De Hombre A Mujer (From Man to Woman)

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CD: Donato & Estefano "Lo Mejor De" Track #13 / Also available as single download from Napster.com
Rhythm: Cha Cha Cha Phase: IV + 2 + 1 modified
Phase IV Figures: Stop & Go Hockey Stick / Open Hip Twist
Tempo: Slow to 43 for comfort Modified Figure: Sand Steps with Kicks

Music Modification: Due to the length of this piece of music we ended the music at 3:26. We then faded the music from 3:15 to the end.
Sequence: Intro A(mod) B Inter A(mod) B End Footwork: Opposite for Woman (except where noted)
Release Date: November 2009

INTRO (16 Measures)

1-4 TANDEM FACING WALL w/ LADY IN FRONT AND LEAD FEET FREE --

WAIT; WAIT; CUCARACHA (PEEKING) 2X;;

1-2 (Wait; Wait) Tandem facing wall w/ lady in front - lead feet free for both;;

3-4 (Cucaracha 2X Peeking) Sd L, rec R, clo L/step R in place, step L in place
   (Ld sd R "peeking" back at ptr, rec L, clo R/step L in place, step R in place);
   Sd R, rec L, clo R/step L in place, steps R in place (Ld sd L "peeking" back at ptr,
   rec R, clo L/step R in place, step L in place);

5-8 FINISH THE CHASE;; NY OP LOD; WK 2 & FWD CHA:

5-6 (Finish the Chase to Fc Bfly) Fwd L, rec R, bk L/clo R, bk L; 6k R, rec L, fwd R/clo L, fwd R;
   (Fwd R commence LF tm 1/2, rec fwd L, fwd R/clo L, fwd R;  Fwd L with no tm, rec R, bk L/clo R, bk L;)

7 (NY) Step thru L to LOP RLOD w/ straight leg tmng to sd by sd position, rec R to fc ptr, sd L/clo R, sd L turning LF to fc LOD;

8 (Wk 2 & Fd Cha) Fwd R, fwd L, fwd R/XLIB, fwd L;

9-12 CIRCLE AWY & TOG BFLY;; CHASE 1/2 TANDEM FACING WALL;;

9-10 (Circle Away & Tog) Trng LF in circle - Fwd L, fwd R, fwd L/XLIB, fwd L;  Fwd R, fwd L, fwd R/XLIB, fwd R to Bfly;

11-12 (Chase 1/2 to Tandem Facing Wall) Fwd L commence RF tm 1/2, rec fwd R, fwd L/clo R, fwd L;
   Fwd R commence LF tm 1/2, rec fwd L, fwd R/clo L, fwd R;
   (Bk R with no tm, rec L, fwd R/clo L, fwd R;  Fwd L commence RF tm 1/2, rec fwd R, Fwd L/clo R, fwd L;)

13-16 13-14 CUCARACHA (PEEKING) 2X;; FINISH THE CHASE TO BFLY;;

13-14 (Cucaracha 2X Peeking) Sd L, rec R, clo L/step R in place, step L in place
   (Ld sd R "peeking" back at ptr, rec L, clo R/step L in place, step R in place);
   Sd R, rec L, clo R/step L in place, steps R in place (Ld sd L "peeking" back at ptr, rec R, clo L/step R in place, step L in place);

15-16 (Finish the Chase to Fc Bfly) Fwd L, rec R, bk L/clo R, bk L; 6k R, rec L, fwd R/clo L, fwd R;
   (Fwd R commence LF tm 1/2, rec fwd L, fwd R/clo L, fwd R;  Fwd L with no tm, rec R, bk L/clo R, bk L;)

PART A (12 Measures)

1-4 FNC LN; FNC LN IN 4; FNC LN; FNC LN IN 4;

1 (Fnc Ln) Cross lunge thru L with bent knee looking in direction of lunge, rec R tmng to fc ptr, sd L/clo R, sd L;

2 (Fnc Ln in 4) Cross lunge thru R with bent knee looking in direction of lunge, rec L tmng to fc ptr, sd R, rec L;

