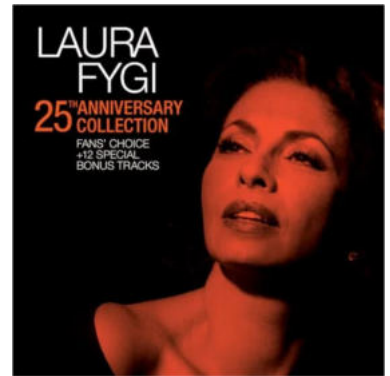


CAPULLITO DE ALELI [Aleli's Cocoon]

Music: Laura Fygi
Cd: 25 Anniversary collection
www.amazon.com/25th-Anniversary-Collection-Fans-Choice/dp/B07KJVS7Y
Track # 29 Time 3:31 Shortened to Time 2:49
See for shortened music below Available from choreographer

Rhythm: Cha Cha Phase: : IV+1(OP Hip Twist) + 2U
Footwork: Opposite except where (Noted)
Release Date: Dec 24
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
E-mail: jos.dierickx@telenet.be
Sequence: INTRO AB A BRIDGE B A(1-15)



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; RONDE CHA CHA BOX ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Ronde Cha Cha Box} Ronde Lif, sd R, bk L/lk Rif, bk L (W ronde Rib, sd L, fwd R/lk Lib, fwd R) ; Ronde Rib, sd L, fwd R/lk Lib, fwd R (W ronde Lif, sd R, bk L/lk Rif, bk L) to BFLY WALL ;

PART A

01-04 START CHASE to TANDEM COH ; OPPOSITE TRAVELING DOORS ; ; M TURN to FACE ;

{Start Chase to Tandem COH} [Relsg both hnds] Fwd L trng ½ Rf, rec R, fwd L/lk Rib, fwd L (W bk R, rec L, fwd R/lk Lib, fwd R) to Tandem COH ; {Opp Travelg Doors} Rk sd R, rec L, XRif (W XLif)/sd L, XRif (W XLif) M Xg behnd W ; Rk sd L, rec R, XLif (W XRif)/sd R, XLif (W XRif) M Xg behnd W to Tandem COH ; {M Trn to Fc} Fwd R trng ½ LF to fc ptr, rec L, fwd R/lk Lib, fwd R (W fwd L, rec R, bk L/lk Rif, bk L) to BFLY WALL ;

05-08 OP BREAK ; WHIP & REVERSE TWIRL ; AIDA to LOD ; SWITCH CROSS ;

{OP Break} Strong bk L (W strong bk R) xtndg trl hnd straight up, rec R, sd L/cl R, sd L to rt Hndshk WALL ; {Whip & Reverse Twirl} [w/ rt hndshk] Bk R trng LF & Idg W acrs, rec L contg LF trn raisg trl arms (W fwd L comm LF trn, fwd R cont LF trn fc Wall, sd & fwd L cont LF trn under jnd rt hnds/cont LF trn R, L fc Wall) sd R/cl L, sd R to BFLY COH ; {Aida to LOD} Thru L LOD, sd R to fc rel ld hnds & jn trl hnds, trng LF bk L/lk Rif, bk L RLOD to V BK-TO-BK ; {Switch Cross} Sd & bk R trng to fc ptr, rec L to BFLY COH, lookg RLOD XRif (W XLif)/sd L, XRif (W XLif) ;

09-12 CRAB WALK ENDING ; SPOT TURN ; CHASE WITH UNDERARM PASS ; ;

{Crab Walk Endg} Sd L, XRif (W XLif), sd L/cl R, sd L to BFLY COH ; {Spot Trn} [Relsg both hds] XRif (W XLif) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY COH ; {Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's L sd) ; Bk R raisg ld hnds, rec L, sd R/cl R, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L) to BFLY WALL ;

13-16 BASIC HALF Into THREE ALTERNATING ALEMANA'S ; ; ;

