

LA ALMOHADA

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CD: Life Records CD Title "El Merengue Vivelo" Track 5 "La Almohada" by Los Potros or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 4:27

RHYTHM MERENGUE RAL PHASE IV + defined by ICBDA (side separation, circle walk right, left turnin rock, back break, promenade swivels, wrap)

SEQUENCE: INTRO-A-BRIDGE-B-A-BRIDGE-B-C-C-B(1-12)

MEAS:

INTRODUCTION

1-5 CP COH WAIT 2 MEAS;; FWD STAIRS; LEFT TURNING ROCK TWICE FC WALL;;

- 1-2 Wait in CP COH w/ lead ft free;;
- 3 {**Forward Stair**} CP COH Fwd L, cl R, sd L, cl R (W bk R, cl L, sd R, cl L);
- 4 {**Left Turning Rock**} CP COH Trn LF fwd L, cont trn bk R to fc RLOD, sd L, cl R to CP RLOD (W trn LF bk R, cont trn fwd L to fc LOD, sd R, cl L);
- 5 {**Left Turning Rock**} CP RLOD Trn LF fwd L, cont trn bk R to fc WALL, sd L, cl R to CP WALL (W trn LF bk R, cont trn fwd L to fc COH, sd R, cl L);

6-8 FWD STAIRS; BACK AWAY 4; TOGETHER 4 TO CP;

- 6 {**Forward Stair**} CP WALL Fwd L, cl R, sd L, cl R (W bk R, cl L, sd R, cl L);
- 7 {**Back Away 4**} CP WALL Drop hnds bk L, bk R, bk L, bk R (W bk R, bk L, bk R, bk L);
- 8 {**Together 4 to CP**} Fwd L, fwd R, fwd L, fwd R to CP WALL (W fwd R, fwd L, fwd R, fwd L);

PART A

1-4 CONGA WALKS LEFT & RIGHT;; CONGA BREAK; PROMENADE;

- 1-2 {**Conga Walks Left & Right**} M fc WALL Sd L, XRif, sd L w/ slight upper bdy trn to R, flexing L knee tap R toe to sd lean upper bdy L & slightly bk (W fc COH sd R, XLif, sd R w/ slight upper bdy trn to L, flexing R knee tap L toe to sd lean upper bdy R & slightly bk); Sd R, XLif, sd R w/ slight upper bdy trn to L, flexing R knee tap L toe to sd lean upper bdy R & slightly bk (W sd L, XRif, sd L w/ slight upper bdy trn to R, flexing L knee tap R toe to sd lean upper bdy L & slightly bk);
- 3 {**Conga Break**} SCP LOD Fwd L, fwd R, swvl RF on R XLif/stp in plc R, flexing R knee tap L heel fwd w/ upper bdy slightly lean fwd (W fwd R, fwd L, swv LF on L XRif/stp in plc L, flexing L knee tap R heel fwd w/ upper bdy slightly lean fwd);
- 4 {**Promenade**} SCP LOD Fwd L, fwd R stg RF trn, sd L, cl R to CP WALL (W fwd R, fwd L stg LF trn, sd R, cl L);

5-8 CONGA WALKS LEFT & RIGHT;; CONGA BREAK; PROMENADE;

- 5-8 Repeat meas 1-4;;;

9-12 BACK BREAK TO SCP; PROMENADE SWIVELS; BASIC; GLIDE;

- 9 {**Back Break to SCP**} CP WALL Sd L, stg LF trn sd R, bk L to SCP LOD, fwd R (W sd R, stg RF trn sd L, bk R to SCP LOD, fwd L);
- 10 {**Promenade Swivels**} SCP LOD Swvl on R sd L fc WALL, swvl on L fwd R to SCP, swvl on R sd L, cl R to CP WALL (W swvl on L sd R fc COH, swvl on R fwd L to SCP, swvl on L sd R, cl L fc COH);
- 11 {**Basic**} CP WALL Sd L, cl R, sd L, cl R (W sd R, cl L, sd R, cl L);
- 12 {**Glide**} CP WALL Sd L/cl R, sd L/cl R, sd L, cl R (W sd R/cl L, sd R/cl L, sd R, cl L);

