

LA MOVIDA

Composers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa
250-0012 Japan Email: sp7n43y9@dune.ocn.ne.jp
Music "La Movida" CD: Tiki Tiki/Casa Musica CD1 track 13 time 3:54
Edit music cut 2'03~2'33"7
Rhythm : Cha Cha ph V+1(Turkish Towel)+1(Leg Curl) Speed : -3%
Footwork : Opposite, directions for man(lady as noted) Date: November 2016 Ver.1.0
Sequence : Intro - A - B - A - INT - C - Bmod



Meas

INTRO

1~ 8 Shadow/Wall left foot free for both Wait 2 meas;;

Kick Kick Sailor Shuffle Twice;; Rk Fwd & Bk; Rev Develop & Press;

Body Ripple; W Out to Fc(M Trans);

- 1- 2 Shadow position facing Wall left foot free for both wait 2 meas;;
3- 4 (Kick Kick Sailor Shuffle Twice) Kick L XIF of R, kick L sd & fwd, XLIB of R/sd R
sd L; Kick R XIF of L, kick R sd & fwd, XRIB of L/sd L, sd R;
1234 5 (Rk Fwd & Bk) Rk fwd L, rec R, rk bk L, rec R;
---- 6 (Rev Develop & Press) Flick fwd L, bend L knee, bring L foot past knee, L foot press;
7 (Body Ripple) Soften in both knees pushing hips bk sending shoulders fwd, push hips
fwd sending shoulders bk, as you straighten legs and lead hand straighten up,-;
1234 8 (W Out to Fc M Trans) Bk L, rec R, fwd L, fwd R(W fwd L, fwd R 1/2 LF trn on R,
(123&4) bk L/XRIF of L, bk L) right hands joined;

9~16 (handshake) Cross Body w/Twirl;; Shadow New Yorker; Underarm Trn;

(Bfly)Cross Basic W Spiral; (Bfly/Wall); DBL Cuban; Spot Trn;

- 9-10 (Cross Body w/Rev Twirl) Right hands joined fwd L, rec R 1/4 LF trn fc LOD, sd L/
cl R, sd L(W bk R, rec L, fwd R/XLIB of R, fwd R); Bk R commence LF trn, rec L fc COH
commence lead W LF twirl under right hands, sd R/cl L, sd R(W fwd L commence LF trn,
fwd R cont LF trn fc Wall, sd & fwd L cont LF trn under joined right hands/cont LF
trn R, L fc Wall);
11 (Shadow New Yorker) Handshake swivel RF on R ck thru L, rec R fc partner, sd L/cl
R, sd L;
12 (Underarm Trn) Bk R, rec L, in place R/L,R(W XLIF of R commence RF trn under right
hands, cont RF trn rec R fc Wall, sd L/cl R, sd L;
-&23&4 13-14 (Cross Basic w/Spiral) Hold body rise & right sd stretch/ XLIF of R trning 1/4 LF,
rec R, sd L/cl R, sd L lead W spiral LF(W Hold body rise & left sd stretch/ XRIB
of L trning 1/4 LF, rec L, sd R/cl L, sd R spiral LF on R under lead hand);
123&4 XRIB of L 1/4 LF trn, rec L, sd R/cl L, sd R(W fwd L twd Wall commence LF trn,
sd R cont LF trn fc COH, sd L/cl R, sd L) Bfly/Wall;
1&2&3&4 15 (Double Cuban) Ck XLIF/rec R, sd L/rec R, ck XLIF/rec R, sd L;
16 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R;

Meas

PART A

1~ 8 Basic to Nat Top;; Cl Hip Twist(W Swivels); Fan; Hockey Stick;;

New Yorker; Underarm Trn;

