left to side
7-8	Touch right to side twice

**REPEAT**