

DELE GRASIAS A LA VIDA [Give Thanks to Life]

Music: José José
Cd: Mujeriego
<https://music.apple.com/cr/album/mujeriego/254964043>
Track # 10 Time 3:41 Slow Down w/ -5% to Time 3:54
Cut from 2.28,5 to 3.10,7 to Time 3:12 Available from choreographer

Rhythm: Rumba & Cha Cha **Phase:** V+1 (Turkish Towel)

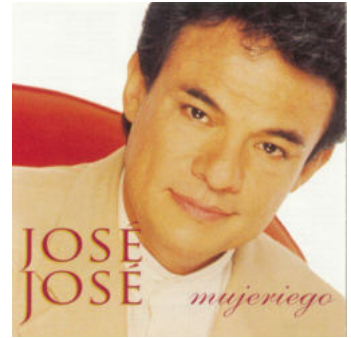
Footwork: Opposite except where (Noted)

Release Date: Mars 25

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO A(1-20) B AB B(1-12) END



INTRO CHA CHA

- ~01-04 RIGHT HANDSHAKE WALL LEAD FOOT FREE WAIT a HALF MEASURE ~ ; BASIC 1/2 to TURKISH TOWEL ; ; ONE BREAK ; W OUT to FACE ;**
{Basic 1/2 to Turkish Towel} [rt Hnshk] Rk fwd L, rec R, sd L raise jnd rt hnds palm to palm/cl R, sd L (W bk R, rec L, sd R/cl L, sd R) ; Bk R, rec L, small sd R/cl L, sd R (W XLif trn RF under jnd hnds, fwd R cont RF trn, fwd L arnd M to end in bk of and to his lft sd/fwd R, fwd L) ; **{One Break}** Chk bk L bringing rt arms up & over head, rec R, sd L/cl R, sd L (W chk fwd R, rec L, sd R/cl L, sd R slidg bhd M to his rt sd) ; **{W Out to Fc}** Rk bk R, rec L chg to ld hnds jnd, small sd R/cl L, sd R (W fwd L twd LOD, fwd R trn CCW, small sd L/cl R, sd L) to BFLY WALL ;
- 05-08 FENCE LINE w/ ARMSWEEP ; CRAB WALKS ; ; SPOT TURN to BFLY :**
{Fence Line w/ Armsweep} XLif w/ bent knee ld arm circle CW (W XRif CCW) ifo body, rec R, sd L/cl R, sd L ; **{Crab Walks}** Twd LOD XRif (W XLif), sd L, XRif (W XLif) / sd L, XRif (W XLif) ; Sd L, XRif (W XLif), sd L/cl R, sd L ; **{Spot Trn}** [Relsg both hnds] XRif (W XLif) trng 1/2 LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL ;