13-16 BACK BREAK TO SCP; PROMENADE SWIVELS; BASIC; GLIDE;

- 13-16 Repeat meas 9-12;;;

17-20 BACK BREAK TO SCP; WALK 4; HITCH 4; SCOOT;

- 17 {**Back Break to SCP**} CP WALL Sd L, stg LF trn sd R, bk L to SCP LOD, fwd R (W sd R, stg RF trn sd L, bk R to SCP LOD, fwd L);
- 18 {**Walk 4**} SCP LOD Fwd L, fwd R, fwd L, fwd R (W fwd R, fwd L, fwd R, fwd L);
- 19 {**Hitch 4**} SCP LOD Fwd L, cl R, bk L, cl R (W fwd R, cl L, bk R, cl L);
- 20 {**Scoot**} SCP LOD Fwd L, cl R, fwd L, cl R (W fwd R, cl L, fwd R, cl L);

PART A (cont.)

21-24 CIRCLE AWAY & TOGETHER TO CP;; BASIC WITH TOUCH; BASIC WITH TOUCH TO RLOD;

- 21-22 {**Circle Away & Together to CP**} Circle LF twd COH fwd L, fwd R, fwd L, fwd R (W circle RF twd Wall fwd R, fwd L, fwd R, fwd L); Cont circle LF twd WALL fwd L, fwd R, fwd L, fwd R to CP WALL (W cont circle RF twd COH fwd R, fwd L, fwd R, fwd L);
- 23 {**Basic with Touch**} CP WALL Sd L, cl R, sd L, tch R (W sd R, cl L, sd R, tch L);
- 24 {**Basic with Touch to RLOD**} CP WALL Sd R, cl L, sd R, tch L (W sd L, cl R, sd L, tch R);

BRIDGE

1 BASIC;

- 1 {**Basic**} CP WALL Sd L, cl R, sd L, cl R (W sd R, cl L, sd R, cl L);

PART B

1-4 ARM SLIDE;; BASIC; START ARM SLIDE;

- 1-2 {**Arm Slide**} M hnds to sd & lower part W upper arm bk L, bk R, bk L, bk R to loose low hnd hold (W hnds on M upper arm bk R, bk L bk R, bk L); Fwd L, fwd R, fwd L, fwd R to CP WALL (W fwd R, fwd L, fwd R, fwd L);
- 3 {**Basic**} CP WALL Sd L, cl R, sd L, cl R (W sd R, cl L, sd R, cl L);
- 4 {**Start Arm Slide**} M hnds to sd & lower part W upper arm bk L, bk R, bk L, bk R to loose low hnd hold (W hnds on M upper arm bk R, bk L bk R, bk L);

5-8 WRAP; UNWRAP IN 4; FINISH ARM SLIDE; BASIC;

- 5 {**Wrap**} BFLY WALL w/ arms extended sm fwd L, fwd R raise ld hnds ld W to LF trn, cl L, stp in plc R to WRP WALL (W fwd R, fwd L stg LF trn, cont trn sd & fwd R, cl L to fc WALL);
- 6 {**Unwrap in 4**} Raise arms & lead W to unwrap stp in plc L, R, L, R to loose low hnd hold (W unwrap trn RF fwd R, fwd L, fwd R to fc M, cl L);
- 7 {**Finish Arm Slide**} Fwd L, fwd R, fwd L, fwd R to CP WALL (W fwd R, fwd L, fwd R, fwd L);
- 8 {**Basic**} CP WALL Sd L, cl R, sd L, cl R (W sd R, cl L, sd R, cl L);

9-12 SIDE SEPARATION;;;;

- 9-12 {**Side Separation**} CP WALL Sd L, cl R, sd L, tch R (W sd R, cl L, sd R, cl L); Mv away from W sd R, cl L, sd R, tch L jn L hnds (W sd R, cl L, sd R, tch L); Mv twd W sd L, cl R, sd L, cl R to fc W (W sd L, cl R, sd L, cl R); Mv away from W sd L, cl R, sd L, cl R jn R hnds (W sd L, cl R, sd L, tch R); [The last time thru the dance ends at this point and you can shake hands on the last beat]

13-16 CIRCLE WALK RIGHT;; BACK AWAY 4; TOGETHER 4 TO CP;