{Basic ½ Into 3 Alternating Alemana's} Fwd L, rec R, cl L/cl R, sd L (W bk R, fwd L, fwd R/cl L, sd R, pnt L to sd) ; [Raisg jnd ld hnds] Sm sd & bk R, rec L, fwd & sd R/cl L, sd R (W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L/cl R, sd L) ; [join trl hnds] trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L/cl R, sd L (W raisg trl hnds bk R, rec L, fwd & sd R/cl L, sd R) ; [join ld hnds] Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R/cl L, sd R (W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L/cl R, sd L) to BFLY WALL ;

PART B

01-04 TRADE PLACES TWICE ; ; KICK to 4 TWICE ; ;

{Trade Places x 2} [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc RLOD (W trn LF), slide bhd W sd L/cl R reachg L hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (W ¼ LF) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc RLOD (W trn RF), slidg bhd W sd R/cl L reachg rt hnd to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (W ¼ RF) to BFLY WALL ; {Kick to 4 x 2} Swvlg RF on R ft kck L thru twd RLOD, swvlg LF on R ft fold L leg at knee to form figure 4, twd LOD fwd L/lk Rib, fwd L ; Swvlg LF on L ft kck R thru twd LOD, swvlg RF on L ft fold R leg at knee to form figure 4, twd RLOD fwd R/lk Lib, fwd R to BFLY WALL ;

05-08 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; ; FINISH CROSS BODY & KEEP rt Hndshk ;

{Start X-Body to Tummy Check & Bk w/ rt Hndshk} Fwd L, rec R trng ¼ LF to LOD, sd L/cl R, sd L (W Bk,R, rec L, fwd R/lk Lib, fwd R) ; [Stop the W w/ ld hnd] Lunge sd R, rec L, ipl R, L, R (W [both arms fwd] fwd L, rec R, ipl L, R, L) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (W Bk R, rec L & rt hndshk, ipl R, L, R) ; {Finish X-Body & Keep rt Hndshk} Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd L/cl R, sd L) to rt Hndshk COH, -;

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09-12 HALF MOON ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{**Half Moon**} [w/ rt hndshk] Thru L (*W thru R*) to LOP LOD, rec R to fc, sd L/cl R, sd L ; Bk R trng LF & Idg W acrs, rec L contg LF trn (*W fwd L trng LF & Xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY WALL ; {**Fence Line w/ Armsweep x 2**} XLif (*W XRif*) w/ bent knee ld arms circle CW (*W CCW*) ifo body, rec R, sd L/cl R, sd L ; XRif (*W XLif*) w/ bent knee trl arms circle CCW (*W CW*) ifo body, rec L, sd R/cl L, sd R to BFLY WALL ;

13-16 OP HIP TWIST to FAN ; ; HOCKEY STICK ; ;

{**OP Hip Twist**} Chk fwd L, rec R, small bk L/cl R, bk L pushing arm fwd gently to trn W (*W rk bk R, rec L, fwd R/fwd L, fwd R swiv ¼ RF on R*) ; {**Fan**} Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W (*W fwd L, fwd R trn ½ LF, bk L/lk Rif, bk L*) to Fan Pos ; {**Hockey Stick**} Fwd L, rec R, sip L/R, L (*W cl R, fwd L, fwd R/L, R*) ; Sm bk R, rec L trng 1/8 RF, fwd R/L, R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L/lk R, bk L*) to rt Hndshk DRW ;

BRIDGE

01-04 SHOULDER to SHOULDER TWICE ; ; RONDE CHA CHA BOX ; ;

{**Shoulder to shldr x 2**} Fwd L to SCAR, rec R to fc, sd L/cl R, sd L ; Fwd R to BJO, rec L to fc, sd R/cl L, sd R to BFLY WALL ; {**Ronde Cha Box**} Repeat meas 3,4 Intro ; ;

ENDING

01-02 STEP IN PLACE & APART POINT to PARTNER ; EXTEND ARMS ;

{**Step inpl & Apart Point**} [Q&QQQ] inpl R/L, R, apt L, point R to prt ; [Q] Extend ld hnds up & out ;

Music shortening

- 1 - Cut from 1.50 to 2.11,5
- 2 - Then from 2.48,2 to 2.55,6
- 3 - Then from 0,4 to 8