

De Hombre A Mujer (From Man to Woman)

Choreographers: TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642

Phone: (208) 887-1271 **email:** TJChadd@gmail.com

CD: Donato & Estefano "Lo Mejor De" Track #13 / Also available as single download from Napster.com

Rhythm: Cha Cha Cha **Phase:** IV + 2 + 1 modified

Phase IV Figures: Stop & Go Hockey Stick / Open Hip Twist

Tempo: Slow to 43 for comfort **Modified Figure:** Sand Steps with Kicks

Music Modification: Due to the length of this piece of music we ended the music at 3:26. We then faded the music from 3:15 to the end.

Sequence: Intro A A(mod) B Inter A(mod) B End **Footwork:** Opposite for Woman (except where noted)

Release Date: November 2009

INTRO (16 Measures)

- 1-4 **TANDEM FCING WALL w/ LADY IN FRONT AND LEAD FEET FREE --**
WAIT; WAIT; CUCARACHA (PEEKING) 2X;;
- 1-2 **(Wait; Wait)** Tandem fcng wall w/ lady in front - lead feet free for both;;
- 3-4 **(Cucaracha 2X Peeking)** Sd L, rec R, clo L/step R in place, step L in place
(Ld sd R "peeking" back at ptr, rec L, clo R/step L in place, step R in place);
Sd R, rec L, clo R/step L in place, steps R in place (Ld sd L "peeking" back at ptr,
rec R, clo L/step R in place, step L in place);
- 5-8 **FINISH THE CHASE;; NY OP LOD; WK 2 & FWD CHA;**
- 5-6 **(Finish the Chase to Fc Bfly)** Fwd L, rec R, bk L/clo R, bk L; Bk R, rec L, fwd R/clo L, fwd R;
(Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R; Fwd L with no trn, rec R, bk L/clo R, bk L;)
- 7 **(NY)** Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L turning LF to fc LOD;
- 8 **(Wk 2 & Fwd Cha)** Fwd R, fwd L, fwd R/XLIB, fwd R;
- 9-12 **CIRCLE AWY & TOG BFLY;; CHASE 1/2 TANDEM FCING WALL;;**
- 9-10 **(Circle Awy & Tog)** Trning LF in circle - Fwd L, fwd R, fwd L/XRIB, fwd L; Fwd R, fwd L, fwd R/XLIB, fwd R to Bfly;
- 11-12 **(Chase 1/2 to Tandem Fcing Wall)** Fwd L commence RF trn 1/2, rec fwd R, fwd L/clo R, fwd L;
Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R;
(Bk R with no trn, rec L, fwd R/clo L, fwd R; Fwd L commence RF trn 1/2, rec fwd R, Fwd L/clo R, fwd L;)
- 13-16 **CUCARACHA (PEEKING) 2X;; FINISH THE CHASE TO BFLY;;**
(Cucaracha 2X Peeking) Sd L, rec R, clo L/step R in place, step L in place
(Ld sd R "peeking" back at ptr, rec L, clo R/step L in place, step R in place);
Sd R, rec L, clo R/step L in place, steps R in place (Ld sd L "peeking" back at ptr, rec R, clo L/step R in place, step L in place);
- 15-16 **(Finish the Chase to Fc Bfly)** Fwd L, rec R, bk L/clo R, bk L; Bk R, rec L, fwd R/clo L, fwd R;
(Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R; Fwd L with no trn, rec R, bk L/clo R, bk L;)

PART A (12 Measures)

- 1-4 **FNC LN; FNC LN IN 4; FNC LN; FNC LN IN 4;**
- 1 **(Fnc Ln)** Cross lunge thru L with bent knee looking in direction of lunge, rec R trning to fc ptr, sd L/clo R, sd L;
- 2 **(Fnc Ln in 4)** Cross lunge thru R with bent knee looking in direction of lunge, rec L trning to fc ptr, sd R, rec L;
- 3 **(Fnc Ln)** Cross lunge thru R with bent knee looking in direction of lunge, rec L trning to fc ptr, sd R/clo L, sd R;
- 4 **(Fnc Ln in 4)** Cross lunge thru L with bent knee looking in direction of lunge, rec R trning to fc ptr, sd L, rec R;
- 5-8 **NY; AIDA; SWITCH RK; CUCARACHA;**
- 5 **(NY)** Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;
- 6 **(Aida)** Fwd R trning RF, sd L continuing RF trn, bk R/Lk L in front of R, bk R;
- 7 **(Switch Rock)** Turning LF to fc ptr sd L checking & bringing joined hands thru, rec R, sd L/clo R, sd L;
- 8 **(Cucaracha)** Sd R, rec L, clo R/step L in place, step R in place;
- 9-12 **CHASE;;;;**
- 9-12 **(Chase)** Fwd L commence RF trn 1/2, rec fwd R, fwd L/clo R, fwd L; Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R;
(Bk R with no trn, rec L, fwd R/clo L, fwd R; Fwd L commence RF trn 1/2, rec fwd R, fwd L/clo R, fwd L;)
Fwd L, rec R, bk L/clo R, bk L; Bk R, rec L, fwd R/clo L, fwd R;
(Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R; Fwd L with no trn, rec R, bk L/clo R, bk L;)

