

Dynamite

Choreographers: Al Lillefield and Marzena Fabjan, 7126 W. Farragut Ave, Chicago IL, 60656

E-mail: alillefield@gmail.com

Home: (317) 414-3996

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

Rhythm: Cha Cha & Rumba Phase: 5 +2 [slowed 10 percent]

Sequence: Intro-A-B-A-B-C-Interlude-B-End

Release Date: July 6, 2012

Intro: A-B-A-B-C-Interlude-B-End

Intro

- 1-4 **WAIT 2 MEAS ; ; LADY IN & OUT STP TCH'S M RK 4 ;**
[TO LOD] LADY REV UNDERARM TRN M FC ;
- 1-2 [WAIT] "L" Position with M fcng Wall and Lady fcng LOD lead hnd's joined with trailing feet free Wait 2 measures ; ;
- 3 [IN 4 LADY IN & OUT STP TCH'S M RK] Leading lady fwd shift weight to R toward partner, leading lady back rec L, Leading lady fwd shift weight to R toward partner, leading lady back rec L; (W fwd L/ touch RIBL, back R/ touch LIFR, fwd L/ touch RIBL, back R/ flick LIFR;)
- 4 [LADY REV UNDERARM TRN to LOD M FC] Leading lady fwd step sd R, raising lead hands lead lady to rev underarm trn closing L, sd R turning lf/ cls L finishing lf trn to fc LOD, fwd R to end fcng partner and LOD; (W fwd L, fwd and sd R with lf trn underarm, continue lf trn sd L to LOD/ finishing lf trn sd R to COH, bk L;)

Part A

- 1-12 **FWD & BK RK'S [in 4]; START THE HCKY STK ; [in 4] LADY RT TRN [2x] M RK'S ;**
FINISH THE HCKYSTK [OVRTRN'D] to FC ; NY in 4 ; QK NY's ; SD STP TCH &
ROLL [TO LOD] ; AIDA ; SWTCH CROSS ; SD WLK'S ; CRAB WLK'S ; SD WLK'S ;
- 1 [FWD & BK RK'S in 4] Fwd L, rec R, fwd L, rec R;
- 2 [START THE HCKY STK] Fwd L, rec R, turning to fc WALL bk L/ lock RIFL, bk L changing to a right to right hand hold; (W bk R, rec L, fwd R/ lock LIBR, fwd R to end fcng RLOD;)
- 3 [in 4 LADY TRN'S 2x M RK'S] Rk sd R, rec L, rk sd R, rec L; (W fwd L trn rf ½ trn to fc LOD, fwd R, fwd L trn rf ½ trn to fc RLOD, fwd R;)
- 4 [FINISH THE HCKYSTK to FC] Cls R raising lead arm, to DRW fwd L leading lady to lf trn, to RLOD sd R/ cls L, sd R; (W to DRW fwd L, fwd R turning lf to end fcng partner and COH, sd L/ cls R, sd L;)
- 5 [NY in 4] Turning rf ck thru L, rec R turning lf to partner, sd L to LOD, rec R;
- 6 [QK NY'S] Turning rf ck thru L/ rec R turning lf to partner, sd L to LOD on toe keeping weight to the right/ rec R, turning rf ck thru L/ rec R turning lf to partner, sd L to LOD;
- 7 [STP TCH & ROLL to LOD] Sd R, touch L to right, sd and fwd L commencing left fc roll/ sd R continuing left fc roll, sd L to fc partner and Wall/ swivel left fc to end both fcng LOD;
- 8 [AIDA] Fwd R, fwd L/ swivel right fc ½ trn to fc RLOD, bk R/ lock LIFR, bk R to end in V shape bk to bk;
- 9 [SWITCH CROSS] turning left to fc partner sd L checking ending in BFLY position, rec R, XLIFR/ sd R, XLIFR;
- 10 [SD WLK'S] Sd R, cls L to right, sd R/ cls L, sd R;
- 11 [CRAB WLK'S] XLIFR, sd R, XLIFR/ sd R, XLIFR;
- 12 [SD WLK'S] Sd R, cls L to right, sd R/ cls L, sd R ending in BFLY WALL;

Continued

Part B [1-8]

