

HOUSE OF BAMBOO

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RECORD: Special Pressing (Available from choreographers)
flip side by Peter & Beryl Barton *Sleepy Time Foxtrot*

RHYTHM & PHASE: Mambo VI Slow for Comfort Jan 96

SEQUENCE: INTRO- AB-A (17-24)-CA (17-24)-B- A (MOD)



INTRO

1 - 4 FC WALL LOP WAIT; REC; LUNGE TRNS TWICE;;

- 1-2 Fc/wall in LOP M's R (W's L) ft free-hnds on hips slight V pt free ft RLOD (W LOD) look at prtnr WAIT; Rec R hnds out and palms down,-,-,-;
- 3-4 Lunge Trns- Fwd L twd wall pt M's R (W's L) arm twd wall, swivel 1/2 RF brings arms in, rec R,-; **Repeat action of meas 3 twd COH end LOP/Wall;**

PART A

1 - 4 FWD, FC, CLS CP/LOD,-; CUCARACHA; FWD BASIC ;CROSS BODY;

- 1-2 Fwd L twd wall, sd R trng 1/4 LF, cls L,-; Cucaracha- Sd R push ball of ft into floor, rec L, cls R,-;
- 3-4 Fwd Basic- Fwd L, rec R (W rec L), sd L trn LF 1/4 COH lead W fwd RLOD (W fwd R),-; Cross Body- Bk R trng 1/8 LF, rec L trng 1/8 LF RLOD, sd R (W fwd L trng LF 1/2, cls R, sd L),-;

5 - 8 MAN UNDER-LADY UNDER;; CUCARACHA WRAP; CUCARACHA UNWRAP;

- 5-6 Man Under- Fwd L swivel 1/2 RF under L arm,rec R swivel 1/2 RF, sd L (W Bk R, rec L, cls R,-),-; Lady Under-Bk R lead W to trn RF under L arm, rec L trn 1/4 LF to wall join M's R (W's L) hnds, sd R end in sd by sd wall (W XLFR com 1 1/4 RF trn under M's L arm, sd R cont trn, sd L),-;
- 7-8 Cucaracha Wrap-Sd L ball flat, roll W LF rec R,cls L (W Sd R, rec L spin full trn LF pt R arm twd wall, sd R wrap pos wall M's L sd),-; Cucaracha Unwrap-Sd R ball flat look at W, rec L lead W to unwrap RF, cls R (W Sd L ball flat trn 1/8 RF to look at M, fwd R bring arm in com full spin RF, sd & fwd L cont trn end sd by sd wall),-;

9 -12 CUCARACHA WRAP; CUCARACHA UNWRAP; CUCARACHA ROLL; BK BASIC/ROLL;

- 9-10 **Repeat meas 7-8 Part A;;**
- 11-12 Cucaracha/Roll-Sd L ball flat, rec R lead W to roll LF, cls L (NO HNDS) (W Sd R ball flat, rec L com full LF spin, sd R cont trn),-; Basic/Roll- Bk R com 1/4 LF trn NO HNDS, fwd L cont trn, sd R CP/LOD (W roll 3/4 LF LOD L, R, L),-;

13-16 DIAMOND TRN CP/LOD;;;

13-14 Start Diamond Trn-Fwd L com 1/4 LF trn (W's L arm out from sd), sd & bk R cont trn, bk L,-; Bk R com 1/4 LF trn, sd L cont trn, fwd R,-;

15-16 **Repeat meas 13 Part A;** Bk R com 1/4 LF trn, sd L cont trn,cls R fc CP/LOD,-;

17-20 BASIC;; BK BREAK; AIDA;

17-18 Basic-Fwd L, rec R, cls L,-; Bk R, rec L, cls R,-;

19-20 Bk Break-Trn 1/4 LF SCP/COH Bk L, rec R to fc, sd L,-; Aida trn SCP/thru R COH, com 1/2 RF trn sd L, cont trn bk R fc LOP/Wall,-;