PART A - Modified (14 Measures)

- 1-4 **FNC LN; FNC LN IN 4; FNC LN; FNC LN IN 4;**
- 1 (Fnc Ln) Cross lunge thru L with bent knee looking in direction of lunge, rec R trning to fc ptr, sd L/clo R, sd L;
- 2 (Fnc Ln in 4) Cross lunge thru R with bent knee looking in direction of lunge, rec L trning to fc ptr, sd R, rec L;
- 3 (Fnc Ln) Cross lunge thru R with bent knee looking in direction of lunge, rec L trning to fc ptr, sd R/clo L, sd R;
- 4 (Fnc Ln in 4) Cross lunge thru L with bent knee looking in direction of lunge, rec R trning to fc ptr, sd L, rec R;
- 5-8 **NY; AIDA; SWITCH RK; CUCARACHA;**
- 5 (NY) Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;
- 6 (Aida) Fwd R trning RF, sd L continuing RF trn, bk R/Lk L in front of R, bk R;
- 7 (Switch Rock) Turning LF to fc ptr sd L checking & bringing joined hands thru, rec R, sd L/clo R, sd L;
- 8 (Cucaracha) Sd R, rec L, clo R/step L in place, step R in place;
- 9-12 **CHASE TO RT HANDSHAKE:::**
- 9-12 (Chase) Fwd L commence RF trn 1/2, rec fwd R, fwd L/clo R, fwd L; Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R;
(Bk R with no trn, rec L, fwd R/clo L, fwd R; Fwd L commence RF trn 1/2, rec fwd R, fwd L/clo R, fwd L;)
Fwd L, rec R, bk L/clo R, bk L; Bk R, rec L, fwd R/clo L, fwd R to R handshake;
(Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R; Fwd L with no trn, rec R, bk L/clo R, bk L to R handshake;)
- 13-14 **OPEN HIP TWIST; FAN;**
- 13 (Open Hip Twist) With R hnds joined - Ck fwd L, rec R, small bk L/clo R, bk L pushing arm fwd gently to trn lady;
(Lady Rks bk R, rec L, fwd R/fwd L, fwd R swiveling 1/4 RF on R to fc LOD;)
- 14 (Fan) Bk R, rec L, sd R/clo L, sd R; (Lady Fwd L, fwd R swiveling LF 1/2 trn fc RLOD,
bk L/lk R in front, bk L leaving R extended fwd w/ no weight;)

PART B (18 Measures)

