

AGADOU V

Choreographer: Monika Gründer, Aktienstr. 18, D - 47057 Duisburg Email: monikagruender@gmx.de
Music: "Agadou" (Saragossa Band, CD „Agadou“, Track 1; or CD „Latin Summer-Hits - Summer de Janeiro“, Track 3;
or other) - or several downloads (musicload.de, amazon.de, ...) 3:21 min slow down for comfort
Rhythm & Phase: CH, Phase V + 1 (Mod Advanced Alemana) + 2 (Kick to the 4; Twirl Vine Cha)
Timing: 1,2,3&,4; unless indicated, reflects actual weight changes
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A – Bridge – B – C – Inter 1 – C – Inter 2 – C – End

!!! Attention: BRIDGE contains a short measure (2 beats only) !!!

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INTRO

1 - 4 In LOP FCG M Fc WALL Wait 3 Meas ; ; ; With Arms Rock Apart & Recover :

- 1-3 {Wait 3} In Left Open position M fcg ptr & WALL with lft free wait 3 meas ; ; ;
- 4 {With Arms Rk Apt & Rec (1 – 3 –)} Rk bk L (*W rk bk R*) raising trailarm explosively
trng handpalm outside, -, rec fwd R lowering trailarm to waist level, - ;

PART A

1 - 4 New Yorker ; One Double Cuban Break ; Spot Turn ; Fence Line in 4 :

- 1 {NY} Ldhnds still jnd step thru L trng ¼ RF to LOP RLOD extendg trailarm to the side,
rec R trng ¼ LF to fc ptr & WALL, blendg to BFLY step sd L / cl R to L, sd L ;
- 2 {One Dbl Cuban (1&2&3&4)} XRif of L / rec L, rk sd R / rec L, XRif of L / rec L, sd R ;
- 3 {Spot tm} Release trailhnds and step thru L trng ½ RF bringing leadhnds thru to RLOD,
releasg leadhnds rec R trng RF to fc ptr & WALL, blendg to BFLY stp sd L / cl R to L, sd L ;
- 4 {Fence Line in 4 (1234)} In BFLY WALL rk thru R w/soft knee, rec L, rk sd R, rec L ;

5 – 8 New Yorker to LOD ; One Double Cuban Break ; Spot Turn ; Fence Line in 4 :

- 5 {NY} Releasg ldhnds step thru R trng ¼ LF to OP LOD extendg leadarm to the side,
rec L trng ¼ RF to fc ptr & WALL, blendg to BFLY step sd R / cl L to R, sd R ;
- 6 {One Dbl Cuban (1&2&3&4)} XLif of R / rec R, rk sd L / rec R, XLif of R / rec R, sd L ;
- 7 {Spot Tm} Release leadhnds and step thru R trng ½ LF bringing trailhnds thru to LOD,
releasg trailhnds rec L trng LF to fc ptr & WALL, blendg to BFLY stp sd R / cl L to R, sd R ;
- 8 {Fence Line in 4 (1234)} In BFLY WALL rk thru L w/soft knee, rec R, rk sd L, rec R ;

BRIDGE

1 - 2 Break to OP ; Stomp Look & Freeze , - ,

- 1 {Break to OP} Trng to OP LOD rk bk L, in OP LOD rec fwd R, fwd L / cl R to L, fwd L ;
- short meas 2 {Stomp Look & Freeze (1, - ,)} Close R to L with a stomp suddenly trng head to ptr, hold position ,

PART B

1 - 4 Triple Cha Forward ; ; Forward Basic ; Rock Back, Recover, Face, Close :

- 1-2 {Triple Cha Fwd (123&4 1&23&4)} In OP LOD rk bk L, rec fwd R, fwd L / lk Rib, fwd L ;
Fwd R / lk Lib, fwd R, fwd L / lk Rib, fwd L ;
- 3 {Fwd Basic} In OP LOD rk fwd R, rec bk L, bk R / cl L to R, bk R ;
- 4 {Rk Bk, Rec, Fc, Cl (1234)} In OP LOD rk bk L, rec R, trng ¼ RF step sd L to BFLY WALL, cl R to L ;

5 - 8 Open Break ; Whip ; Cross Body ;:

