MEASURE


PART A

1 – 8 [Loose CP Wall] BASIC; ALEMANA To LARIAT; HND To HND 2X;

1 – 4 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R, cl L, rd R; Rk Fwd L, rec R, bk & sd L/cl L, sd L raising lead hnd to lead W. under(Bk R, rec L, fwd & sd R/cl L, fwd & sd R); trng slightly RF. Bk R crsg beh L lead’g W under jnd hands, rec L to fc wall, sd R/cl L, sm sd R(W Fwd L twd M’s left sd under joined lead hndns trng 1/2 RF, fwd R trng RF to fc M, fwd & sd L, cl R, sd L);

5 – 8 Maintaing jnd lead hndns Sd L w/partial wtg, rec R, sd L/cl R, sd L leadg W fwd to pass beh bk(W Fwd R pass’g m’s rt sd, fwd L, fwd R/cl L, fwd R beh M to LOP fgc wall); Bk R, rec L, sd R/cl L, sd R cont to lead W to fc (W Fwd L, fwd R to fc ptr, sd L/cl R, Sd L to Bfy); Trng LF to sd by sd pos bk L, rec R trng RF to Bfy, Sd L/cl R, Sd L; Trng RF to fd by sd pos bk R, rec L to fc, sd R/cl L, sd R;

PART B

1 – 8 CHASE w/ UNDERARM PASS; FENCE LINES 2X; CHASE w/ UNDERARM PASS; N. YORKER; SPOT TRN;

1 – 4 Keeping lead hndns jnd Fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L(W Bk R, rec L, fwd R/cl L, fwd R twd M’s lift sd); Bk R raising jnd hndns to bring W past lift sd, rec L, sm sd R/cl L, sd R to BFY(W. fwd L , fwd R trng 1/2 LF under jnd hndns to fc ptr, sd L/cl R, sd L) to Bfy coh; Cross lunge thru L (lod) w/bent knee lookg dir of lunge, rec R to fc, sd L/cl R, sd L; Cross lunge thru R w/bent knee lookg dir of lunge, rec L trng RF to fc, Sd R/cl L, Sd R;

5 – 8 Keeping lead hndns jnd Fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L(W Bk R, rec L, fwd R/cl L, fwd R twd M’s lift sd); Bk R raising jnd hndns to bring W past lift sd, rec L, sm sd R/cl L, sd R to BFY(W. fwd L , fwd R trng 1/2 LF under jnd hndns to fc ptr, sd L/cl R, sd L) to Bfy wall; Trng RF to Sd by Sd leading lead hndns thru Fwd L w/ str leg, rec R to fc ptr, sd L/cl R, sd L; XRIF trng LF up to ¾, Rec L cont to trn to fc, sd R/cl L, sd R to Bfy;

9 – 16 BRK BACK TO TRIPLE CHAS; AIDA TO TRIPLE BK CHAS; SWITCH TO CRAB WALKS; N. YKRK 2X;

9 – 12 Trng LF Stp Bk L to OP, rec R trng slightly RF to tch lead hndns w/ptr fwd L/lk R ib, fwd L; Trng slightly away fr ptr Fwd R/lk L ib, fwd R, trng slightly twd ptr to tch lead hndns fwd L/lk RIB, fwd L to LOD; Jng lead hndns Thru R, trng RF sd L, contg RF trn to slightly away fr ptr bk R/lk L if, bk R; trng slightly twd ptr Bk L/lk R if, bk L, trng slightly away from ptr Bk R/lk L if, bk R;

13 – 16 Swivel Lg LF to fc ptr in BFY Sd L, rec R, swvlg rf on R XL if; fcg sd R, XL if; g Sd R, swvlng rf on R XL if, sd R/cl L, sd R; Trng RF to Sd by Sd bringing lead hndns thru Fwd L w/ str leg, rec R to fc ptr, sd L/cl R, sd L; Trng LF thru fwd R w. str. leg, rec L to fc ptr, sd R/cl L, sd R;

