## Cubano



Compte: 32 Mur: 4 Niveau: High Intermediate - Cha Cha

Chorégraphe: Niels Poulsen (DK) - February 2013

Musique: A Lo Cubano - Orishas



Intro: 32 counts from first strong beat in music, app. 29 secs into track. Start with weight fw on R

\* 1 restart: On wall 2 (starts facing 3:00), after 16 counts. Restart also happens facing 3:00

# [1 – 9] Recover sweep 1/8 R, R back rock, R step lock step, fw L, ½ R, 3 quick rocks 1 – 3 Recover back on L turning 1/8 on L and sweeping R to R side (1), rock back on R (2), recover fw on L (3) 1:30 4&5 Step fw on R (4), lock L behind R (&), step fw on R (5) 1:30 5 Step fw on L prepping upper-body slightly L (6), turn ½ R on L (weight stays on L) (7) 7:30

Rock back on R (8), recover fw on L (&), rock back on R (1) Styling: try to push hips back, fw,

back on 8&1 7:30

[10 - 17]	Recover fw L.	walk R fw.	1/2 L.	walk back on L F	<b>R</b> . 1	I/8 L.	R step lock step
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2 – 3	Recover weight fw onto L (2), walk fw on R prepping upper-body slightly R (3) 7:30
4 – 5	Turn ½ L on R (weight stays on R) (4), step back on L (5) 1:30
6 – 7	Step back on R (6), turn 1/8 L stepping L next to R (7) 12:00
Q <b>Q</b> . 1	Stop fiv on P (8) lock L behind P (8) stop fiv on P (1) * Postart wall 2 12:00

Step fw on R (8), lock L behind R (&), step fw on R (1) \* Restart wall 2 - 12:00

#### [18 – 25] 1/4 R into L side rock, together, change weight, step fw L, fw R, 1/2 L, full turn step

2 – 3	Turn a sharp 1/4 R rocking L to L side (2), recover weight onto R (3) 3:00
4&5	Step L next to R (4), change weight to R (&), step fw on L (5) 3:00
6 _ 7	Step fw on R (6) turn ½ Lonto L foot (7) 9:00

6 – 7 Step fw on R (6), turn ½ L onto L foot (7) 9:00

Turn ½ L stepping back on R (8), turn ½ L stepping fw on R (&), step fw on R (1) (Non-turny

option: do a R lock step fw) 9:00

### [26 - 32] Rock L fw, ½ shuffle L, rock R fw, syncopated back rocking chair

2 – 3	Rock fw on L (2), recover bac	k on R (3) 9:00
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4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), turn ¼ L stepping fw on L (5) 3:00

6 – 7 Rock fw on R (6), recover weight back on L (7) 3:00

&8& Rock back on R (&), recover weight fw to L (8), rock fw on R (&) Styling option: when doing

your very last R rock step fw (count &) go up on the ball of R turning whole body 1/8 L. When

starting again on count 1 you turn ¼ R going down on a flat L foot...) 3:00

#### **BEGIN AGAIN!**

Ending Comes on wall 12 (starts facing 6:00). Do section 1 finishing the 3 rocks (facing 1:30). There are 2 beats left in the music. They happen on counts 2, 3. Hit these beats doing this: Recover fw on L (2), turn 1/8 L stepping fw on R (4). 12:00

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