- 5 {**Open Break**} In BFLY WALL releasg trailhnds rk apt L & raise trailarm trng handpalm to outside, lowering trlarm rec R, blendg to BFLY stp sd L / cl R to L, sd L ;
- 6 {**Whip**} Rk bk R startg a LF trn and leadg W to cross in front (*W fwd L outside ptr to M's left side*), rec L trng ½ LF to fc COH leadg W across LOD with a ½ LF trn (*W step fwd & sd R across LOD trng ½ LF*), step sd R / cl L to R, sd R to CP COH ;
- 7-8 {**Cross Body**} In CP COH rk fwd L, rec R trng ¼ LF, sip L / R, L ;
Trng ¼ LF to fc WALL rk bk R, rec fwd L, sd R / cl L to R, sd R to BFLY WALL ;
(*W rk bk R, fwd L to L-shaped pos, fwd R / cl L to R, fwd R ; Fwd L trng ¼ LF, fwd R trng ¼ LF, sd L / cl R, sd L ;*)

9 - 12 Sandstep Twice ; ; Cucaracha Twice ;:

- 9-10 {**Sandstep 2x**} In BFLY tch L toe to the floor swvlg RF on R, tch L heel to the floor swvlg LF on R, XLif / sd R, XLif ;
Tch R toe to the floor swvlg LF on L, tch R heel to the floor swvlg RF on L, XRif / sd L, XRif ;
- 11-12 {**Cuca 2x**} Rk sd L with hip action, rec R , sip L / R, L ; Rk sd R with hip action, rec L , sip R / L, R in BFLY WALL ;

13 With Arms Rock Apart & Recover ;

- 13 {**With Arms Rk Apt & Rec (1 – 3 –)**} Blendg to LOP FCG repeat meas 4 of INTRO ;

PART C

1 - 4 Traveling Door Twice ; ; Twirl Vine Cha ; Whip with a Close Ending ;

- 1-2 {**Traveling Door Twice**} Blending to BFLY rk sd L, rec R, XLif of R / sd R, XLif of R ; **3rd time:** In BFLY ...
Rk sd R, rec L, XRif of L / sd L, XRif of L ;
- 3 {**Twirl Vine Cha**} Stp sd L leadg W to trn RF undr jnd ldhnds, XRib of L, sd L / cl R to L, sd L to LOP FCG ;
(*W sd R trng ½ RF undr jnd ldhnds, sd & bk L cont trng LF to fc ptr, sd R / cl L to R, sd R ;*)
- 4 {**Whip**} Rk bk R startg a LF trn and leadg W to cross in front (*W fwd L outside ptr to M's left side*),
rec L trng ½ LF to fc COH leadg W across LOD with a ½ LF trn
(*W step fwd & sd R across LOD trng ½ LF*), step sd R / cl L to R, sip R to BFLY COH ;

5 – 8 Quick Cucarachas ; Kick to the 4 & Cha ; Single Cuban Break(s) ; Kick to the 4 & Cha ;

- 5 {**Quick Cucas (1&23&4)**} Rk sd L w/hip action / rec R, cl L to R, rk sd R w/hip action / rec L, cl R to L ;
- 6 {**Kick to the 4 & Cha**} Swvlg RF on R kick L twd DLC, swvlg LF on R to fc COH bend L knee to form the figure of „4“, step sd L / cl R to L, sd L ;
- 7 {**Single Cubans (1&23&4)**} XRif of L / rec L, sd R , XLif of R / rec R, sd L ;
- 8 {**Kick to the 4 & Cha**} Swvlg LF on L kick R twd DRC, swvlg RF on L to fc COH bend R knee to form the figure of „4“, step sd R / cl L to R, sd R to LOP FCG M fc COH ;

9 - 12 Modified Advanced Alemana underturned to Fan M Fc WALL ; ;

Stop & Go Hockey Stick / W Turns to Face ; ;

