

FIRST A CAPPUCCINO - ERST EIN CAPPUCCHINO

Music : Kristina Bach
[www.amazon.com/Best Of](http://www.amazon.com/BestOf)
CD.2 Track # 3 Time 3:16 Slow Down w/ -7%
Available from choreographer
Rhythm: Rumba & Cha Cha Phase: IV + 1 (OP Hip Twist) + Several U
Footwork: Opposite except where (Noted)
Release Date: April 18
Choreo: Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium
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Sequence: **INTRO AB BRIDGE ABC B END**



INTRO RUMBA

01-04 LOP COH LEAD FOOT FREE NO HANDHOLD WAIT 4 MEASURES START w/ RUMBA ; ; ;

{Wait} LOP COH ld ft free no hndhld wt 4 meas Start w/ Rumba ; ; ;

05-08 FULL TURN CHASE M & W ; ; FENCE LINE ; WHIP to WALL ;

{Full Turn Chase M & W} Fwd L turn ½ RF, rec R cont turn ½ RF, cl L (*W bk R, rec L, cl R*), -; Bk R, rec L, cl R (*W fwd L turn ½ RF, rec R cont turn ½ RF to fc ptr, cl L*) to LOP COH, -; {Fence Line} XLif (*W XRif*) w/ bent knee, rec R, sd L, -; {Whip to WALL} Bk R trng ¼ LF, rec L trng ¼ LF, sd R (*W fwd L long step in frt of M, trng LF fwd & sd R, sd L to fc M*) to BFLY WALL, -;

PART A RUMBA

01-04 CHASE w/ UNDERARM PASS ; ; SHOULDER to SHOULDER TWICE ; ;

{Chase w/ Underarm Pass} [relsng trail hnds] Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (*W bk R, rec L, fwd R twd M's L sd*), -; Bk R raisg ld hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L*) to BFLY COH, -; {Shoulder to Shoulder x 2} Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R to BFLY COH, -;

05-08 SPOT TURN TWICE ; ; CHASE w/ UNDERARM PASS ; ;

{Spot Turn x 2} Relg hnds XLif (*W XRif*) trng RF, rec R compg full trn, sd L to BFLY, -; Relg hnds XRif (*W XLif*) trng LF, rec L compg full trn, sd R to BFLY COH, -; {Chase w/ Underarm Pass} Repeat meas 1,2,Part A to BFLY WALL ; ;

09-12 OP HIP TWIST Into a FAN ; ; START STOP & GO INTO CROSS BODY ; ;

{OP Hip Twist to a Fan} Fwd L, rec R, cl L (*W bk R, rec L, fwd R with tention to L arm to swivel ¼ RF*) end L-Shape M fc Wall W fc LOD, -; Bk R, rec L, sd R (*W fwd L, trng ½ LF sd R, bk L*) to fan pos, -; {Start Stop & Go Into Cross Body} Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" position (*W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD*), -; Bk R comm LF trn to CP, rec L comp LF trn to CP COH, sd R (*W fwd L comm LF trn, fwd & sd R to CP cont LF trn to fc ptr, sd L*) to CP COH, -;

13-16 ALEMANA INTO LARIAT 3/ M SWIVEL to FACE ; ; ; SIDE WALK 3 ;

{Alemana Into a Lariat 3/ M Swivel to Fc} Fwd L, rec R, cl L (*W bk R, rec L, fwd & sd R to l-sd of M*), -; Bk R, rec L, sd R (*W fwd XLif turn RF, fwd R cont turn, sd L to r-sd M*), -; Rk sd L, rec R, sd L trng ½ LF on last stp to fcg W and WALL (*W circ CW arnd M passing R shldrs stepping fwd R,L, w/ jnd ld hnds passing ovr M's hd to fc RLOD then swvl ¼ RF on R to fc M*) to BFLY WALL, -; {Sd Walk 3} Sd R, cl L, sd R to BFLY WALL, -;

PART B CHA CHA

01-04 BACK BREAK INTO TRIPPLE CHA's to LOD ; ; AIDA ; SWITCH RECOVER & CHA to LOD ;