- 1- 2 (Basic to Nat Top) Fwd L, rec R, bk L/small slip bk R, sd L commence RF trn
(W bk R, rec L, fwd R/XLIB, fwd R commence RF trn);
XRIB of L cont RF trn, cont RF trn sd L, cont trn XRIB/sd L, fwd R woman's outsd(W
sd L commence RF trn, cont RF trn XRIF, cont trn sd L/XRIF, sd L) Bjo/Wall;
123- 3 (Cl Hip Twist W Swivels) Lead W swivel RF ck fwd L, rec R lead W swivel LF, cl L,-
(123&4) (W swivel 1/2 RF on L bk R, rec L swivel 1/2 LF on L, cl R swivel 1/8 RF on R/stp in
place L swivel 1/8 LF on L, stp in place R swivel 1/4 RF on R fc LOD);
4 (Fan) Bk R, rec L, in place R/cl L, sd R(W Fwd L, fwd R 1/4 LF trn fc RLOD bk L/XRIF,
bk L);
5- 6 (Hockey Stick) Fwd L, rec R, in place L/R, L(W cl R, fwd L, fwd R/XLIB, R); Bk R
slightly RF trn, rec L fc Wall, sd R/cl L, sd R(W fwd L, fwd R trning LF to fc
partner & COH, sd L/cl R, sd L) LOP-FC/Wall;
7 (New Yorker) LOP/LOD ck thru L, rec R fc partner, sd L/cl R, sd L;
8 (Underarm Trn) Bk R, rec L, in place R/L,R(W XLIF of R commence RF trn under right
hands, cont RF trn rec R fc Wall, sd L/cl R, sd L;

9~16 OP Hip Twist; Fan; Start Alemana; Aida; Switch Rk; Crab Walks;;
Fence Line;

- 9 (Op Hip Twist) Lead Hand joined fwd L, rec R, bk L/small slip bk R, cl L to R(W Bk R, rec L, fwd R/XLIB, fwd R swivel 1/4 RF on R fc LOD);
 10 (Fan) Bk R, rec L, XRIF of L/cl L, sd R(W fwd L, fwd R swivel 1/2 LF fc RLOD, bk L/XRIF of L, bk L);
 11 (Start Alemana) Fwd L, rec R, cl L/stp in place R, sd L(W cl R to L, fwd L, fwd R/XLIB of R, fwd R RF trn fc partner);
 12 (Aida) Thru R commence RF trn, sd L cont RF trn, cont trn fc RLOD bk R/XLIF of R, bk R;
 13 (Switch Rk) Swivel LF on R sd L blend Bfly, rec R, sd L/cl R, sd L;
 14-15 (Crab Walks) XRIF of L, sd L, XRIF/sd L, XRIF; Sd L, XRIF of L, sd R/cl L, sd R;
 16 (Fence Line) Ck XRIF of L, rec L, sd R/cl L, sd R;

Meas

PART B

1~ 8 Challenge Chase;; (handshake) Turkish Towel;; 3 Breaks;;;
W Roll Out in 4 OP/Wall;

- 1- 2 (Challenge Chase) Fwd L 1/2 RF trn, fwd R, cont RF trn 1-½ revolutions L/R, L to fc partner (W bk R, rec L, fwd R/XLIB, fwd R);
 Bk R, rec L, fwd R/XLIB, fwd R(W fwd L 1/2 RF trn, fwd R, cont RF trn 1-½ revolutions L/R, L to fc partner) joined handshake;
 3- 4 (Turkish Towel) Fwd L, rec R, sd L/cl R, sd L;
 Bk R lead W RF trn under joined right hands, rec L, sd R/cl L, sd R (W XLIF of R commence RF trn under right hands, fwd R cont turn, fwd L/R, L around man to end in bk of and to his left side joining left hands) M's L Varso/Wall;
 5- 7 (3 Breaks) Ck bk L, rec R, sd L/cl R, sd L to W's left sd(W ck fwd R, rec L, sd R/cl L, sd R to M's right sd); Ck bk R, rec L, sd R/cl L, sd R now to W's right side(W ck fwd L, rec R, sd L/cl R, sd L to M's left side); Ck bk L, rec R, sd L/cl R, sd L to W's left sd(W ck fwd R, rec L, sd R/cl L, sd R to M's right sd);
 123&4 (1234) 8 (W Roll Out) Bk R, rec L lead W roll LF, sd R/cl L, sd R(W fwd L twd RDW commence LF roll, sd R cont roll, cont roll fwd L fc Wall, sd R) OP/Wall;

9~16 Single Cuban; Fence Rec W Roll Bk Pt Tandem; Sync Sd Cl Pt Twice;
Fan(M Trans); Stop & Go Hockey Stick;;Alemana;;