- 9-10 {**Mod Advanced Alemana to Fan**} Rk fwd L, rec R, trng 1/8 RF sm sd L / cl R, sip L leadg W to start a RF trn ;
Trng RF XRib of L leadg W to a ½ RF trn, sm sd L trng to fc WALL and leadg W to cont trng RF to fc RLOD,
sip R / L, R ;
(*W rk bk R, rec L, sm sd R / L, R start trng RF ;*
Fwd L twd DRW trng ½ RF, rec fwd R twd DLC cont RF trn, fwd L around M to fc RLOD, cl R to L, sm bk L ;)
- 11-12 {**Start Stop & Go / W to Fc**} Ck Fwd L, rec R, raisg ldarm to lead W fwd & trng ½ LF sip L / R, L ;
Ck fwd R stopping W's movement with R hnd on her L shldr blade, rec L leadg W to trn RF undr jnd arms,
sip R / L, R to BFLY WALL ;
(*W cl R to L, fwd L, trng ½ LF fwd R / L, R to end in front of M at M's R sd ;*
Rk bk L, rec R start trng RF, fwd L / R, L trng RF undr jnd hnds to fc ptr ;)

13 - 16 Quick Cucarachas ; Kick to the 4 & Cha ; Single Cubans Break(s) ; Spot Turn ;

- 13-15 repeat meas 5-7 of PART C but start fcg ptr & WALL ; ; ;
- 16 repeat meas 7 of PART A to fc ptr & WALL no hnds jnd ; **2nd & 3rd time:** to BFLY

INTER 1

1 - 4 Forward Basic Touch Left Hands ; HNSHKB Back Basic ;

X Hands W to Face with Headloop ; Cucaracha to HNSHKB ;

- 1 {Fwd Basic} Touching L hnds palm to palm rk fwd L, rec bk R no hnds jnd, bk L / cl R to L, bk L ;
- 2 {Bk Basic} Joining R hnds rk bk R, rec fwd L, fwd R / cl L to R, fwd R ;
- 3 {X Hnds W to Fc/Headloop} Jng L hnds crossed over R hnds sm rk fwd L leading W to start a full LF trn undr jnd hnds, rec R, while putting jnd R hnds over M's head to M's neck and allowing W to slide her R hnd down M's L arm sm bk L / sip R, L to LOP FCG ;
(W sm rk bk start trng LF, rec L cont LF trn, sip R / L, R finishing full LF trn to fc ptr ;)
- 4 {Cuca} Rk sd R with hip action, rec L, sip R / L, R joining R hnds ;

5 - 8 Flirt ; ; 1 Sweetheart / W to Face ; Hip Rock 3 ;

- 5-6 {Flirt} Rk fwd L, rec bk R leadg W to trn LF, sd L / cl R to L, sd L joining hnds to VARS ;
Rk bk R, rec fwd L, leadg W sd twd LOD sd R / cl L to R, sd R to L VARS ;
(W rk bk R, rec L trng LF, cont trng LF to VARS sd R / cl L to R, sd R ;
Rk bk L, rec R, sd L / cl R to L, sd L to L VARS ;)
- 7 {Sweetheart / W to Fc} Ck fwd L, rec R, sm sd L / cl R to L, sm sd L jn hnds to BFLY WALL ;
(W rk bk R, rec L start trng LF, trng LF to fc ptr sip R / L, R ;)
- 8 {Hip Rk 3 (123-)} In BFLY WALL rolling hip to the sd & bk rk sd R, L, R, - ;

9 - 12 Brk into Triple Cha Forward ; ; Aida ; Back Roll 2 & Forward Cha ;

- 9-10 {Brk into Triple Cha Fwd (123&4 1&23&4)} Trng to OP LOD rk bk L, rec fwd R, fwd L / XRib, fwd L ; Fwd R / XLib, fwd R, fwd L / XRib, fwd L ;
- 11 {Aida} Stp fwd & thru R start trng RF, sd L cont trng RF to LOP RLOD, bk R / cl L, bk R to V Bk-Bk pos M fcg DRC ;
- 12 {Bk Roll 2 & Fwd Cha } Stp bk L start slightly trng RF, sd & fwd R trng RF to OP LOP, fwd L / cl R to L, fwd L ;

13-14 Rock Forward, Recover, Face Cha ; With Arms Rock Apart & Recover ;

- 13 {Rk Fwd, Rec, Fc Cha} In OP LOD rk fwd R, rec L, trng to fc ptr sd R / cl L to R, sd R to LOP FCG ;
- 14 {With Arms Rk Apt & Rec (1 - 3 -)} Repeat meas 4 of INTRO ;

INTER 2

1 - 4 Sandstep Twice ; ; Cucaracha ; Hip Rock 3 ;

- 1-3 Blendg to BFLY repeat meas 9 - 11 of Part B ; ; ;
- 4 {Hip Rk 3 (123-)} Rolling hip sd & bk rk sd R, L, R, - ;