{Bk Break Into Tripple Cha's to LOD} [Relg ld hands] XLib (*W XRib*) to OP LOD, rec R, w/ bdy trn twd ptr fwd L/lk Rib (*W lk Lib*), fwd L ; w/ Bdy trn awy from ptr fwd R/lk Lib (*W lk Rib*), fwd R, w/ bdy trn twd ptr fwd L/lk Rib (*W lk Lib*), fwd L ; {Aida} Thru R to fc LOD xg R hnd ovr L, sd L trng ½ RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; {Switch Recover & Cha to LOD} Trng LF to fc ptr bk & sd L, rec R to BFLY, to LOD sd L/cl R, sd L to BFLY WALL ;

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05-08 BACK BREAK INTO 3 CHA's to RLOD ; ; TO RLOD AIDA ; SWITCH CROSS ;

{Bk Break Into Tripple Cha's to RLOD} [Relg ld hands] XRib (*W XLib*) to LOP RLOD, rec R, w/ bdy trn twd ptr fwd L/lk Rib (*W Ik Lib*), fwd L ; w/ Bdy trn awy from ptr fwd R/lk Lib (*W Ik Rib*), fwd R, w/ bdy trn twd ptr fwd L/lk Rib (*W Ik Lib*), fwd L ; **{Aida}** Thru L to fc RLOD xg Lhnd ovr R, sd R trng ½ LF to OP LOD, bk R/lk Lif, bk R to V bk-to-bk ; **{Switch Cross}** Trng RF to fc ptr bk & sd R, rec L to BFLY, XRif (*W XLif*)/sd L, XRif (*W XLif*) to BFLY WALL ;

09-12 CRAB WALK ENDING ; WHIP to COH ; REVERSE UNDERARM TURN ; FENCE LINE ;

{Crab Walk Ending} Sd L, XRif (*W XLif*), sd L/cl R, sd L ; **{Whip to COH}** Repeat meas 8 Intro to BFLY COH ; **{Reverse Underarm Turn}** Raisg jnd ld hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY COH ; **{Fence Line}** XRif (*W XLif*) w/ bent knee, rec L, sd R/cl L, sd R to BFLY COH ;

13-16 NEW YORKER ; WHIP to WALL ; NEW YORKER ; UNDERARM TURN ;

{New Yorker} Thru L to LOP LOD, rec R to fc, sd L/cl R, sd L ; **{Whip to WALL}** Repeat meas 8 Intro to BFLY WALL ; **{New Yorker}** Repeat meas 13 Part B to LOP RLOD **{Underarm Turn}** Raisg jnd ld hnds XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd hnds, rec R contg RF trn, sd L/cl R, sd L*) to mom BFLY WALL ;

BRIDGE RUMBA

01-02 TIME STEP TWICE ; ;

{Time Step x 2} [Releasg both hnds] XLib hnds extend out to sd, rec R, sd L hnds Xif of chest (*W XRib hnds extend out to sd, rec L, sd R*), - ; XRib hnds extend out to sd, rec L, sd R (*W XLib hnds extend out to sd, rec R, sd L*), - ;

PART C RUMBA

01-04 FULL TURN CHASE M & W ; ; FENCE LINE ; WHIP to COH ;

{Full Turn Chase M & W} Repeat meas 5,6 Intro to BFLY WALL ; ; **{Fence Line}** Repeat meas 7 Intro to BFLY WALL ; **{Whip to COH}** Repeat meas 8 Intro to BFLY COH ;

05-08 FULL TURN CHASE M & W ; ; FENCE LINE ; WHIP to WALL ; ;

{Full Turn Chase M & W} Repeat meas 5,6 Intro ; ; **{Fence Line}** Repeat meas 7 Intro ; **{Whip to WALL}** Repeat meas 8 Intro ;

ENDING CHA CHA

01-04 NEW YORKER TWICE ; ; FENCE LINE ; CROSS CHECK & EXTEND ;

{New Yorker x 2} Thru L to LOP LOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP RLOD, rec L to fc, sd R/cl L, sd R ; **{Fence Line}** Repeat meas 12 Part B ; **{Cross Check & Extend}** [Q] Thru R (*W Thru L*) w/ bent knee, extend both arms to sd ;