FIRST A CAPPUCCINO - ERST EIN CAPPUCCHINO

Music: Kristina Bach
www.amazon.com/Best Of
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] XLib (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] [relsg 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 XLib (W XRif) trng RF, rec R compg full trn, sd L to BFLY, -: Relg hnds XRif (W XLib) 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, sd 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 Face] 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 XLib 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 cir 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, -: [Sidewalk 3] Sd R, cl L, sd R to BFLY WALL, -;

PART B CHA CHA

01-04 BACK BREAK INTO TRIPLE CHA’s to LOD ;; AIDA ;; SWITCH RECOVER & CHA to LOD ;
[Bk Break Into TripleCha’s to LOD] [Relsg ld hnds] 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 away 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 ;
05-08 BACK BREAK INTO 3 CHA’s to RLOD ; ; TO RLOD AIDA ; SWITCH CROSS ;
[Bk Break Into Tripple Cha’s to RLOD] [Relg Id hands] XRib (W XLib) to LOP RLOD, rec R, w/ bdy trn twd ptr fwd L/Ik Rib (W Ik Lib), fwd L ; w/ Bdy trn away from ptr fwd R/Ik Lib (W Ik Rib), fwd R, w/ bdy trn twd ptr fwd L/Ik 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/Ik 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 Id 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 Id 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 ;