END

1 - 4 Break into Triple Cha Fwd ; ; Kick to the 4 & Cha Twice ; ;

- 1-2 {Break into Triple Cha Fwd (123&4 1&23&4)} Trng to OP LOD rk bk L, in OP LOD rec fwd R, fwd L / lk Rib, fwd L ;
fwd R / lk Lib, fwd R, fwd L / lk Rib, fwd L ;
- 3-4 {Kick to the 4 & Cha} Kick R twd LOD, swvlg RF on L to fc WALL bend R knee to form the figure of „4“, joing hnds to BFLY step sd R / cl L to R, sd R ; Swvlg RF on R kick L twd DRW, swvlg LF on R to fc WALL bend L knee to form the figure of „4“, step sd L / cl R to L, sd L to BFLY WALL ;

5 - 9 One Double Cuban Break ; One Single Cuban Break,, Sd, Draw;

Reverse Underarm Turn in 3, - ; Fence Line in 3 into R Lunge, Hold ; Twist ;

- 5 {1 Dbl Cuban} XRif of L / rec L, rk sd R / rec L, XRif of L / rec L, sd R ;
- 6 {1 Single Cuban, Sd, Draw (1&23-)} XLif of R / rec R, rk sd L, rec sd R, draw L near toes of R ft ;
- 7 {Rev Undrm Trn (123-)} XLif of R leadg W to trn LF undr jnd ldhnds, rec R, sd L to BFLY WALL, - ;
(W stp thru R trng 1/2 LF, rec L trng LF to fc ptr, sd R, - ;)
- 8 {Fence Line into R Lunge (1,2,3, -)} With soft knee rk thru R, rec L, lowering into L knee stp sd R & stretch L leg look at ptr & hold pos up to the end of music, - ;
- 9 {Twist (- - -)} Taking the whole meas slowly trn upper body LF ;

Suggested Quick Cues

Intro – A – Bridge – B – C – Inter 1 – C – Inter 2 – C – End

!!! Attention: BRIDGE contains a short measure (2 beats only) !!!

Start in LOP fcg ptr & WALL leadfeet free

- Intro** 1-4 Wait 3 ;; With Arms Rk Apt & Rec ;
- A** 1-4 NY ; One Dbl Cuban ; Spot Trn ; Fence Line in 4 ;
5-8 NY (to LOD) ; One Dbl Cuban ; Spot Trn ; Fence Line in 4 ;
- Bridge** 1 Break to OP ;
short meas 2 Stomp Look & Freeze , - ,
- B** 1-4 (Rk Bk, Rec into) Triple Cha Fwd ;; Fwd Basic ; Rk Bk, Rec, Fc, Cl ;
5-8 Open Break ; Whip ; Cross Body ;;
9-12 Sandstep Twice ;; Cuca Twice ;;
13 With Arms Rk Apt & Rec ;
- C** 1-4 Travelg Door 2x ;; Twirl Vine Cha ; Whip w/a Close ;
5-8 Quick Cucas ; Kick to the 4 & Cha ; Single Cubans ; Kick to the 4 & Cha ;
9-12 Advanced Alemana to Fan Fc WALL ;; Stop & Go Hockey Stick ; W to Fc ;
13-16 Quick Cucas ; Kick to the 4 & Cha ; Single Cubans ; Spot Trn ;
- Inter 1** 1-4 Fwd Basic Tch L Hnds ; HNDSHK Bk Basic ;
X Hnds W to Fc w/Headloop ; Cuca to HNDSHK ;
5-8 Flirt ;; 1 Sweetht W to Fc ; Hip Rk in 3 ;
9-12 Brk into Triple Cha Fwd ;; Aida ; Bk Roll 2 & Fwd Cha ;
13-14 Rk Fwd, Rec, Fc Cha ; With Arms Rk Apt & Rec ;
- C**
- Inter 2** 1-4 Sandstep 2x ;; Cuca ; Hip Rk in 3 ;
- C**
- Ending** 1-4 Break into Triple Cha Fwd ;; Kick to the 4 & Cha 2x ;;
5-9 One Double Cuban ; One Single Cuban, Sd & Draw ;
Rev Undrm Trn in 3, - ; Fence Line 3 into R Lunge, Hold ; & Twist ;