

# A F R O C U B A N O

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Record: Casa Musica CD "Afro Cubano", track 14 "African Tango" by Adiemus  
(Music shortened to 3:25 minutes) Rdancer@aol.com

Phase: Rumba V + 2 (Advanced Sliding Door, Same Foot Lunge) www.RMNOBLE.com

Footwork: Opposite, directions for man (woman as noted)

Timing: QQS, except where noted. Timing reflects actual weight changes.

Sequence: Intro, A, A, B, B (1-6), C, A(1-7), D, Ending Revised July 2006

## - INTRO -

### 1 - 4 CUDDLE POSITION FACING RLOD lead ft free WAIT 1: CUCARACHA: CUCARACHA (LADY SPOT TRN); LUNGE (LADY SIT & REC to SHADOW);

- 1 [WAIT 1] Cuddle Position facing RLOD lead ft free WAIT 1;
  - 2 [CUCARACHA] Side L, rec R, cl L, -;
  - 3 [CUCARACHA (LADY SPOT TURN)] Side R, rec L, cl R, -; (W cross LIFR, swvl rt fc  $\frac{3}{4}$  fwd R trng 1/4 to fc, sd L, -;)
- SQQ (SS) 4 [LUNGE (LADY SIT & REC to SHADOW)] Lunge side L, hold, rec R, cl L; (W sits back on R, -, rec L trng rf to SHADOW RLOD, -;)

### 5 - 8 RT FT CUCARACHA (twice); (CUCARACHA CROSS LUNGE) MEN SD LUNGE; (SWIVEL CLOSE) MEN REC & CLOSE;

- 5-6 [RT FT CUCARACHA (twice)] Identical foot work sd R, rec L, cl R, -; sd L, rec R, cl L, -;)
  - 7 [(CUCARACHA CROSS LUNGE) MEN SIDE LUNGE] Sd R, cl L, lunge sd R, -; (W sd R, rec L, lunge R crossing front, -;)
- QQ - (- Q - -) 8 [(SWIVEL CLOSE) MEN REC & CLOSE] Swvl lf to fc WALL, rec L, cl R, -; (W trns head to look at M, slow swvls rt fc to fc M & cl L, -, -;)

## - A -

### 1 - 4 HALF BASIC: LADIES SPOT TURN w/SHOULDER WRAP to FACE RLOD: SYNCOP UNWRAP to FACE: THRU, CLOSE, SIDE;

- 1 [HALF BASIC] Fwd L, rec R, sd L to fc WALL, -;
  - 2 [LADIES SPOT TURN w/SHLDR WRAP to RLOD] Rk bk R to fc RLOD trng W rf wrap W into M's lf arm, rec L, fwd R, -; (W XLIFR trng rf to fc RLOD, fwd R, fwd L, -;)
- QQ&S 3 [SYNCOP UNWRAP to FACE] Fwd L, trng to fc sd R/cl L, sd R, -; (W fwd R, fwd L/trng lf cl R, sd L, -;)
- 4 [THRU, CLOSE, SIDE] Thru L opening to fc RLOD, trng to fc cl R, sd L, -;

### 5 - 7 AIDA: BACK to BACK HIP ROCKS: CROSS UNWIND to FACE (LADY to PRESS);

- 5 [AIDA] Thru R, trng rf sd L, trng rf bk R to an AIDA LINE releasing hands, -;
  - 6 [BACK to BACK HIP ROCKS] In bk to bk pos rk sd L, rec R, rec L, -;
- S 7 [CROSS UNWIND to FACE (LADY to PRESS)] Cross RIFL trng to fc, -, -, -; (W cross LIFR trng to fc with R press rt hand on Man's chest, -, -, -;)

### 8 - 11 CROSS BODY to COH:: CROSS BODY to WALL::

- 8-9 [CROSS BODY to COH] Fwd L, rec R trng lf, sd L, -; bk R, rec L trng lf, sd R, -; (W bk R, rec L, fwd R, -; fwd L, fwd R trng  $\frac{1}{2}$  lf, sd L, -;)
  - 10-11 [CROSS BODY to WALL] Repeat meas. 8-9 of PART A to fc WALL
- Note: The Cross Bodies in meas. 8-11 may be danced syncop (QQS S&S).