- 13-14 {**Circle Walk Right**} HNDSHK WALL Trn RF fwd L, fwd R, fwd L, fwd R to fc COH (W fwd R, fwd L, fwd R, fwd L to fc WALL); Cont trn RF fwd L, fwd R ld W to trn LF under joined hnds, sd & fwd L, cl R release R hnds to CP WALL (W cont trn RF fwd R, fwd L trn stg LF trn under joined hnds, cont LF trn bk R, sm sd L to fc COH);
- 15 {**Back Away 4**} CP WALL Drop hnds bk L, bk R, bk L, bk R (W bk R, bk L, bk R, bk L);
- 16 {**Together 4 to CP**} Fwd L, fwd R, fwd L, fwd R to CP WALL (W fwd R, fwd L, fwd R, fwd L);

PART C

1-4 LEFT TURNING ROCK FC LOD; SIDE STAIRS; LEFT TURNING ROCK TWICE FC RLOD;;

- 1 {**Left Turning Rock**} CP WALL Trn LF fwd L, cont trn bk R to fc LOD, sd L, cl R to CP LOD (W trn LF bk R, cont trn fwd L to fc RLOD, sd R, cl L);
- 2 {**Side Stair**} CP LOD Sd L, cl R, fwd L, cl R (W sd R, cl L, bk R, cl L);
- 3 {**Left Turning Rock**} CP LOD Trn LF fwd L, cont trn bk R to fc COH, sd L, cl R to CP COH (W trn LF bk R, cont trn fwd L to fc WALL, sd R, cl L);
- 4 {**Left Turning Rock**} CP COH Trn LF fwd L, cont trn bk R to fc RLOD, sd L, cl R to CP RLOD (W trn LF bk R, cont trn fwd L to fc LOD, sd R, cl L);

5-8 SIDE STAIRS; LEFT TURNING ROCK FC WALL; CONGA WALKS FWD & BACK;;

- 5 {**Side Stair**} CP RLOD Sd L, cl R, fwd L, cl R (W sd R, cl L, bk R, cl L);
- 6 {**Left Turning Rock**} CP RLOD Trn LF fwd L, cont trn bk R to fc WALL, sd L, cl R to CP WALL (W trn LF bk R, cont trn fwd L to fc COH, sd R, cl L);
- 7-8 {**Conga Walks Fwd & Back**} M fc WALL Fwd L, fwd R, fwd L, flexing L knee tap R bk lean upper bdy fwd (W fc COH bk R, bk L, bk R, flexing R knee tap L fwd lead upper bdy bk); Bk R, bk L, bk R, flexing R knee tap L fwd lead upper bdy bk (W fwd L, fwd R, fwd L, flexing L knee tap R bk lean upper bdy fwd);

AIB AIBCC B(1-12)

WAIT
FWD STAIR
END FC WALL
BACK AWAY 4

WAIT
LEFT TURNING ROCK TWICE
FWD STAIR
TOGETHER 4 TO CP

A CONGA WALKS LEFT & RIGHT ----
CONGA BREAK PROMENADE
CONGA WALKS LEFT & RIGHT ----
CONGA BREAK PROMENADE

.....
BACK BREAK TO SCP PROMENADE SWIVELS
BASIC GLIDE
BACK BREAK TO SCP PROMENADE SWIVELS
BASIC GLIDE

.....
BACK BREAK TO SCP WALK 4
HITCH 4 SCOOT
CIRCLE AWAY & TOGETHER END CP
BASIC WITH TOUCH LEFT & RIGHT ----

I BASIC

B ARM SLIDE ----
BASIC START ARM SLIDE
WRAP UNWRAP IN 4
FINISH ARM SLIDE BASIC

.....
SIDE SEPARATION ----
---- ----
CIRCLE WALK RIGHT ----
BACK AWAY 4 TOGETHER 4 TO CP

C LEFT TURNING ROCK FC LOD SIDE STAIRS
LEFT TURNING ROCK TWICE END FC RLOD
SIDE STAIRS LEFT TURNING ROCK FC WALL
CONGA WALKS FWD & BACK ----

4-2 LA ALMOHADA (ROSS) 5214
(CP COH LEAD FOOT FREE)