

## MIDDLE OF THE DAY

Choreography by: Howard & Anna Hoffman, 305 Williams Drive, Schaumburg,  
Illinois, 60193 Phone 1-847-891-2383 Release Date 3-19-18  
E-mail to [Hofdance@aol.com](mailto:Hofdance@aol.com)

Music: Mis Manos En Tu Cintura by Paul Latin  
From the CD album Guitarra Latina  
Available from iTunes Music Downloads

Rhythm/Phase: Cha Cha Phase IV

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A Bridge A Bridge B Ending

### ..... INTRODUCTION (4 Measures) .....

OPN FCNG POS W/ LEAD FEET FREE WAIT 2 MEAS;; APART POINT; STEP TOG & TCH  
BFLY WALL;

[1 & 2] In opn fcng pos with lead feet free wait 2 measures;; [3] Step apart L, -, point R toward partner, -;  
[4] Step fwd R to bfly pos fcng wall, -, tch L to right, -;

### ..... PART A (24 Measures) .....

ALEMANA;; LARIAT TO BFLY;; REV UNDERARM TURN; UNDERARM TURN; TO REV, CRAB  
WALKS;; FENCE LINE REV; SPOT TURN OP LOD; RK BK, REC, FWD TRIPLE CHA;; RK  
FWD, REC, BK TRIPLE CHA;; SLIDE THE DOOR TWICE;; CIR AWAY 2 & A CHA; TOG 2  
& A CHA; TIME STEPS BFLY;; 1 SHLDR TO SHLDR; AIDA LOD; SWITCH CROSS REV;  
1 CUCARACHA;

[1 & 2] Fwd L, rec R, bk L/cl R, small bk L leading W to turn rf; Bk R, rec L, sd R/cl L, sd R; (W bk R, rec L, fwd R/cl L, fwd R commence rf turn; Continue rf turn under joined lead hands fwd L, continue rf turn fwd R, sd L/cl R, sd L;)  
[3 & 4] Step in place L, R, L/R, L; R, L, R/L, R; (W circle M clockwise with joined lead hands fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R trng to fc partner bfly pos, sd L;)  
[5] XLIF of right, rec R, sd L/cl R, sd L; (Swiveling 1/4 lf on ball of supporting foot W step fwd R trng 1/2 lf, rec L trng 1/4 lf to fc partner, sd R/cl L, sd R;)  
[6] Raising joined lead hands turn body slightly rf bk R, rec L squaring body to fc partner, sd R/cl L, sd R; (Swiveling 1/4 rf on ball of supporting foot W step fwd L trng 1/2 rf, rec R trng 1/4 rf to fc partner, sd L/cl R, sd L;)  
[7 & 8] To RLOD XLIF of right, sd R, XLIF of right/sd R, XLIF of right; Sd R, XLIF of right, sd R/XLIF of right, sd R; [9] In bfly pos cross lunge thru L with bent knee look direction of lunge, rec R trng to fc partner, sd L/cl R, sd L; [10] Swiveling 1/4 on ball of supporting foot step fwd R toward LOD trng 1/2, rec L trng 1/4 to fc partner, sd R/cl L, sd R trng lf to opn pos fcng LOD; [11 & 12] Rk bk L, rec R, fwd L/lock R in back of left, fwd L; Fwd R/lock L in back of right, fwd R, fwd L/lock R in back of left, fwd L; [13 & 14] Rk fwd R, rec L, bk R/lock L in front of right, bk R; Bk L/lock R in front of left, bk L, bk R/lock L in front of right, bk R; [15 & 16] Fcng LOD rk apart L, rec R releasing hands, XLIF of right changing sides still fcng same direction as W crosses in front of M/sd R, XLIF of right; Rk apart R, rec L, XRIF of left changing sides still fcng same direction as W crosses in front of M/sd L, XRIF of left; [17] Circling lf toward COH & away from partner fwd L, fwd R, fwd L/cl R, fwd L; [18] Circling back to fc partner & wall fwd R, fwd L, fwd R/cl L, fwd R; [19 & 20] XLIB, rec R, sd L/cl R, sd L; XRIB, rec L, sd R/cl L, sd R; [21] From bfly pos fwd L to bfly sdc, rec R to fc, sd L/cl R, sd L; [22] Toward LOD fwd R trng rf, sd L continue rf turn, bk R/lock L in front of right, bk R ending in a "V" bk-to-bk pos fcng RLOD; [23] Trng lf to fc partner sd L chng bringing joined hands thru, rec R, XLIF trng lf to fc partner/sd R, XLIF; [24] Sd R, rec L, cl R/step in place L, step in place R;