**12 – 14    ALEMANA;; NAT'L OPENING OUT, HOLD, REC to FC:**

- 12-13    **[ALEMANA]** Fwd L, rec R, cl L, -; bk R, rec, L, sd R, -; (W bk R, fwd L, fwd R outside M, -; fwd L trng rf, fwd R trng rf to FC partner, sd L, -;)
- SS        14    **[NAT'L OPENING OUT, HOLD, REC to FACE]** Fwd L trng ¼ rf, -, trng lf rec R, -; (W trng rf 1/2 bk R, -, rec L trng lf to FC partner, -;)

**Repeat Part A**

**- B -**

**1 – 4    HALF BASIC to a: NAT'L TOP in 3 to FC DLW: (LADY INSIDE TURN) MEN SLIDE ACROSS: LADY ROLLS to SHADOW WALL:**

- 1    **[HALF BASIC to a]** Fwd L, rec R, trng rf sd L to fc RLOD, -; (W bk R, rec L, trng rf 1/4 fwd R, -;)
- 2    **[NAT'L TOP in 3]** Trng rf XRIBL, sd L, XRIBL to fc DLW, -; (W sd L, trng rf XRIFL, sd L, -;)
- 3    **[(LADY INSIDE TURN) MEN SLIDE ACROSS]** Sd L leading W to an inside trn, sd R bringing rt arm straight up & bk down joining rt hands, bk L to LEFT SHADOW WALL, -; (W fwd R trng lf 1/2, sd L crossing behind M, fwd R to M's lf side, -;)
- 4    **[LADY ROLLS to SHADOW WALL]** Bk R, sd L, fwd R to fc WALL lf hnds joined rt hnd on W's back, -; (W rolls rf to M's rt side to SHADOW WALL L, R, L, -;)

**5 – 8    ADVANCED SLIDING DOOR:: START ADV SLIDING DOOR: MEN LUNGE (LADY SIT), HOLD, REC to FACE:**

- 5-6    **[ADVANCED SLIDING DOOR]** Fwd L trng rf, rec R trng lf, XLIBR, -; sd R, rec L, fwd R, -; (W swvl rf bk R, rec L, XRIFL, -; sd L, rec R, XLIBR, -;)
- 7    **[START ADV SLIDING DOOR]** Fwd L trng rf, rec R trng lf, XLIBR, -; (W swvl rf bk R, rec L, XRIFL, -;)
- SQQ     8    **[MEN LUNGE (LADY SIT), HOLD, REC to FACE]** Lunge sd R trng lf trng W under joined lf hnds, -, rec L, cl R to fc WALL; (W lunge sd L trng rf under joined lf hnds to a sit line, -, rec R trng rf to fc partner, sd L;)

**- B (1-6) -**

**- C -**

**1 - 2    START ADV SLIDING DOOR (LADY SPIRAL to FAN)::**

- 1-2    **[START ADV SLIDING DOOR (LADY SPIRAL to a FAN)]** Fwd L trng rf, rec R trng lf, XLIBR, -; Chk thru R, rec L, sd R to fc WALL, -; (W swvl rf bk R, rec L, XRIFL spiraling lf, -; fwd L to LOD, fwd R, trng lf ½ bk L to a FAN, -;)

**3 – 6    ALEMANA to a:: ROPESPIN:**

- 3-4    **[ALEMANA to a]** Fwd L, rec R, cl L leading W to trn rf 1/4, -; bk R, rec L, cl R shaping rf to partner, -; (W cl R, fwd L, fwd R trng rf 1/4, -; cont rf trn fwd L, fwd R, fwd L to M's rt side spiraling rf, -;)
- 5-6    **[ROPESPIN]** Sd L, rec R, cl L, -; sd R, rec L, cl R, -; (W cont arnd M R, L, R, -; L, R, L, -;)

