

La Cabana

Chor : Francien Sittrop (Okt.2008)
Level : Intermediate
Walls : 4 Wall Line dance
Counts : 64 Counts + 32 Count Tag
Music : Candy Dulfer – La Cabana (Album: Candy Store)
Intro : start after 32 counts from the beat. (19 sec.)
WebSite : <http://www.franciensittrop.nl>



Start after 32 counts (19sec.)from the beat with the 32 Count Prologue and then the main dance of 64 counts until the end of the dance .

Prologue :start after 32 counts(19sec.)from the beat, before you start the Main dance

1 – 9 Step fwd, Bota fogo's x2, Mambo fwd, Sailor Step 1/4 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 1/4 Turn R, Step L to L side, Step R Fwd (3.00)

10-17 Hip sways L and R, Mambo fwd , Sailor Step 1/4 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 1/4 Turn R, Step L to L side , Step R fwd (6.00)

18-25 Bota fogo's x2, Mambo fwd, Sailor Step 1/4 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 1/4 Turn R, Step L to L side, Step R fwd (9.00)

26-32 Hip sways L and R, Mambo fwd , Sailor Step 1/4 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 1/4 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 1/2 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 1/2 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, 3/4 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 3/4 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, 1/2 Turn With Hitch, L Shuffle with 1/4 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, 1/2 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, 1/4 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, 3/4 Turn R, Side shuffle, Rock back, Recover, Touch, Kick Ball Cross

- 1 - 2 Step L fwd, 3/4 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, 1/4 Turn L, Shuffle Fwd, Step fwd, Pivot 1/2 Turn. Step Fwd, 3/4 Turn R and close

- 1 - 2 Step R to R side, 1/4 Turn L (6.00)
- 3 & 4 Step R fwd, Step L next to R, Step R fwd
- 5 – 6 Step L fwd, 1/2 Turn R (12.00)
- 7 & 8 Step L fwd, make on ball of R 3/4 Turn R, Step L next to R (R heel Up) (9.00)

Start again . Enjoy the music and use your hips