MOOLA LAH

By: Sandi & Dan Finch, 12082 Red Hill Avenue, North Tustin, CA 92705, 714-838-8192, sandi@sandance.us

Mambo Phase 4 + 1 (arm check) + 1 (tummy check)  
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Music: Track 7, “Melao de Cana (Moola lah)” Mambo Kings soundtrack CD or Wal-mart download or contact choreographers.

Tempo: As on CD (36 mpm) or slow for comfort

Difficulty Level: Basic

Footwork: Described for Man—Lady opposite (or as noted)

Sequence: Intro AB AC AC B Interlude C End

1-4
WAIT;; CUCARACHA LEFT & RIGHT;;

1-2 {Wait} Wait 2 meas. Man feg ptr & Wall, loose CP, lead feet free;;
3-4 {Cucaracha left & right} Sd L with partial weight, rec R, cl L, -; sd R with partial weight, rec. L, cl R, -;

PART A

1-4
FORWARD BASIC; BACK BASIC; CUCARACHA LEFT & RIGHT;;

1 {Forward Basic} Fwd L, rec R, small bk L, -;
2 {Back Basic} Bk R, rec L, small fwd R, -;
3-4 {Cucaracha left & right} Repeat Meas. 3-4, Intro;;

5-8
OPEN BREAK; UNDERARM TURN; SCALLOP;;

5 {Open break} Apt L retaining joined lead hands and extending free arm up with palm out, rec R lower arm, sd L, -;
6 {Underarm turn} Bk R raising lead hands to lead Lady’s RF tm, rec L, sd R to loose CP fcg wall, -; (XLIF of R under joined lead hands comm. 1/2 RF tm, rec R completing RF tm to fc ptr, sd L, -)
7-8 {Scallop} Swvl LF bk L twd RLOD to SCP fcg LOD, sml fwd R, rec R, swvl RF on R to fc ptr and wall sd L CP, -; swvl LF thru R, trng RF to fc ptr sd L, cl R CP fcg wall, -; (Swvl RF bk R to SCP fcg LOD, rec L, swvl LF on L to fc ptr sd R, -; swvl RF thru L, sd R trng LF to fc ptr, cl L, -)

PART B

1-6
CUCARACHA LEFT & RIGHT;; VINE 6;; SOLO ROLL 6 TO FC WALL;;

1-2 {Cucaracha left & right} Repeat Meas. 3-4, Intro;;
QQS
3-4 {Vine 6} Sd L, XRIB of L, sd L, -; XRIF of L, sd L, XRIB of L, -; (Sd R, XLIB of R, sd R, -; XLIB of R, sd R, -;)
QQS
5-6 {Solo roll 6} Trng LF away from ptr fwd L LOD, cont trng sd R, bk L LOD compltg _ tm feg RLOD no hands, -;
QQS
Bk L LOD comm. LF tm, cont. tm, sd L LOD to fc ptr & wall, cl R to L no hands, -; (Trng RF away from ptr fwd R LOD, cont. trng sd L, bk R LOD compltg _ trn feg RLOD, -; Bk L LOD comm. RF tm, cont. tm sd L LOD to fc ptr & COH, cl L to R no hands, -)

7-12
FORWARD BASIC MAN SPIN*; BACK BASIC LADY SPIN*; OPEN BREAK TO TUMMY CHECK;;

OPEN BREAK; UNDERARM TURN;

7 {Forward basic Man spin} Fwd L comm. RF tm, fwd R spinning to fc wall, bk L, -; (Bk R, rec L, fwd R, -;)
[*Note: Spin is optional]
8 {Back basic Lady spin} Bk R, rec L, fwd R jng ld hnds, -; (Fwd L comm. RF tm, fwd R spinning to fc COH, bk L feg ptr, -;)[*Note: Spin is optional]
9 {Open break} Repeat Meas. 5, Part A;
10 {Tummy check} Releasing lead hnds fwd R chkg to ptr’s rt sd putting rt hnd around ptr’s waist with Lf arm extd off shldr and looking twd ptr, rec L, sml bk & sd R feg wall joining ld hnds, -; (Releasing lead hnds fwd L chkg to ptr’s rt sd putting rt hnd around ptr’s waist with Lf arm extd off shldr and looking twd ptr, rec R, sml bk & sd L feg wall joining ld hnds, -)
11-12 {Open break} Repeat Meas. 5, Part A; {Underarm turn} Repeat Meas. 6, Part A;

REPEAT PART A
PART C

1-4  FULL BASIC;; BREAK BACK TO SCP; THRU TO AIDA;
     1-2  \{Full basic\}  Fwd L, rec R, sd L,;-; Bk R, rec L, sd R,;-;
     3  \{ Break back to SCP \}  Trng LF to fc LOD bk L, rec R, fwd L SCP,;-; (Trng RF to fc LOD bk R, rec L, fwd R SCP,;-)
     4  \{Thru to aida\}  Thru R comm. RF trng, sd L cont trng to fc RLOD, bk R in slight “V” position,;-; (Thru L comm. LF trn, sd R cont LF trn, bk L,;-)

