

La Cabana

COPPER KNOB
SYNCHRONISTIC

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Francien Sittrop (NL) - October 2008

Music: La Cabana - Candy Dulfer : (Album: Candy Store)



Start after 32 counts from the beat with the 32 Count Tag, and then the main dance of 64 counts until the end of the dance.

Tag : before you start the Main dance

(1 – 9) Step fwd, Botafogo's x2, Mambo fwd, Sailor Step ¼ R

- 1 Step R fwd
- 2 & 3 Step L across R, Rock R to R side, Recover on L
- 4 & 5 Step R across L, Rock L to L side, Recover on R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & 1 Sweep R behind L with ¼ Turn R, Step L to L side, Step R Fwd (3.00)

(10-17) Hip sways L and R, Mambo fwd , Sailor Step ¼ R

- 2 & 3 Touch L fwd and sway hips L,R,L
- 4 & 5 Touch R fwd and sway hips R,L,R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & 1 Sweep R behind L with ¼ Turn R, Step L to L side , Step R fwd (6.00)

(18-25) Botafogo's x2, Mambo fwd, Sailor Step ¼ R

- 2 & 3 Step L across R, Rock R to R side, Recover on L
- 4 & 5 Step R across L, Rock L to L side, Recover on R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & 1 Sweep R behind L with ¼ Turn R, Step L to L side, Step R fwd (9.00)

(26-32) Hip sways L and R, Mambo fwd , Sailor Step ¼ R

- 2 & 3 Touch L fwd and sway hips L,R,L
- 4 & 5 Touch R fwd and sway hips R,L,R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & Sweep R behind L with ¼ Turn R, Step L to L side (12.00)

Go further with the Main dance

Main dance:

(1 – 8) Lunge, Recover, Behind, Side , Fwd , Mambo Fwd, Mambo Back

- 1 – 2 Lunge R to R side , Recover on L
- 3 & 4 Step R behind L, Step L to L side, Step R fwd
- 5 & 6 Rock L fwd, Recover on R, Step L back (mambo)
- 7 & 8 Rock R back, Recover on L, Step R fwd

(9 – 16) Step Fwd, Pivot ½ Turn R, Shuffle ½ Turn R, Coaster Cross, Tap, Tap, Step

- 1 – 2 Step L fwd(lean upper body fwd),Pivot ½ Turn R (6.00)
- 3 & 4 Shuffle ½ Turn R (12.00)
- 5 & 6 Step R back, Step L next to R, Step R across L
- 7 & 8 Tap L next to R x2, Step L to L side

(17-24) Hips Sways (or Hip roll), Chasse R, Cross, ¾ Turn R and Close, Shuffle fwd

- 1 – 2 Step R to R side and sway hips R, Sway Hips L
- 3 & 4 Step R to R side, Step L next to R, Step R to R side
- 5 - 6 Step L Heel across R, Turn on L heel ¾ Turn R (weight on L)

7 & 8 Step R fwd, Step L to L side, Step R fwd (9.00)

(25-32) Rock Recover, Coaster Step, Step fwd, ½ Turn With Hitch, L Shuffle with ¼ L

1 – 2 Rock L fwd, Recover on R

3 & 4 Step L back, Step R next to L, Step L fwd

5 – 6 Step R fwd, ½ Turn L and hitch L (L Toe stays on the ground , Push R hip to the back)(3.00)

7 & 8 Step L fwd, Step R behind L, ¼ L and step L fwd (12.00)

(33-40) Big step R, Drag , Touch Ball, Cross, L rock and Cross, R rock and Cross

1 – 2 Step R Big to R side, Drag L next to R

3 & 4 Touch L next to R, Step L down, Step R across L

5 & 6 Rock L to L side, Recover on R, Step L across R

7 & 8 Rock R to R side, Recover on L, Step R across L

(41-48) L mambo fwd, R mambo Back, Botafogo's 2x

1 & 2 Rock L fwd, Recover on R, Step L back

3 & 4 Rock R back, Recover on L, Step R fwd

5 & 6 Step L across R, Rock R to R side, Recover on L

7 & 8 Step R across L, Rock L to L side, Recover on R

(49-56) Step fwd, ¾ Turn R, Side shuffle, Rock back, Recover, Touch, Kick Ball Cross

1 - 2 Step L fwd, ¾ Turn R (9.00)

3 & 4 Step L to L side, Step R next to L, Step L to L side

5 & 6 Rock R back, Recover on L, Touch R to R side

7 & 8 Kick R fwd, Step R next to L, Step L across R

(57-64) Step side, ¼ Turn L, Shuffle Fwd, Step fwd, Pivot ½ Turn. Step Fwd, ¾ Turn R and close

1 - 2 Step R to R side, ¼ Turn L (6.00)

3 & 4 Step R fwd, Step L next to R, Step R fwd

5 – 6 Step L fwd, ½ Turn R (12.00)

7 & 8 Step L fwd, make on ball of R ¾ Turn R, Step L next to R (R heel Up) (9.00)

Start again . Enjoy the music and use your hips