**7 – 8    FENCELINE in 4: LUNGE THRU, REC/SIDE, CLOSE:**

- QQQQ    7    **[FENCELINE in 4]** BFLY thru L with soft knee, rec R, sd L, rec R;
- S&QQ    8    **[LUNGE THRU, REC/SIDE, CLOSE]** Lunge thru L, -, rec R/sd L, cl R;

**- A (1-7) -**

**- D -**

**1 – 5 SLOW OPEN CONTRA CHECK & REC HALF OPEN; SYNCOP OPEN IN & OUT RUNS::  
SYNCOP FRONT VINE (LADY FWD SWVL to a SAME FOOT LUNGE LINE)::**

- SS 1 **[SLOW OPEN CONTRA CHECK & REC HALF OPEN]** Fwd L with a Contra Chk action, -, rec R trng lf to HALF OPEN LOD, -; (W bk R with a Contra Chk action, -, rec L trng rf to HALF OPEN, -;)
- S&QQ 2-3 **[SYNCOP OPEN IN & OUT RUNS]** To LOD fwd L, -, fwd R trng rf/sd L cont trn, sd & fwd R; SS fwd L, -, fwd R to HALF OPEN, -; (W fwd R, -, fwd L/fwd R, fwd L; fwd & sd R trng rf, -, sd & fwd L trng to HALF OPEN, -;
- S&QQ 4-5 **[SYNCOP FRONT VINE (LADY FWD SWIVEL to a SAME FOOT LUNGE LINE)]** Fwd L, -, SS XRIFL/sd L, XRIBL; in place Ltrng W under joined lead hands, -, close R point L to LOD, -; (S&QQ (W fwd R, -, XLIFR/sd R, XLIBR to FC DRC; fwd R swiveling lf under joined lead hands to fc S - -) LOD, -, lower on R pointing L LOD, -;)

**6 – 8 TELESPIN ENDING to a SLOW WHIPLASH & HOLD:: SYNCOP REV TWIRL:**

- &QQ 6-7 **[TELESPIN ENDING to a SLOW WHIPLASH & HOLD]** Rotating lf to fc LOD, -, fwd L trng lf/sd R trng lf, fwd L to SCP DLW; thru R, -, swivel lf to BJO DLW, -; (W fwd L trng lf, -, bk S- -) R/cl L trng lf, fwd R to SCP DLW; thru L, -, swivel ½ lf to BJO, -;)
- S&QQ 8 **[SYNCOP REV TWIRL]** Bk L, -, sd R/cl L, sd R; (W fwd R, -, fwd L trng lf/R, sd L;)

**9 – 13 SLOW CONTRA CHECK & REC HALF OPEN; SYNCOP OPEN IN & OUT RUNS::  
SYNCOP VINE (LADY SWVL to a SAME FOOT LUNGE LINE)::**

9-13 Repeat meas. 1-5 of Part D note: Contra Check is executed in Closed Position.

**14 – 17 TELESPIN ENDING to a SLOW WHIPLASH & HOLD:: SYNCOP REV TWIRL: SLOW  
CONTRA CHK & REC to SHADOW WALL MEN CLOSE:**

- 14-16 Repeat meas. 6-8 of Part D
- SQQ 17 **[SLOW CONTRA CHK & REC to SHADOW WALL) MEN CLOSE]** Slow fwd L in a Contra (SS) Check, -, rec R, cl L to fc WALL; (W slow bk R in a Contra Check, -, rec L trng 1/2 lf to SHADOW fc WALL, touch R;)

**- ENDING -**

**1 – 4 RT FT CUCARACHA (twice):: (CUCARACHA CROSS LUNGE) MEN SIDE LUNGE:  
LADIES SWIVEL & POINT:**

- 1-2 **[CUCARACHA (twice)]** Identical footwork sd R, rec L, cl R, -; sd L, rec R, cl L, -;
- 3 **[(CUCARACHA CROSS LUNGE) MEN SIDE LUNGE]** Sd R, rec L, lunge sd R joining M's lf & W's rf hnds, -; (W sd R, rec L, lunge R crossing in front, -;)
- 4 **[LADY SWIVEL & POINT]** Men hold pointing L toward partner (W swivel rt fc to fc partner & point L toward partner taking lf arm up beside head & extend, -, -, -;