PART A RUMBA

- 01-04 OP HIP TWIST to FAN ; ; STOP & GO HOCKEY STICK ; ;**
{OP Hip Twist to Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R w/ tention to ld arm to swiv 1/4 RF) end L-Shape M fc Wall W fc LOD, - ; Bk R, rec L, sd R (W fwd L, trng 1/2 LF sd R, bk L) to Fan Pos, - ; **{Stop & Go Hockstick}** Ck fwd L, rec R, trng slightly LF cl L (W cl R, fwd L, fwd R trng 1/2 LF under jnd ld hnds), - ; Ck fwd R, rec L trng RF, sd R (W ck bk L raisg lft arm straight up palm out, rec R lowerg arm, fwd L trng 1/2 RF under jnd ld hnds) to Fan Pos, - ;
- 05-08 ALEMANA FROM A FAN INTO LARIAT/M SWIVEL to FACE ; ; FENCE LINE w/ ARMSWEEP ;**
{Alemana From a Fan Into Lariat/M Swiv to Fc} Fwd L, rec R, cl L (W bk R, rec L, fwd & sd R to lft sd of M), - ; Bk R, rec L, sd R (W fwd XLif trn RF, fwd R cont trn, sd L to rt sd M), - ; Rk sd L, rec R, sd L trng 1/2 LF on last stp to fcg W and COH (W circ CW arnd M passg rt shldrsteppg fwd R, L, w/ jnd ld hnds passg ovr M's hd to fc LOD then swvl 1/4 RF on R to fc M) to BFLY COH, - ; **{Fence Line w/ Armsweep}** XRif (W XLif) w/ bent knee trl arm circle CCW (W circle CW) ifo body, rec L, sd R to BFLY COH, - ;
- 09-12 THRU SERPIENTE ; ; CHASE w/ UNDERARM PASS ; ;**
{Thru Serpiente} [QQQQ;QQQQ] Thru L, sd R, XLib (XRib), flare CW w/ R ft ; XRib (W XLib), sd L, XRif (XLif), flare CW w/ L ft ; **{Chase/W Underarm Pass}** [relsg trl hnds] Fwd L trng RF 1/2 keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (W bk R, rec L, fwd R twd M's lft sd), - ; Bk R raisg ld hnds, rec L, sd R (W fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L) to BFLY WALL, - ;
- 13-16 BASIC 1/2 INTO FULL NATURAL TOP ; ; ;**
{Basic 1/2 Into Full Natural Top} Fwd L, rec R, sd L to CP trng RF (W bk R, rec L, fwd R btw M's ft) to CP RLOD, - ; Cont RF trn XRib, compg 3/4 RF trn sd L, XRib (W sd L, XRif btw M's ft, sd L) to CP WALL, - ; Cont RF trn sd L, XRib, cont RF trn sd L (W XRif, cont RF trn sd L, XRif), - ; XLib, cont RF trn sd R, cls L (W cont RF trn sd L, XRif, cls L) end to CP WALL, - ;
- 17-21 CUDDLE TWICE ; ; SCALLOP ; ; RIFF TURN ;**
{Cuddle x 2} Sd L, rec R, cl L placg lft hnd on W's rt shldr blade (W trng 1/2 RF bk R w/ free arm out to sd, rec L, fwd R plcg rt hnd on M's lft shldr trng 1/2 LF) to CP WALL, - ; Sd R, rec L, cl R placg rt hnd on W's lft shldr blade (W trng 1/2 LF bk L w/ free arm out to sd, rec R, fwd L plcg lft hnd on M's rt shldr trng 1/2 RF) to CP WALL, - ; **{Scallop}** Trng sharply to SCP LOD XLib (W XRib), rec R trng sharply to CP, sd L, - ; Thru R trng sharply to SCP LOD, sd L trng sharply to CP WALL, cl R, - ; **{Riff Trn}** [QQQQ] Relg trl hnds & raisg jnd ld hnds sd L, cl R, sd L, cl R (W sd & fwd R spin RF, cl L compg full trn undr ld hnds, sd & fwd R com RF spin, cl L compg 2nd full spin undr ld hnds) to LOP-FCG WALL ;

PART B CHA CHA

01-04 OP BREAK ; DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK & CHANGE SIDES/W UNDERARM ; START SIDE WALK ;

{OP Break} Strong bk L (*W strong bk R*) xtndg trl hnd straight up, rec R, sd L/cl R, sd L to BFLY WALL ; **{DBL Hand Underarm Trn to Stacked Hnds}** [Raisg both hnds up] XRib, rec L, sd R/cl L, sd R (*W XLif under both hnds trng RF, rec R contg to trn to fc M, sd L/cl R, sd L*) to stacked hnds lft-over-rt ; **{OP Break & Chng Sides/W Underarm}** Strong bk L (*W strong bk R*) xtndg stacked hnds fwd, rec R to W's rt sd, chng places raisg stacked hnds comm RF trn fwd & sd L/cl R, sd L (*W trn RF under stacked hnds to fc ptr, sd L/cl R, sd L*) to Low Bfly COH ; **{Start Sd Walk}** Sd R, cl L, sd R/cl L, sd R to BFLY COH ;

05-08 AIDA ; SWITCH CROSS ; AIDA to RLOD ; WHIP to WALL ;