- 1-8 **BASIC; UNDRARM TRN; SPOT TRN; FNC LINE TO (HNDSHK);
START ALEMANA; TO THE ROUNDABOUT (BOTH FC COH) TO SKTRS (L FT) ; ;
SINGLE CUBANS ;**
- 1 [BASIC] Fwd L, rec R, sd L/ cls R to left, sd L;
- 2 [UNDRARM TRN] XRIBL raising lead hand's leading lady to underarm trn, rec L, sd R/ cls L, sd R/
swvl ¼ trn right trn to fc RLOD; (W turning right fc step fwd L to LOD/ swvl ½ trn right to fc RLOD, fwd
R/ swvl ¼ trn right to fc partner, sd L/ cls R to left, sd L/ swvl left fc ¼ trn to fc RLOD;)
- 3 [SPOT TRN] Fwd L/ swvl ½ trn right to fc LOD, fwd R/ swvl right fc ¼ trn to fc partner BFLY WALL,
sd L/ cls R, sd L;
- 4 [FNC LN to RT HNDSHK] XRIFL checking, rec L, sd R/ cls L, sd R changing to right ot right hands;
- 5 [START ALEMANA] Fwd L, rec R, bk L slipping right foot slightly bk [slip chasse] raising right hnd's/
rec R, cls L; (W bk R, rec L, fwd R/ lock LIBR, fwd R;)
- 6-7 [TO the ROUNDABOUT ([BOTH FC COH] TO SHDW [L FT])] Bk R leading lady to start underarm
alemana trn, sd & fwd L starting to bring lady's right hand down to waist right sd, fcng WALL but stepping
toward DRW fwd R/ fwd L [lady's right hand should be on right waist], fcng RLOD fwd and sd R; ronde
LIFR turning to fc COH, sd R to LOD, as lady is coming in front of you sd and bk L toward DRW, cls R to
left leading lady to right sd in SHDW; (W fwd L to DLC/ swvl rt to fc DRW, fwd R/ put your hnd on M's
waist right sd swvl rt, keeping upper body close and hips away around M fwd L/ fwd R, fwd L using M's
waist as a center should be fcng approx RLOD; continuing around M fwd R, fwd L should be fcng LOD, in
front of M fwd R commencing right fc trn/ continuing right fc trn sd and bk L, finishing 1 full trn to fc COH
large sd stp R;)
- 8 [SINGLE CUBAN'S] XLIFR/ rec R, sd L, XRIFL/ rec L, sd R; (W's footwork same as M's)

Part B [9-16]

- 9-16 **CROSS STP HOP AND CHA TO RLOD: SPOT TRN (FC COH); DIAM CHA'S; ;
(TO LOD) M TRANS FOR CONT CHA'S; SYNC LADY TRN HIP POP & PASS;
SWVL TO PRESENTATION & HOLD (LADY HIP ROLL);
LADY CLS (& TO LOD) TRN RT TO FCNG FAN;**
- 9 [CROSS STP HOP & CHA [TO RLOD]] XLIFR/ small hop pulling stomach in, rec R, sd L/ cls R, sd L/
swvl lf to fc RLOD; (W's footwork same as M's)
- 10 [SPOT TRN [FC COH]] Fwd R/ swvl lf ½ to fc LOD, fwd L/ swvl lf ¼ to fc COH, sd R/ cls L, sd R/
swvl right 1/8 to fc DLC; (W's footwork same as M's)
- 11-12 [DIAM CHA'S] fwd L starting lf fc swvl/ cls R ending lf swvl to fc DRC, bk L, bk R starting lf fc swvl/ cls
L ending lf swvl to fc DRW, fwd R; fwd L starting lf fc swvl/ cls R ending lf swvl to fc DLW, bk L, bk R
starting lf fc swvl/ cls L ending lf swvl to fc DLC, fwd R still in shdw position/ swvl rt to fc LOD;
(W's footwork same as M's)
- 13 [[TO LOD] M TRANS FOR CONT CHA'S] Fwd L, fwd R/ lock LIBR, fwd R/ lock LIBR, fwd R;
(W fwd L/ lock RIBL, fwd L/ lock RIBL, fwd L/ lock RIBL, fwd L;)
- 14 [[SYNC] LADY TRN HIP POP & PASS] Fwd L leading lady to trn right to fc/ lead lady slightly inward
toward you, rec R leading lady to hip pop, lead lady to right sd/ cls L continue leading lady past you on right
sd, fwd R allowing room for lady to pass/ swvl right to fc WALL; (W fwd R/ swvl right ½ to fc partner cls L
slightly flexed in the knees fwd, small slide both feet away from partner while extending bottom back and
slightly leaning fwd, fwd L/ fwd R, fwd L/ swvl right ¾ to fc WALL;)
- 15 [SWVL TO PRESENTATION & HOLD (LADY HIP ROLL)] fwd L looking at audience and then looking
at partner while presenting arm's; (W bk R to press line rolling hips;)
- 16 [(LADY CLS & TO LOD TRN RT) TO FCNG FAN] Bk R, cls L while making room for lady to pass in
front of you, sd R starting small lf trn to fc partner/ cls L finishing lf trn fcng partner and LOD, fwd R to
LOD; (W cls L to right turning slightly lf to pass in front of partner, fwd R to DLW turning rt to fc DRW,
bk L now fcng RLOD/ lock RIFL, bk L joining lead hnd's;)