3 (Fnc Ln) Cross lunge thru R with bent knee looking in direction of lunge, rec L tmng to fc ptr, sd R/clo L, sd R;

4 (Fnc Ln in 4) Cross lunge thru L with bent knee looking in direction of lunge, rec R tmng to fc ptr, sd L, rec R;

5-8 NY; AIDA; SWITCH RK; CUCARACHA;

5 (NY) Step thru L to LOP RLOD w/ straight leg tmng to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;

6 (Aida) Fwd R tmng LF, rec L continuing RF tm, bk R/Lk L in front of R, bk R;

7 (Switch Rock) Turning LF to fc ptr sd L checking & bringing joined hands thru, rec R, sd L/clo R, sd L;

8 (Cucaracha) Sd R, rec L, clo R/step L in place, step R in place;

9-12 CHASE;;;

9-12 (Chase) Fwd L commence RF tm 1/2, rec fwd R, fwd L/clo R, fwd L;  Fwd R commence LF tm 1/2, rec fwd L, fwd R/clo L, fwd R;
   (Bk R with no tm, rec L, fwd R/clo L, fwd R;  Fwd L commence RF tm 1/2, rec fwd L, fwd R/clo L, fwd L;
   Fwd R commence LF tm 1/2, rec fwd R, fwd L/clo R, fwd L;  Fwd L with no tm, rec R, bk L/clo R, bk L;)

1-4 FNC LN; FNC LN IN 4; FNC LN; FNC LN IN 4;
PART A - Modified (14 Measures)

1-4  
**FNC LN: FNC LN IN 4; FNC LN: FNC LN IN 4:**

1  (Fnc Ln) Cross lunge thru L with bent knee looking in direction of lunge, rec R tming to fc ptr, sd L/clo R, sd L;

2  (Fnc Ln IN 4) Cross lunge thru R with bent knee looking in direction of lunge, rec L tming to fc ptr, sd R, rec L;

3  (Fnc Ln) Cross lunge thru R with bent knee looking in direction of lunge, rec L tming to fc ptr, sd R/clo L, sd L;

4  (Fnc Ln IN 4) Cross lunge thru L with bent knee looking in direction of lunge, rec R tming to fc ptr, sd L, rec R;

5-8  
**NY; AIDA; SWITCH RK; CUCARACHA:**

5  (NY) Step thru L to LOP RLOD w/ straight leg tming to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;

6  (Aida) Fwd R tming RF, sd L continuing RF tm, bk R/Lk L in front of R, bk R;

7  (Switch Rock) Turning LF to fc ptr sd L checking & bringing joined hands thru, rec R, sd L/clo R, sd L;

8  (Cucaracha) Sd R, rec L, clo L/stop L in place, step R in place;

9-12  
**CHASE TO RT HANDSHAKE:**

9-12 (Chase) Fwd L commence RF tm 1/2, rec fwd L, fwd R/clo L, fwd L; Fwd R commence LF tm 1/2, rec fwd R, fwd L/clo R, fwd L;

13-14  
**OPEN HIP TWIST:**

13  (Open Hip Twist) With R hnds joined - Ck fwd L, rec R, small bk L/clo R, bk L pushing arm fwd gently to tmlady;

14  (Fan) Bk R, rec L, sd R/clo L, sd R; (Lady Fwd L, fwr R swiveling LF 1/2 tm fc RLOD, bk L/k R in front, bk L leaving R extended fwd w/ no weight)

PART B (18 Measures)

1-4  
**STOP & GO HOCKET STICK (BK TO FAN); HOCKEY STICK Under Turned TO FC Wall BFLY:**

1-2  (Stop & Go Hockey Stick) Ck f wd L, rec R raising L arm to lead lady to LF UA tm, in place L/R, L;

3-4  (Hockey Stick to Fc Wall Bfly) Fwd L, rec R, in place L/R, L bringing joined lead hnd across in front of his forehead;