5-8  ROCK 3: PATTY CAKE TAP;; BACK BASIC;; PATTY CAKE TAP;
     5  \{Rock 3\}  Rk fwd L with partial weight, rec R, fwd L ending still in slight V pos feg RLOD,;-; (Rk fwd R with partial weight, rec L, fwd R,;-)
     SS 6  \{Patty cake tap\}  Lift R (L) knee swvlg LF (RF) _ on L (R) to fc ptr and touch palms of trailing hands XRIF (XLIF) tap R (L) toe twd LOD,;-; lift L (R) knee swvlg RF _ on L (R) to LOP feg RLOD bk R (L),;-;
     7  \{Back basic\}  Bk L, rec R, fwd L,;-; (Bk R, rec L, fwd R,;-)
     SS 8  \{Patty cake tap\}  Repeat Meas. 6;

9-12 BACK BASIC;; ROLL 3 TO BFLY;; NEW YORKER 2 TIMES;;
    9  \{Back basic\}  Repeat Meas. 7;
    10  \{Roll 3 to bfly\}  Fwd R rolling RF, L, R to BFLY feg ptr and wall,;-; (Fwd L rolling LF, R, L to BFLY fc ptr,;-)
    11-12 \{New yorker 2 times\}  Thru L trng RF twd RLOD to sd by sd pos trailing arms up off shldrs, rec R to fc ptr, sd L feg wall,;-; (Thru R trng LF twd RLOD, rec L to fc ptr, sd R feg COH,;-;)

REPEAT PART A
REPEAT PART C
REPEAT PART B

INTERLUDE

1-8 OPEN BREAK TO ARM CHECK;; CROSS BODY TO BFLY;; DIAMOND TURN ;; BACK FACE WALL SIDE STOMP;
    1-2  \{Open break to arm check\}  Rk apt L, rec R, sd & fwd L toward ptr’s rt sd release joined lead hands and Man take her rt wrist in his rt hand,;-; Fwd R trng LF _ leading ptr to spin RF as she goes past twd COH, fwd L, cl R to CP fc COH,;-; (Rk apt R, rec L, fwd R toward man’s rt sd,;-; Spin past him RF 1 _ L, R, L to chg sds to CP fc wall,;-)
    3-4  \{Cross body\}  Fwd L, rec R, sd L trng LF [foot trnd 1/4, body trnd less] feg almost RLOD,;-; bk R cont. LF trn, small fwd L, sd and fwd R fc wall BFLY,;-; (Bk R, rec L, fwd R twd Man to an L pos,;-; fwd L comm. LF trn, fwd R trng 1/2 LF, sd & bk L BFLY fc COH,;-)
    QQQQ 5  \{Full diamond turn with hops\}  Fwd L trng LF twd DLW, cont trn LF sd & bk R, bk L twd RLOD cont trng outside ptr comptltg _ LF trn, lift R knee up twd body allowing L to slip slightly bk to fc DLC; (Bk R trng LF on diag., cont. trn sd L, fwd R outside ptr, lift L knee allowing R to slip bk;)  Note:  Hops don’t actually hop; tighten abdominal muscles like being hit in the stomach and lift free knee.  ['**Hops can be omitted, in which case, dance each measure QQS.']
    QQQQ 6  Bk R trng LF to fc DLC, sd & fwd L cont LF trn , fwd R outside ptr, hop on R feg COH comptltg _ LF trn; (Fwd L trng LF, sd & bk R, bk L outside ptr, hop on L,)
    QQQQ 7  Fwd L trng,LF, sd & bk R cont trng LF, bk L twd RLOD outside ptr, hop on L comptltg _ LF trn; (Bk R trng LF, sd L, fwd R outside ptr, hop on R,)
    8  \{Back face wall side stomp\}  Bk R twd RLOD trng LF, fwd & sd L cont trng to fc ptr & wall, stomp R no hands jnd,;-; (Fwd L trng LF, cont trng bk & sd R to fc COH & ptr, stomp L,;-)

REPEAT PART C

END

1-4  MAN SPOT TURN LADY TIME STEP;; LADY SPOT TURN MAN TIME STEP;; CUCARACHA;; SIDE LUNGE ARMS UP & LAUGH;
    1  \{Man spot turn Lady time step\}  XLIF of R comm._ RF trn, rec R trng to fc ptr, sd L,;-; (XRIB of L, rec L, sd R,;-)
    2  \{Lady spot turn Man time step\}  XRIB of L, rec L, sd R,;-; (XLIF of R comm._ RF trn, rec R trng to fc ptr, sd L,;-)
    3  \{Cucaracha\}  sd L with partial weight, rec R, cl L,;-;
    S - - 4  \{Side lunge Arms up & laugh\}  sd lunge R (L) twd RLOD allowing free feet to drag,;-; extend trailing arms up off shoulder lead hands on hips, laugh as music ends with laugh,;-;