- 1&23&4 9 (Single Cuban) Same foot worl ck XLIF/rec R, sd L, ck XRIF/rec L, sd R;
 123&- 10 (Fence Rec W Roll Bk Pt) Ck XLIF of R, rec R, sd L/cl R, pt sd L(W ck XLIF of R, rec R commence LF roll, cont roll L/R, pt sd L)tandem/Wall;
 1&-3&- 11 (Sync Chasse) Sd L/cl R, pt sd L, -, sd L/cl R, pt sd L, -;
 1-3&4 (123&4) 12 (Fan M Trans) Sd L, tap R beside L, small stp sd R/cl L, sd R(W fwd L twd LOD, fwd R swivel 1/2 LF fc RLOD, bk L/XRIF of L, bk L);
 13-14 (Stop & Go Hockey Stick) Fwd L, rec R ronde L ccw, XLIB of R/cl R, sd L(W Cl R to L, fwd L, fwd R/XLIB of R, fwd R swivel 1/2 LF on R);
 Ck XRIF, rec L, in place R/L, sd R(W ck bk L sit line left arm straight up, rec R 1/2 RF trn fc RLOD, bk L/XRIF of L, bk L) to Fan position;
 15-16 (Alemana) Fwd L, rec R, cl L/in place R, sd L lead W RF trn(W cl R to L, fwd L, fwd R/XLIB of R, fwd R RF trn fc partner); Bk R, rec L, sd R/cl L, sd R(W XLIF of R commence RF trn under lead hand, fwd R cont RF trn fc COH, sd L/cl R, sd L spiral RF on L);

Meas

INTERLUDE

1~ 8 Leg Curl; Leg Curl Trn w/Rks; Single Cuban; New Yorker w/Spin;
Leg Curl; Leg Curl Trn w/Rks; Single Cuban; New Yorker w/Spin;

- 1-3- 1 (Leg Curl) No hands joined sd L, R leg flick bk, sd R, L leg flick bk;
 1&234 2 (Leg Curl Trn) Sd L commence RF trn/hop on L R leg flick bk, sd R cont RF trn fc Wall, sd rk L, rec R Bfly/Wall;
 1&23&4 3 (Single Cuban) XLIF/rec R, sd L, ck XRIF/rec L, sd R;
 4 (New Yorker w/Spin) LOP/RLOD ck thru L, rec R fc partner, sd & fwd L twd LOD commence LF spin/cont spin R, L no hands joined;
 5- 8 Repeat meas 1-4 of Interlude start opposite foot;;;;

Meas

PART C

1~ 8 (handshake) Flirt to Varso; Bk Basic(W in 4) Shadow; Kick Kick Sailor Shuffle Twice; Rk Fwd & Bk; Rev Develope & Press; Body Ripple; W Out to Fc(M Trans);

- 1 (Flirt to Varso) Right hands joined fwd L, rec R left hands joined Varso, bk L/XRIB, bk L(W bk R, rec L 1/2 LF trn, bk R/XLIF of R, bk R)Varso/Wall;
 123&4 (1234) 2 (Bk Basic W in 4) Bk R, rec L, fwd L/XRIB of L, fwd L(W bk L, rec R, fwd L, fwd R) Shadow/Wall;
 3- 8 Repeat meas 3-8 of Introduction;;;;;

9~16 (handshake) Cross Body w/Twirl;; Shadow New Yorker; Underarm Trn; (Bfly)Cross Basic W Spiral; (Bfly/Wall); DBL Cuban; Spot Trn;

- 9-16 Repeat meas 9-16 of Introduction;;;;;;;

Meas

PART Bmod

1~ 8 Challenge Chase;; (handshake) Turkish Towel;; 3 Breaks;; W Roll to OP/Wall;

- 1- 8 Repeat meas 1-8 of Part B;;;;;;;

9~13 Single Cuban; Fence Rec W Roll Bk Pt Tandem; Sync Sd Cl Pt Twice; W Roll Out(M Trans) fc LOD; Lunge Sit Line & Hold;

- 9-11 Repeat meas 9-11 of Part B start man fc COH;;;;
 1-3&4 (123&4) 12 (W Rol Out M Trans fc LOD) Sd L, tap R beside L 1/4 LF trn fc LOD, small stp sd R/cl L, fwd R (W sd & fwd L commence LF roll, sd R cont LF roll fc LOD, bk L/XRIF of L, bk L) LOP-FC/LOD;
 13 (Lunge Sit Line & Hold) Lower on R lunge line(W small bk R sit line left arm straight up), hold, -, -;