Continued

Part A

- 1-8 **FWD & BK RK'S [in 4]; START THE HCKY STK ; [in 4] LADY RT TRN [2x] MRK'S ;**
FINISH THE HCKYSTK [OVRTRN'D] to FC ; NY in 4 ; QK NY's ; SD STP TCH &
1-12 **ROLL [TO LOD] ; AIDA ; SWTCH CROSS ; SD WLK'S ; CRAB WLK'S ; SD WLK'S ;**
[SAME AS PART A 1-12]

Part B

- 1-16 **BASIC; UNDRARM TRN; SPOT TRN; FNC LINE TO (HND SHK);**
START ALEMANA; TO THE ROUNDABOUT (BOTH FC COH) TO SKTRS (L FT) ; ;
SINGLE CUBANS ; CROSS STP HOP AND CHA TO RLOD: SPOT TRN (FC COH);
DIAM CHA'S; ; (TO LOD) M TRANS FOR CONT CHA'S;
SYNC LADY TRN HIP POP & PASS; SWVL TO PRESENTATION & HOLD (LADY HIP
ROLL); LADY CLS (TO LOD) TRN RT TO FAN;
1-15 [SAME AS PART B 1-15]
16 [(LADY CLS & TO LOD TRN RT) TO FCNG FAN] On this measure M will end fcng Wall in fan position

Part C (Rumba)

- 1-18 **3 ALEMANA'S SYNC modified with lunge sit line [to FC RT HND'S]; ; ;**
FWD BRK & WRAP; WHEEL 3; [to WALL] OPPOSITION BRK – REC SWVL & BK
(LADY FWD); M BRK BK (LADY FWD 2 TRN & FWD);
[FC WALL] OPPOSITION LUNGE; HIP RK 4; OPPOSITION LUNGE;
HIP RK'S 3(LADY IN 2); [to LOD] 2 FWD WLK'S; RT FC UNDRARM ROLL [RT HND'S];
(LADY REV UNDRARM TRN IN FRONT) M IN 4; CUCA [2X] KEEP HND'S HIGH; ;
TRN LADY LF UNDR HND'S IN 4 TO FC [M FC WALL];
1-4 [3 ALEMANA'S modified with lunge sit line M will SYNC ending to FC [RT HND'S]] Fwd L, rec R,
cls L raising lead hnd's leading lady to alemana trn,-; bk R, rec L/ cls R, sd lunge L leading lady to sit line,-;
rec R leading lady out of sit line raising lead hnd's for 2nd alemana trn, small sd L/ rec R, cls L to right
raising lead hnd's for 3rd alemana trn,-; bk R, rec L, small sd stp R changing hnd's to a right to right hnd
hold,-; (W cls R, fwd L, fwd R/ swvl ¼ trn right to COH,-; fwd L undrarm outside M's left sd/ swvl ½ trn
right, fwd R swvl right to fc M/ fwd L toward M's right sd, swvl on L bending left knee and extending right
leg to fc LOD in sit line position,-; rec fwd R/ spiral undrarm ¾ trn left to fc DLW, fwd L/ swvl ½ trn left to
fc DRC, fwd R/ swvl 1/8 trn to fc COH,-; fwd L undrarm outside M's left sd/ swvl ½ trn right, fwd R/ swvl
right to fc M, sd L to a right hnd hold,-;)
5 [FWD BRK & WRAP] Fwd L ckg, rec R, fwd L leading lady to wrap in right hnd's at lady's waist and
left hnd's joined turning right to end fcng approx RLOD,-; (W bk R, fwd L, fwd R trng left fc to wrap
position,-;)
6 [WHEEL 3] Right fc wheel fwd R, fwd L, fwd R ending fcng LOD,-; (W keeping head to right bk L, bk
R, bk L,-;)
7 [OPPOSITION BRK-REC SWVL & BK (LADY FWD)] Continuing trng right fwd L to Wall, rec R
swvlng left to fc LOD releasing lady, bk L,-; (continuing wheel bk R to COH, rec L swvlng left to fc LOD,
fwd R,-;)
8 [M BRK BK (LADY FWD 2 TRN & BK)] Ck bk R, rec L, fwd R as lady will start to pass on M's right sd, ;
(W fwd L, fwd R/ trng ½ trn left to fc RLOD, fwd L,-;)
9 [OPPOSITION LUNGE] Trng right to fc WALL sd lunge L into left knee with left arm making arc overhead
from RLOD to LOD looking at partner,-,-; (W trng left to fc WALL sd lunge right into right knee with right
arm making arc overhead from LOD to RLOD looking at partner,-,-;)
10 [REC to HIP RK 4] Rec R with hip rk, small stp sd L with hip rk, rec R with hip rk, rec L with hip rk;
(W Rec L with hip rk, small stp sd R with hip rk, rec L with hip rk, rec R with hip rk;)
11 [OPPOSITION LUNGE] Sd lunge R into right knee with right arm making arc overhead from LOD to
RLOD looking at partner,-,-; (W sd lunge left into left knee with left arm making arc overhead from RLOD
to LOD looking at partner,-,-;)
12 [REC to HIP RK'S (LADY in 2)] Rec L with hip rk, small stp sd R with hip rk, rec L with hip rk and swvl
left to fc LOD in skaters position, ; (W rec R with hip rk,-, small stp sd L with hip rk and swvl left to fc
LOD,-;)