- 1-4 **STOP & GO HOCKEY STICK (BK TO FAN):: HOCKEY STICK Under Turned TO FC Wall BFLY::**
- 1-2 (Stop & Go Hockey Stick) Ck fwd L, rec R raising L arm to lead lady to LF UA trn, in place L/R, L;
Ck fwd R w/ L sd stretch shaping to ptr placing R hand on lady's L shoulder blade to ck her movement,
rec L raising L arm to lead lady to RF UA trn, in place R/L, R;
(Lady Close R, fwd L, fwd R/L, R trning 1/2 LF un joined hands to end at man's R sd;
Rk bk L, rec R, fwd L/R, L trning 1/2 RF under joined hands to end fcng man in fan position);
- 3-4 (Hockey Stick to Fc Wall Bfly) Fwd L, rec R, in place L/R, L bringing joined lead hnd across in front of his forehead;
Bk R, rec L to Fc Wall, sd R/clo L, sd R;
(Lady Clo R, fwd L, fwd R/L, R; Fwd L, fwd R trning L to fc ptr, sd L/clo R, sd L;)
- 5-8 **SAND STEPS 2X;; SAND STEPS W/ KICKS 2X;;**
- 5-6 (Sand Step 2X) Swiveling slightly to R on the R ft rotate the L knee inward in order to touch the L toe to the instep of the R ft (no weight chg),
swiveling slightly to the L on the R ft rotate the L knee outward in order to touch the L heel to the floor (no weight chg),
swiveling slightly to the R on the R ft XLIF/sd R, XLIF; Repeat on the opposite foot and opposite direction;
(Swiveling slightly to the L on the L ft rotate the R knee inward in order to touch the R toe to the instep of the L ft (no weight chg),
swiveling slightly to the R on the L ft rotate the R knee outward in order to touch the R heel to the floor (no weight chg),
swiveling slightly to the L on the L ft XRIF/sd L, XRIF; Repeat on the opposite ft in the opposite direction;)
- 7-8 (Sand Step 2X w/ Kicks) Swiveling slightly to R on R ft rotate the L knee inward in order to touch L toe to the instep of the R ft (no weight chg),
swiveling slightly to L on R ft rotate the L knee outward and kick the L ft out to the L (no weight chg),
swiveling slightly to R on the R ft XLIF/sd R, XLIF; Repeat on the opposite foot and opposite direction;
(Swiveling slightly to the L on L ft rotate the R knee inward in order to touch the R toe to the instep of the L ft (no weight chg),
swiveling slightly to the R on the L ft rotate the R knee outward and kick the R ft out to the R (no weight chg),
swiveling slightly to the L on the L ft XRIF/sd L, XRIF; Repeat on the opposite ft in the opposite direction;)
- 9-12 **TRAV DOOR 2X;; CIRCLE AWAY & TOG TO BFLY::**
- 9-10 (Traveling Door 2X) Rk sd L, rec R, XLIF/sd R, XLIF; Rk sd R, rec L, XRIF/sd L, XRIF;
- 11-12 (Circle Away & Tog) Trning LF in circle - Fwd L, fwd R, fwd L/XRIB, fwd L; Fwd R, fwd L, fwd R/XLIB, fwd R to fc wall Bfly;
- 13-15 **1/2 BASIC; WHIP 2 TO TANDEM LOD & FWD CHA 3X;;**
- 13 (1/2 Basic) Fwd L, rec R, sd L/clo R, sd L;
- 14-15 (Whip to Tandem LOD & Fwd Cha 3X) Bk R commence 1/4 LF trn to fc LOD, rec fwd L, fwd R/XLIB, fwd R;
Fwd L/XRIB, fwd L, fwd R/XLIB, fwd R;
(Fwd L outside man on his L sd, fwd R commence LF trn 3/4 to fc LOD in front of man, fwd L/XRIB, fwd L;
Fwd R/XLIB, fwd R, fwd R/XLIB, fwd R;)
- 16-18 **LD TRN TO TRIPLE CHA BK;; HOCKEY STICK ENDING Underturned TO FC WALL;**
- 16-17 (Ld Trn to Triple Cha Bk;) Fwd L, rec R, bk L/XRIF, bk L; Bk R/XLIF, bk R, bk L/XRIF, bk L;
(Lady fwd R trning 1/2 LF trn, fwd L, fwd R/XLIB, fwd R; Fwd L/XRIB, fwd L, fwd R/XLIB, fwd R;)
- 18 (Hockey Stick Ending to Fc Wall) Bk R, bk L turning to fc wall, sd R/clo L, sd R;
(Lady fwd L, fwd R trning 3/4 trn LF on ball of foot to fc ptr, sd L/clo R, sd L;)

INTERLUDE (8 Measures)

1-4 NY; HND TO HND; NY; HND TO HND W/ LADIES OUTSIDE ROLL;

- 1 (NY) Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;
- 2 (Hnd to Hnd) Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;
- 3 (NY) Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;
- 4 (Hnd to Hnd) Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;

(Lady Step behind L to LOP RLOD, rec R to fc ptr, start a RF roll L progressing to RLOD/continue RF roll R, finish RF roll L;)

5-8 SHLDR TO SHLDR; CRAB WKS;; SPOT TRN;

- 5 (Shldr to Shldr) Fwd L to Bfly SDCR, rec R to fc, sd L/clo R, sd L;
- 6-7 (Crab Wks) XRIF of L, sd L, XRIF of L/sd L, XRIF of L; Sd L, XRIF of L, sd L/clo R, sd L;
- 8 (Spot Trn) Commence trn XRIF trning on crossing ft 1/2, rec L w/ complete trn to fc ptr, sd R/clo L, sd R;

END (8 Measures)

1-4 NY; HND TO HND; NY; HND TO HND W/ LADIES OUTSIDE ROLL;

- 1 (NY) Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;
- 2 (Hnd to Hnd) Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;
- 3 (NY) Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;
- 4 (Hnd to Hnd) Step behind R to LOP RLOD, rec L to fc wall, sd R/clo L, sd R;

(Lady Step behind L to LOP RLOD, rec R to fc ptr, start a RF roll L progressing to RLOD/continue RF roll R, finish RF roll L;)

5-8 SHLDR TO SHLDR; CRAB WK 1/2; LUNGE SD & HOLD.

- 5 (Shldr to Shldr) Fwd L to Bfly SDCR, rec R to fc, sd L/clo R, sd L;
- 2 (Crab Wk) XIF R, sd L, XIF R/sd L, XIF R;
- 3-4 (Lunge Sd & Hold) Step sd on L softening L knee w/ R leg extended straight to side.