### ..... BRIDGE (8 Measures) .....

CHASE W/ DBL PEEK-A-BOO BFLY;;;; ;;;

[1 - 8] Fwd L trng 1/2 rf to tandem M in front, rec fwd R, fwd L/cl R, fwd L; Sd R look over left shldr, rec L, cl R/step in place L, step in place R; Sd L look over right shldr, rec R, cl L/step in place R, step in place L; Fwd R trng 1/2 lf to tandem W in front, rec fwd L, fwd R/cl L, fwd R; Sd L, rec R, cl L/step in place R, step in place L; Sd R, rec L, cl R/step in place L, step in place R; Fwd L, rec bk R, bk L/cl R, bk L; Bk R, rec fwd L, fwd R/cl L, fwd R finish bfly pos; (W bk R, rec L, fwd R/cl L, fwd R; Sd L, rec R, cl L/sip R, sip L; Sd R, rec L, cl R/sip L, sip R; Fwd L turn 1/2 rf to tandem W in front, rec fwd R, fwd L/cl R, fwd L; Sd R look over left shldr, rec L, cl R/sip L, sip R; Sd L look over right shldr, rec R, cl L/sip R, sip L; Fwd R turn 1/2 lf to fc partner, rec fwd L, fwd R/cl L, fwd R; Fwd L, rec bk R, bk L/cl R, bk L finish bfly pos;)

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### ..... PART B (8 Measures) .....

1/2 BASIC; TO A FAN; HOCKEY STICK TO LEFT HAND STAR;; UMBRELLA TURNS BLND BFLY;;;

[1] Fwd L, rec R, sd L/cl R, sd L; [2] Bk R, rec L, sd R/cl L, sd R; (W fwd L, trng lf step sd & bk R making 1/4 turn to left, bk L/lock R in front, bk L leaving right extended forward with no weight;) [3 & 4] Fwd L, rec R, step in place L/R, L; Bk R, rec L, fwd R/cl L, fwd R ending DRW to left hand star; (W cl R, fwd L, fwd R/L, R; Fwd L, fwd R trng lf to fc partner, bk L/cl R, bk L on a diagonal;) [5 - 8] Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R; Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L trng 1/4 lf to fc partner, sd R/cl L, sd R; (W bk R, rec L, fwd R trng 1/2 lf under joined hands/cl L, bk R; Bk L, rec R, fwd L trng 1/2 rf under joined hands/cl R, bk L; Bk R, rec L, fwd R trng 1/2 lf under joined hands/cl L, bk R; Bk L, rec R, fwd L trng 1/2 rf under joined hands to fc partner/cl R, sd L;)

### ..... ENDING (10 Measures) .....

FULL BASIC;; HAND TO HAND TWICE;; FULL CHASE BFLY;;; 1/2 BASIC; AIDA IN 3;

[1 & 2] Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R; [3 & 4] Swiveling sharply 1/4 on weighted foot step bk L to OP, rec R trng 1/4 to fc partner, sd L/cl R, sd L; Swiveling sharply 1/4 on weighted foot step bk R to LOP, rec L trng 1/4 to fc partner, sd R/cl L, sd R; [5 - 8] Fwd L commence rf turn 1/2, rec fwd R, fwd L/cl R, fwd L; Fwd R commence lf turn 1/2, rec fwd L, fwd R/cl L, fwd R; Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R blnd bfly pos; (W bk R with no turn, rec L, fwd R/cl L, fwd R; Fwd L commence rf turn 1/2, rec fwd R, fwd L/cl R, fwd L; Fwd R commence lf turn 1/2, rec fwd L, fwd R/cl L, fwd R; Fwd L with no turn, rec R, bk L/cl R, bk L blnd bfly pos;) [9] Fwd L, rec R, sd L/cl R, sd L; [10] Toward LOD fwd R trng rf, sd L continue rf turn, bk R ending in a "V" bk-to-bk pos fcng RLOD, -;