21-24 SIT KICK; FENCE LINE; SPT TRN; CUCARACHA;

21-22 Sit Kick-Sm bk L soft knees/kick R in sit pos, rec R, thru L fc ptrnr,-; FENCE LINE- XRFL(COH), rec L fc, sd & fwd R wall,-;

23-24 Spt trn-XLFR swivel RF 1/2, fwd R swivel RF 1/4 LOD, sd L CP,-; Cucaracha- Repeat meas 2 Part A;

PART B

1 - 4 W OVERTRN UNDER ARM TRN; REV UNDER ARM TRN; OP BREAK; W ARND M;

1-2 CP/LOD Overtrnd Under Arm Trn - Lead W RF under M's L arm sd & bk L with cucaracha action, rec R, XLFR cross lunge pos look bk at W (W sd & fwd R RDC com 3/4 RF trn under M's L arm, sd & fwd L cont RF trn DW XRBL flick L across R),-; W Rev Under Arm CP-Lead W to trn LF rec R, cls L, cls R LOD(W fwd L com 3/4 LF trn, bk & sd R cont LF trn, sd L cont trn to fc RLOD),-;

3-4 Op Break- Bk L rt arm out to sd, rec R chg to R to R hnds lead W to R sd, fwd L lead W arnd bk (W Bk R, rec L, fwd R to M's R sd),-; W arnd Man-Sd R lead W arnd M to L sd, cls L, bk R jn L to L hnds(W arnd M fwd L, fwd R, fwd L giving M your L hnd),-;

5 - 8 W ARND TO SKATERS (TRANS); SD SWIVEL WLKS;; SD WLK (TRANS)/SPIN;

5-6 W Arnd to Skaters M Trans- Cont leading W arnd to rt sd L COH ,-, fwd R toe out trn upper body DW skaters pos(W Fwd R com 1/2 trn, fwd L cont RF trn to LOD, sd R end skaters pos),-; Sd Swivel Wlk (&SS)-Same ft work lower into R knee SD L bring L knee in with slight pressure in L toe/keep knees soft draw R to L,-,cls R,-;

7-8 **Repeat meas 6 Part B;** Sd Swivel Wlk/Spin Trans*- Same ft work lower into R knee SD L bring L knee in with slight pressure in L toe/keep knees soft draw R to L,-, trn 1/8 LF cls R CP/LOD(W Sd L com 1 3/4* LF spin LOD, sd R cont spin, sd L cont spin trans),-;

*Option: W may spin 3/4 instead of 1 3/4 Part B meas 8

9 -12 OP BREAK; FULL NAT TOP;;;

9-10 Op Break (mod)- Bk L, rec R com 1/8 RF trn, sd L to loose CP(W Bk R, rec L, fwd R between M's ft),-; Full Nat Top-cont RF trn XRBL with heel lead, sd L, XRBL cont RF trn,-;

11-12 Cont sd L, XRBL cont RF trn, sd L,-; XRBL cont RF trn, sd L, cls R(W sd L)CP/LOD complete 1 7/8 trn,-;

13-16 CIRCULAR HIP TWIST;;; BK BASIC/ REV TWIRL CP/LOD;

13-14 Circular Hip Twist- Lead W to swivel RF fwd L, rec R, XLBR fc COH,-(W swivel RF/XRBL, rec L swivel 1/2 LF, fwd R to M's R sd,-/swivel RF 1/4); Bk circular wks R,L,R(W fwd swivel L,R,L),-;

15-16 Cont Circular Hip Twist- Cont circular bk wks L,R,L complete 7/8 trn DW (W cont swivels R,L,R,-),-; Basic/Rev Twirl- Bk R, trng LF 1/8 twirl W LF under M's L arm fwd L, cls R CP/LOD(W Fwd L trng LF under M's L arm, fwd R cont LF trn, sd L),-;

