

FRENESI CHA

Music: Edmundo Ros
That Latin Sound
www.amazon.com/That-Latin-Sound-Ros-Edmundo/dp/B000008572
Track # 2 Time: 2:21 Available from choreographer

Rhythm: Cha Cha Phase : III + 2 (Single & Double Cuban Break)

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; DOUBLE CUBAN BREAKS L & R ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {DBL Cuban Breaks L & R} [1&2&3&4; 1&2&3&4] XLif (W XRif)/rec R, sd L/ rec R, XLif (W XRif)/rec R, sd L ; XRif (W XLif)/rec L, sd R/rec L, XRif (W XLif)/rec L, sd R to BFLY WALL ;

PART A

01-04 FULL BASIC ; ; FENCE LINE w/ ARMSWEEP ; START CRAB WALKS ;

{Full Basic} In Bfly Fwd L, rec R, sd L/cl R, sd L ; Bk R, rec L, sd R/cl L, sd R to BFLY WALL ; {Fence Line w/ Armsweep} XLif (W XRif) w/ bent knee ld arms circle CW (W CCW) ifo body, rec R, sd L/cl R, sd L to BFLY WALL ; {Start Crab Walks} Twd LOD XRif (W XLif), sd L, XRif (W XLif)/ sd L, XRif (W XLif) ;

05-08 FINISH CRAB WALKS ; SPOT TURN ; ONE SHOULDER to SHOULDER ; ONE SINGLE CUBAN BREAK & WAIT ;

{Finish Crab Walks} Sd L, XRif (W XLif), sd L/cl R, sd L ; {Spot Trn} XRif (W XLif) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R ; {One Shoulder to shldr} Fwd L to SCAR, rec R to fc, sd L/cl R, sd L to BFLY WALL ; {One Single Cuban Break & Wait} [Q&Q,-,-] XRif/rec L, sd R & wt, -, - ;

09-12 ALEMANA INTO LARIAT ; ; ; ;

{Alemana Into Lariat} Fwd L, rec R, sm sd L/cl R, sd L (W bk R, fwd L, sd R/cl L, sd R to M's lft sd) ; [raisg jnd ld hnds] XRif, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF, fwd & sd L/cl R, sd L) to end W slightly offset twd M's rt sd ; Sd L, rec R, cl L/ip R, ip L (W circ cw arnd M fwd R, fwd L, fwd R/lk Lib, fwd R) ; Sd R, rec L, cl R/ip L, ip R (W cont cw circ arnd M fwd L, fwd R, fwd L/lk Rib, fwd L trng RF to fc ptr) to BFLY WALL ;

13-16 M UNDERARM TURN ; FENCE LINE w/ ARMSWEEP ; NEW YORKER ; NEW YORKER RECOVER CLOSE/POINT ;

{M Underarm Trn} XLif trn ¾ RF under jnd trl hnds, rec R cont trn to fc ptr, sd R/cl L, sd R (W raisg trl hnds XRif, rec L, sd R/cl L, sd R) to BFLY WALL ; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee tr-arms circle CCW (W CW) ifo body, rec L, sd R/cl L, sd R to BFLY WALL ; {New Yorker} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; {New Yorker Rec Cl/Pt} [QQ&Q] Thru R to OP LOD, rec R to fc, cl R/pnt L sd to lod, - ;

PART B

01-04 OP BREAK ; WHIP to COH ; AIDA ; SWITCH CROSS ;

{OP Break} Strong bk L (W strong bk R) xtndg trl hnd straight up, rec R, sd L/cl R, sd L ; {Whip to COH} Bk R trng LF & ldg W acrs, rec L contg LF trn (W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L) sd R/cl L, sd R to BFLY COH ; {Aida} Thru L to fc LOD xg lft hnd ovr rt, sd L trng ½ RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; {Switch Cross} Sd & bk R trng to fc ptr, rec L to BFLY COH, lookg RLOD XRif (W XLif)/sd L, XRif (W XLif) to BFLY COH ;

05-08 OP BREAK ; WHIP to WALL ; AIDA ; SWITCH CROSS ;

{OP Break} Repeat meas 1 Part B to BFLY COH ; {Whip to WALL} Repeat meas 2 Part B to BFLY WALL ; {Aida} Thru L to fc RLOD Xg lft hnd ovr rt, sd L trng ½ RF to OP LOD, bk R/lk Lif, bk R to V bk-to-bk ; {Switch Cross} Sd & bk R trng to fc ptr, rec L to BFLY WALL, lookg LOD XRif (W XLif)/sd L, XRif (W XLif) ;

09-12 BACK BREAK to OP LOD ; WALK TWO & CHA ; SLIDING DOORS ; ;

{Bk Break to OP LOD} [Relg ld hands] XLib (W XRif) to OP LOD, rec R, fwd L/lk Rib (W lk Lib), fwd L ; {Walk 2 & Cha} Fwd R, fwd L, fwd R/lk Lib, fwd R to OP LOD ; {Sliding Doors} [w/ ld arms out to sd] Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif to LOP LOD ; [w/ trl arms out to sd] Sd apt R, rec L, relg hnds & chg sd bhd W XRif/sd L, XRif to OP LOD ;

13-16 TURNING CUCARACHA'S to FACE ; ; SPOT & TIME ; TIME & SPOT ;

{Trng Cucaracha's to Fc} [w/ ld arms out to sd] Sd L w/ partial wgt, rec R, ip L/R, L trng ½ RF (*W LF*) ; [w/ trl arms out to sd] Sd R w/ partial wgt, rec L, ip R/L, R trng ¼ LF (*W Rf*) to fc ptr relsg both hnds ; **{M Spot/W Time}** XLif trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L (*W XRib raisg both hnds to sd, rec L, sd R/cl L, sd R*) to WALL ; **{W Time/M Spot}** XRib raisg both hnds to sd, rec L, sd R/cl L, sd R (*W XLif trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R*) to BFLY WALL ;

ENDING

01 ONE SINGLE CUBAN BREAK & SWIVEL to LOD ;

{One Single Cuban Break & Swiv to LOD} [Q&Q,-,Q] XLif (*WXRif*)/rec R, sd L, -, swiv 1/8 LF (*W RF*) to LOD ;