5-8  
**SAND STEPS 2X; SAND STEPS W/KICKS 2X:**

5-6  (Sand Step 2X) Swiveling slightly to R on the R ft rotate the L knee inward in order to touch the L toe to the instep of the R ft (no weight chg), swiveling slightly to the L on the R ft rotate the L knee outward in order to touch the L heel to the floor (no weight chg), swiveling slightly to the R on the L ft XLIIF/sd R, XLIF; Repeat on the opposite foot and opposite direction;

7-8  (Sand Step 2X w/Kicks) Swiveling slightly to R on the R ft rotate the L knee inward in order to touch L toe to the instep of the R ft (no weight chg), swiveling slightly to L on the R ft rotate the L knee outward and kick the L ft out to the L (no weight chg), swiveling slightly to R on the R ft XLIIF/sd R, XLIF; Repeat on the opposite foot and opposite direction;

9-12  
**TRAV DOOR 2X; CIRCLE AWY & TOG TO BFLY:**

9-10  (Traveling Door 2X) Rk sd L, rec R, XLIF/sd R, XLIF; Rk sd R, rec L, XRIF/sd L, XRIF;

11-12 (Circle Awy & Tog) Trning LF in circle - Fwd L, fwr R, fwr L/XRIB, fwr L; Fwd R, fwr L, fwr R/XLIB, fwr R to fc wall Bfly;

13-15  
**1/2 BASIC; WHIP 2 TO TANDEM LOD & FWD CHA 3X:**

13  (1/2 Basic) Fwd L, rec R, sd L/clo R, sd L;

14-15 (Whip to Tandum LOD & Fwd Cha 3X) Bk R commence 1/4 LF tm to fc LOD, rec fwd L, fwr R/XLIB, fwr R;

16-18  
**LD TRN TO TRIPLE CHA BK; HOCKET STICK ENDING Undeturned TO FC WALL:**

16-17 (Ld Trn to Triple Cha Bk;) Fwd L, rec R, bk L/XRIF, bk L; Bk R/XLIB, bk R, bk L/XRIF, bk L;

18 (Hockey Stick Ending to Fc Wall) Bk R, bk L turning to fc wall, sd R/clo L, sd R;

(Stop & Go Hockey Stick)

LD TRN TO TRIPLE CHA BK;

HOCKEY STICK ENDING Undeturned TO FC WALL;

(Stop & Go Hockey Stick)
INTERLUDE (8 Measures)

1-4
NY: HND TO HND; NY: HND TO HND W/ LADIES OUTSIDE ROLL;

1  (NY)  Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;

2  (Hnd to Hnd)  Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;

3  (NY)  Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;

4  (Hnd to Hnd)  Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;

   (Lady Step behind L to LOP RLOD, rec R to fc ptr, start a RF roll L progressing to RLOD/continue RF roll R, finish RF roll L;)

5-8
SHLDR TO SHLDR; CRAB WK:; SPOT TRN;

5  (Shldr to Shldr)  Fwd L to Bfly SDCR, rec R to fc, sd L/clo R, sd L;

6-7  (Crab Wks)  XRIF of L, sd L, XRIF of L/sd L, XRIF of L;  Sd L, XRIF of L, sd L/clo R, sd L;

8  (Spot Trn)  Commence trn XRIF trning on crossing ft 1/2, rec L w/ complete trn to fc ptr, sd R/clo L, sd R;

END (8 Measures)

1-4
NY: HND TO HND; NY: HND TO HND W/ LADIES OUTSIDE ROLL;

1  (NY)  Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;

2  (Hnd to Hnd)  Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;

3  (NY)  Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;

4  (Hnd to Hnd)  Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;

   (Lady Step behind L to LOP RLOD, rec R to fc ptr, start a RF roll L progressing to RLOD/continue RF roll R, finish RF roll L;)

5-8
SHLDR TO SHLDR; CRAB WK 1/2; LUNGE SD & HOLD.

5  (Shldr to Shldr)  Fwd L to Bfly SDCR, rec R to fc, sd L/clo R, sd L;

2  (Crab Wk)  XIF R, sd L, XIF R/sd L, XIF R;

3-4  (Lunge Sd & Hold)  Step sd on L softening L knee w/ R leg extended straight to side.