PART C

1 – 8 RONDE CHA CHA BOX 2X; CHASE 2 MEAS TO TANDEM WALL; CUCURACHA 2X;

1 – 4 In low BFY or no hnds jnd with ronde action XL if, sd R, bk L/lk R if, bk L; with ronde action XR ib, sd L, fwd R/lk L, fwd R; REPEAT meas 1 - 2;

5 – 8 Fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L (W. Bk R, rec L, fwd R/cl L, fwd R); Fwd R trng 1/2 LF, rec L, fwd R/cl L, fwd L to tandem wall(W fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L; With partial weight Sd R, rec L, cl L/sip R, sip L; With partial weight Sd R, rec L, cl L/sip R, sip R); (arm styling optional)

9 – 16 TRAVELING DOORS 2X; FINISH CHASE; O. HIP TWIST To FAN; HOCKEY STICK To FC;

9 – 12 (Still in tandem) Rk Sd L, rec R, XL if/sd R, XL if; Rk Sd R, rec L, XR if, sd L XR if; Rk fwd L, rec R, bk /cl R if, Bk L/W. fwd R trn g LF 1/2, Rec R, fwd L/cl R, fwd L); Rk fwd L, rec R, bk / lk R if, bk L (W. Fwd R trng 1/2 LF, rec R, fwd R/lk L, fwd R); Bk R, rec L, Sd r/cl L, sd R;

13 – 16 Fwd L, rec R, bk / cl L, sm bk L keeping lift am fwd to lead W(W. Bk R, rec L, fwd R/cl L, fwd R swvlg 1/4 RF but keepng shldr s as square to ptr as possible); Bk R, rec L, Sd R/cl L, sd R(W. Fwd L, fwd R trng 1/2 LF to fc rlod, bk L/lk R if, bk L); Fwd L, rec R bringng lead hndns up & akrs forehead to lead W twd rlod, sd & bk L/cl R, cl L(W. Cl R, fwd L, fwd R/lk L, fwd R twd rlod); Trng slightly RF Bk R, rec L leading W to LF underarm trn, trng to wall sd /cl L, sd R(W. fwd L, fwd R trng LF under jnd hndns to fc ptr, sd L/cl R, sd L) to BFY;
PART Amod

1 – 8 QUICK N. YRKRS 2X; SINGLE CUBANS; ALEMANA To LARIAT;;; HND To HND 2X;;
1 – 4  Trng RF to Sd by Sd bringing lead hnds thru Fwd L w/str leg/ rec R to fc ptr, sd L, Trng LF thru fwd R
w. str leg/ rec L to fc ptr, sd R;  Rk Fwd L, rec R, bk & sd L/ cl R, sd L raising lead hnd to lead W. under
(W. Bk R, rec L, fwd & sd R/cl L, fwd & sd R);  trng slightly RF  Bk R crsg beh L lead’g  W under jnd hands,
rec L to fc wall, sd R/cl L, sm sd R(W fwd L twd M’s left sd under joined lead hnds trng 1/2 RF, fwd R trng RF
to fc M, fwd & sd L, cl R, sd L);
5 – 8 Maintaining jnd lead hnds Sd L w/partial wtg, rec R, sd L/cl R, sd L leadg W fwd to pass beh bk(W Fwd R
pass’g m’s rt sd, fwd L, fwd R/cl L, fwd M beh M to LOP fcc wall);  Bk R, rec L, sd R/cl L, sd R cont  to lead W  to fc
(W Fwd L, fwd R to fc ptr, sd L/cl R, Sd L to Bfy);  Trng LF to sd by sd pos bk L, rec R trng RF to Bfy,
Sd L/cl R, Sd L;  Trng RF to sd by sd pos Bk R, rec L to fc, sd R/cl L, sd R to Bfy;

NOTE:  Amod can be replaced with A if desired.