{Aida} [xg lft hnd ovr rt] Thru L comm swiv LF, sd R rel ld hnds trng ½ LF, bk L/lk Rif, bk L to V BK-TO-BK RLOD ; **{Switch Cross}** Trng RF to fc ptr bk & sd R, XLif (*W trng LF to fc ptr bk & sd L, XRif L ifo M*), sd R/cl L, sd R to LOP RLOD ; **{Aida to Rlod}** [xg lft hnd ovr rt] Fwd L to Rlod, fwd R rel ld hnds trng ½ LF, bk L/lk Rif, bk L to V BK-TO-BK LOD ; **{Whip to Wall}** Bk R trng LF & ldg 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 ;

09-12 OP HIP TWIST ; WHIP to LOP LOD ; OPPOSITE CROSS CHECK WITH ARMSWEEP & SLIDING DOOR ;

OPPOSITE CROSS CHECK WITH ARMSWEEP to rt Hndshk WALL [3th TIME: to BFLY WALL] ;

{OP Hip Twist} Fwd L, rec R, XLib/cl R, sd L (*W bk R, rec L, fwd R/lk Lib, fwd R swvl RF fc LOD*) ; **{Whip to LOP LOD}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo*) XLif (*W XRif*) chkg, rec R, [bhnd the lady] sd L/cl R, sd L ; **{Opp Cross Check w/ Armsweep & Slide the Door}** XLif (*W XRif*) circle ld arm CW (*W CCW*) chkg, rec R, [behind the lady] sd L/cl R, sd L to OP LOD ; **{Opp Cross Check w/ Armsweep rt Hndshk Wall [3th Time: to Bfly Wall]}** XRif (*W XLif*) circle trl arm CCW (*W CW*) checkg, rec L swiv ¼ RF (*W LF*) to fcg ptr, sd R/cl L, sd R to rt Hndshk WALL [3th Time: to Bfly Wall] ;

13-16 HALF MOON TWICE ; ; ;

{Half Moon x 2} [rt hndshk] Swiv on R cross L thru to LOP RLOD (*W swiv on L cross R thru*) w/ rt hnds jnd ifo bdies & lft hnds xtnd to sd at shldr level, rec R to fc, sd L/cl R, sd L, -; Bk R leadg W across body, rec L trng LF to fc COH, sd R (*W fwd R comm LF trn, fwd L cont LF trn to fc ptr, sd R*) to rt hndshk COH, -; Repeat meas 13,14 Part B to rt Hndshk WALL ; ;

17-20 SHADOW BACK BREAK ; PARALLEL BREAKS ; ; NEW YORKER RECOVER CLOSE/POINT ;

{Shad Bk Break} [with rt Hndshk] XLib (*W XRib*) trng ¼ LF to SD-BY-SD LOD w/ rt hnds jnd ifo bdies & lft hnds xtnd to sd at shldr level, fwd R, fwd L/lk Rib (*W lk Lib*), fwd L ; **{Parallel Breaks}** [w/ rt hndshk] Rk bk R leadg W across in front, rec L, fwd R/lk Lib, fwd R to fc Line (*W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to fcg LOD, fwd L/lk Rib, fwd L*) to LOP LOD [similar to W whip action] ; Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf to fcg LOD, fwd L/lk Rib, fwd L (*W rk bk R allowing M to pass across in front, rec L to fc, fwd R/lk Lib, fwd R*) to BFLY WALL [similar to M whip action] ; **{New Yorker Rec Cl/Pt}** [QQ&Q] Thru R to OP LOD, rec L to fc, cl R/point L to lod to BFLY WALL ;

ENDING CHA CHA

01 AIDA to RLOD & EXTEND ARMS ;

{Aida to Rlod & Extend Arms} [xg lft hnd ovr rt] Thru L to Rlod comm swiv LF, sd R rel ld hnds trng ½ LF, bk L/lk Rif, bk L to V BK-TO-BK LOD raisg ld hnds up & out ;