REPEAT MEAS 17-24 PART A; ; ; ; ; ; ; ;

PART C

1 - 4 FWD BASIC; CROSS BODY OVERTRN'D; SPT TRN (TRANS); FWD BASIC;

1-2 Fwd Basic- Repeat meas 3 Part A; Cross Body- Bk R com 3/4 LF trn, rec L cont trn, sd R fc wall (W Fwd L trn LF, sd & bk R cont LF trn, sd L fc COH,-),-;

3-4 Spt Trn (Trans)- XLFR trn 3/4 RF, fwd R, tch L NO HNDS/LOD (W XRFL trn 1/2 LF, fwd L, cls R),-; Fwd Basic- Same ft work fwd L, rec R, Bk L,-;

5-8 BK BASIC KICK SWIVEL FIG 4 TAP; SIT SWIVEL; BODY RIPPLE; TRN SD CLS TANDEM COH;

5-6 Bk Basic-Kick-Swivel Fig 4 Tap- Bk R, rec L, kick P fwd toe dwn, swivel 1/4 RF on L creating fig 4 pos/tap R toe; Sit Swivel- Soften L Knee trn 1/8 RF fwd R toe out press ball of R ft into floor soft knees, swivel LF on R to LOD stay in sit pos pressure in L toe,-,-;

7-8 Body Ripple- Pull in abdomen ripple up thru back (1-2-3-4); Trn Sd Cls Tandem-Both fwd L trn 1/4 LF, sd R LOD, cls L tandem COH M in frnt,-;

9 -12 TRN SD CLS TANDEM WALL; DBL CUBANS WITH ARMS;;; SPT SPIN TRANS;

9-10 Trn Sd Cls Tandem Wall- Fwd R trn 1/4 RF, sd L trn 1/4 RF, cls R tandem pos wall W in frnt,-; Dbl Cubans with Arms- Both XLFR arms out to sd, rec R bring arms in (W start arms to cir over head), sd L cross hnds in frnt (W cont to cir arms over head),rec R;

11-12 (cont) Dbl Cubans-XLFR arms out, rec R, sd L hnds X in frnt, rec R hnds out from sds; *Spt Spin Trans- XLFR swivel 1/2 RF, fwd R trn 1/4 RF, tch L (trans)jn M's L (W R) hnds fc wall(W XLFR swivel 1/2 RF, fwd R spin 3/4 RF, sd L),-;

13-16 TRNG CUCARACHAS;;; CUCARACHA/TWIRL;

13-14 Trng Cucarachas- Sd L ball flat, rec R swivel 1/4 RF, cls L LOP/RL0D,-; Sd R ball flat, rec L spin 1/2 LF chg hnds, cls R OP/LOD,-;

15-16 Cont Trng Cucaracha- Sd L ball flat, rec R spin 1/2 RF chg hnds, cls L LOP/RL0D,-; Cucaracha/Twirl- Sd R ball flat, rec L spin 1/2 LF twirl W, cls R fc LOD (W Sd L ball flat, rec R com 1 full RF spin LOD, sd L cont spin),-;

REPEAT MEAS 17-24 PART A;;;;;;;;;;

REPEAT PART B;;;;;;;;;;;;;

PART A (MOD) BASIC;;; FWD BASIC; CROSS BODY; MAN UNDER-LADY UNDER;;
CUCARACHA WRAP; CUCARACHA UNWRAP LUNGE APT LOOK AT PRNTR;

1 - 2 Basic Repeat Part A meas 17-18::

3 - 7 Repeat Part A meas 3-7:::;

8 Cucaracha Unwrap to Lunge (QQ&S)- Sd R, lead W to roll RF rec L, cls R\lunge LOD on L look at prtnr inside hnds jn'd M's L (W's R) out to sd,-;

*Option on meas 12 Part C-(W XLFR swvel 1/2 RF LOD, fwd R fc prtnr, cls L,-;)