PART D

1 – 8 SLO MER; OK MER (4); TRVLNG DOORS 2X;; SLOW MER; OK MER; SLO MER; HIP ROLL DOWN & UP;
1 – 4  Sd L using insd edge of ball of ft & rolling onto ft(merangue action), - , straightening L knee cl R, -
Sd L, cl R, sd L, cl R w/ merangue action;  Rk sd L, rec R, XL if/sd R, XL if;  Rk sd R, rec L, XR if/cl L, XR if;
5 – 8  Repeat Meas 1 & 2;; Repeat Meas 1; (Relsg hnds if jnd) With knees tog lower while rolling hips fwd & bk, -,
rise while rolling hips fwd & bk, -;

PART C

1 – 8 RONDE CHA CHA BOX 2X;;;; CHASE 2 MEAS TO TANDEM WALL;; CUCURACHA 2X;;
1 – 4  In low Bfy or no hnds jnd  with ronde action XL if, sd R, bk  L/ lk R if, bk L;  with ronde action XR ib,  sd L,
fwd R/lk L, fwd R;  REPEAT meas 1 - 2;
5 – 8  Fwd L trng 1/2 RF, rec R,fwd L/cl R, fwd L (W. Bk R, rec L, fwd R/cl L, fwd R);  Fwd R trng 1/2 LF, rec L,
fwd R/ L, fwd R to tandem wall(W fwd L trng 1/2 RF, rec R, fwd L/cl L, fwd L);  With partial weight Sd L,
rec R, cl L/sip R, sip L;  With partial weight Sd R, rec L, cl R/sip L, sip R; (arm styling optional)
9 – 16 TRAVELING DOORS 2X;; FINISH CHASE;; O. HIP TWIST To FAN;; HOCKEY STICK;;
13 – 16  Fwd L, rec R, bk / cl R, sm bk L keeping ft am fwd to lead W( W. Bk R, rec L, fwd R/cl L, fwd R
swvlg 1/4 RF but keeping shldr as square to ptr as possible);  Bk R, rec L, Sd R/cl L, Sd R;
9 – 12  (Still in tandem)  Rk Sd L, rec R, XL if/sd R, XL if;  Rk Sd R, rec L, XR if, sd L XR if;  Rk fwd L, rec R,
bk / lk R if;  Bk L(W. fwd R trn g LF 1/2, Rec R, fwd L, lk R, fwd L);  Rk fwd L, rec R, bk / lk R if, bk L
(W. Fwd R trng 1/2 LF, rec L, fwd R/lk L, fwd R);  Bk R, rec L, Sd R/cl L, Sd R;

PART A

1 – 8 BASIC;; ALEMANA To LARIAT;;; HND To HND 2X;;
1 – 4  Fwd L, rec R, sd L/cl R, sd L;  Bk R, rec L, sd R/ cl L, sd R;  Rk Fwd L, rec R, bk & sd L/ cl R, sd L raising
lead hnd to lead W. under(Bk R, rec L, fwd & sd R/cl L, fwd & sd R);  trng slightly RF  Bk R crsg beh L lead’g
W under jnd hands, rec L to fc wall, sd R/cl L, sm sd R(W fwd L twd M’s left sd under joined lead hnds
trng 1/2 RF, fwd R trng RF to fc M, fwd & sd L, cl R, sd L);
5 – 8  Maintaining jnd lead hnds Sd L w/partial wtg, rec R, sd L/cl R, sd L leadg W fwd to pass beh bk(W Fwd R
pass’g m’s rt sd, fwd L, fwd R/cl L, fwd R beh M to LOP fcc wall);  Bk R, rec L, sd R/cl L, sd R cont  to lead W  to fc
(W Fwd L, fwd R to fc ptr, sd L/cl R, Sd L to Bfy);  Trng LF to sd by sd pos bk L, rec R trng RF to Bfy,
Sd L/cl R, Sd L;  Trng RF to sd by sd pos Bk R, rec L to fc, sd R/cl L, sd R to Bfy;

End

POINT TO LOD
1  Point L ft and extend lead arm to LOD