Part C Continued

- 13 [to LOD 2 FWD WLK'S] Fwd R,-; fwd L,-; (W's footwork same as M's)
- 14 [RT FC UNDRARM ROLL [RT HND'S]] Fwd R starting right fc roll under joined left hnd's, continue right fc roll fwd and sd L, continuing right fc roll to end fcng LOD fwd R joining right hand hold,-; (W's footwork same as M's)
- 15 [(LADY REV UNDRARM TRN IN FRONT) M in 4] Fwd L leading lady down LOD to reverse underarm trn, rec R continuing leading reverse underarm trn and bringing lady in front down LOD, rec L raising left hnd up, cls R leaving hnd's approx shoulder height but crossed loosely; (W fwd L commencing left fc trn under right hnd's, fwd and sd R continuing left fc trn, cls L to right raising left hnd up to crossed hnd position,-;)
- 16-17 [CUCA with ARM'S [2X] KEEP HND'S HIGH] Sd L connecting and raising lead hnd's up, rec R starting hnd's in arc towards COH, cls L finishing arm sweep bk up to original position,-; Sd R connecting and raising trailing hnd's up, rec L starting hnd's in arc towards WALL, cls R finishing arm sweep bk up to original position,-;
- 18 [TRN LADY LF UNDR HND'S IN 4 TO FC [M FC WALL] Raising hnd's up start meringue style turn to right small sd L leading lady to start left fc meringue trn [hnd's will be loose and sliding around each others hnd'd], continue lazy trn to right and leading lady to left fc trn in place R, continuing trn small sd stp L, finish ¼ trn from LOD to WALL cls R [lady will make ¾ left fc trn]; (W starting left fc meringue trn using hips small fwd stp R, continue trn small fwd stp L, continue trn small fwd stp R, finishing trn to fc COH small in place stp L bringing hnd's down to BFLY position;)

Interlude

- 1-4 **BOTH RIFF TRN & SD TCH [TO LOD & TO RLOD]; ;**
SYNC DOWN & UP SHOULDER SHIFT'S; ;
- 1-2 [BOTH RIFF TRN & SD TCH to LOD & to RLOD] Sd and fwd L to LOD starting left fc spin to fc WALL/ cls R to left, hold, sd L/ tch R to left, hold; sd and fwd R to RLOD starting right fc spin to fc WALL/ cls L to right, hold, sd R/ tch L to right, hold;
- 3-4 [SYNC DOWN & UP SHOULDER SHIFT'S] Compressing left side rib cage area [this will cause left shoulder to lower slightly lowering slightly in left knee/ compress right sd same way causing right shoulder to lower slightly lowering more into right knee, hold, compress left side lower more into left knee/ compress right side lower more into right knee, hold; compressing left side rib cage area rising slightly with the left knee/ compress right sd same way rising more with right knee, hold, compress left side rising more with left knee/ compress right side rising with right knee to original up position, hold;

Part B

- 1-16 **BASIC; UNDRARM TRN; SPOT TRN; FNC LINE TO (RT HND SHK);**
START ALEMANA; TO THE ROUNDABOUT (BOTH FC COH) TO SKTRS (L FT); ;
SINGLE CUBANS; CROSS STP HOP AND CHA TO RLOD: SPOT TRN (FC COH);
DIAM CHA'S; ; (TO LOD) M TRANS FOR CONT CHA'S;
SYNC LADY TRN HIP POP & PASS; SWVL TO PRESENTATION & HOLD (LADY HIP ROLL); LADY CLS (TO LOD) TRN RT TO FAN;
- 1-15 [SAME AS PART B 1-15]
- 16 [(LADY CLS & TO LOD TRN RT) TO FCNG FAN] On this measure M will end fcng Wall in fan position

End

- 1 **SD LUNGE (LADY OBLIQUE LINE);**
- 1 [SD LUNGE (LADY OBLIQUE LINE)] Leading lady apart lunge into right knee looking at partner, (W leaning to left and stretching left side rib cage area with left arm arched overhead and knee up,)