

NO ES UN CAPRICHOS (It Is Not A Capricho)

Music: Tamara
<https://music.apple.com/mx/album/siempre/1443572657>
Track # 5 Time:4:32
Shortened : from 1:50 to 3:24,75 then from 2:17 to 2:30,5 to Time 2:43
Slow Down w/ -3% Available from choreographer

Rhythm: Mambo Phase: IV + Several U
Footwork: Opposite except where (Noted)
Release Date: June 20
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
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Sequence: INTRO ABC AB B(1-6) END



INTRO

01-04 LOP M FCG W & WALL LEAD FOOT FREE NO HANDS WAIT 2 MEASURES ; ; CUCARACHA CROSS TWICE ; ;
{Wait} LOP M fcg W & WALL ld ft free No Hands wt 2 meas ; ; {Cucaracha Cross x 2} [No Hands] Sd L push ball of ft into floor, rec R, XLif (W XRif), -; Sd R push ball of ft into floor, rec L, XRif (W XLif), -;

05-08 SIDE CONGA WALKS 3 TIMES ; ; SLIDE RIGHT ;
{Sd Conga Wks x 3} [QQQQ] In OP-FCG no hands sd L, XRif, sd L w/ sl upper bdy trn, tap R heel ; Sd R, XLif, sd R w/ sl upper bdy trn, tap L heel ; repeat meas 9 Part B ; {Slide Right} [S] Lowerg on L to push R sd lunge, -, -, - to CP WALL ;

PART A

01-04 DIAMOND TURN/W HIP TWIST ; CROSS BODY to SCAR ; DIAMOND TURN/W HIP TWIST ; CROSS BODY to WALL ;
{Diamond Trn w/ Hip Twist } [1,2,3&] CP WALL Fwd L comm LF trng, compg ¼ LF trn sd R, bk L to BJO twistg W RF to momentary SCAR (W Fwd R twistg ¼ RF) to DLC ; {Cross Body to SCAR} Bk R blendg to CP, sd L trng ¼ LF, fwd R in BJO COH ; Repeat meas 1,2 to DRW & BFLY WALL ; ;

05-08 BASIC ½ INTO 3 ALTERNATING UNDERARM TURNS W chng hnds - M chng hnds & W ; ; ;
{Basic ½ Into 3 Alternating Underarm Turns W-M-W} Fwd L, rec R, sd L, -; Raisg jnd ld-hnds XRib, rec L, sd R (W trng RF undr jnd ld-hnds fwd L, fwd R cont RF trn to fc ptr, sd L), -; [join tl-hnds] trng RF undr jnd tl-hnds fwd L, fwd R cont RF trn to fc ptr sd L (W XRib, rec L, sd R), -; [join ld-hnds] Repeat meas 6 Part A to BFLY WALL ;

09-12 CROSS BODY/ W SPIRAL to CP COH ; ; SCALOP w/ FLICK ; ;
{Cross Body/W Spiral } Fwd L, rec R, sd & bk L trng ¼ LF (W bk R, rec L, fwd R spiralg 7/8 LF under jnd ld-hnds) to "L" CP M fcg LOD W fcg COH, -; Bk R contg LF trn, rec L comp LF trn to CP COH, sd R (W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L) to CP COH, -; {Scallop w/ Flick} [QQQQ] Rk bk L to SCP LOD, rec R, cl L to CP, blend to SCP flick R-ft off floor by bending r-knee leaving foot behind ; Thru R to SCP LOD, sd L to CP WALL, cl R, -;

13-16 CROSS BODY/ W SPIRAL to CP WALL ; ; SCALOP w/ FLICK ; ;
{Cross Body/W Spiral } Repeat meas 11,12 Part A to CP WALL ; ; {Scalop w/ Flick} Repeat meas 13,14 Part A ; ;

PART B

01-04 CROSS BODY/M SPOT TURN ; ; THRU to AIDA ; BACK BASIC ;
{Cross Body/M Spot Turn} Rk fwd L, rec R to CP trng ¼ LF to fc LOD blending to "L" pos, sd COH L (W rk bk R, rec L, fwd R), -; XRif & extend r-arm to Coh comm trng LF, fwd L to WALL cont LF trn, sd & fwd R cont LF trn to fc ptr (W fwd COH L, fwd R trng ½ Lf to fc WALL, bk & sd L) to LOP FCG POS COH, -; {Thru to Aida} Xg ld-hnds ovr trl-hnds to LOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos to RLOD, -; {Bk Basic} [Balancing all arms back & fwd] Bk R, rec L, fwd R, -;

05-08 PATTI-CAKE TAP ; BACK BASIC to FACE ; FULL TURN CHASE M & W ; ;
{Pattycake Tap} Lift lft-knee swvl ¼ RF on R to fc W plc ld-hnd palm to palm look RLOD & XLif w/o wgt tapg L toe twd RLOD, -, lift lft-knee swvl ¼ RF on R & bk L to OP RLOD, -; {Bk Basic to Fc} [Balancing all arms back & fwd] Bk R, rec L, fwd R trng RF to fc ptr & COH, -; {Full Turn Chase M & W} [releasg both hnds] Fwd L turn ½ RF, rec R cont turn ½ RF, cl L (W bk R, rec L, cl R), -; Bk R, rec L, fwd R (W fwd L turn ½ RF, rec R cont turn ½ RF to fc ptr, cl L) to BFLY WALL, -;

09-16 REPEAT MEAS 1-8 PART B ; ; ; ; ; ; ; ;

PART C

01-08 CONTINUOUS CHASE w/ UNDERARM PASS & PEEKS ; ; ; ; CONTINUE ; ; ; ; W SWIVEL to FACE ;

{Continuous Chase w/ Underarm Pass & Peeks} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (*W bk R, rec L, fwd R twds M's lft-sd*), -; Bk R raisg jnd ld-hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF under jnd ld-hnds, fwd & sd L contg to trn ½ LF*) to TAND COH w/ ld-hnds still jnd above the head W, -; **{Peek-a-Boo x 2}** Sd L, rec R, cl L (*W sd R lookg ovr lft-shldr, rec L, cl R*), -; Sd R, rec L, cl R (*W sd L lookg ovr r-shldr, rec R, cl L*), -; **{Continue}** Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (*W fwd R trng ½ LF, fwd L, fwd R twds M's lft-sd*), -; Repeat meas 2,3 Part C ; ; ; **{W Swivel to Fc}** Sd R, rec L, cl R (*W sd L lookg ovr r-shldr, rec R trng ½ RF, cl L*) to CP WALL, -;

ENDING

01-03 CROSS BODY/M SPOT TURN ; ; THRU to AIDA & EXTEND FREE ARMS ;

{Cross Body/M Spot Turn} Repeat meas 1,2 Part B ; ; **{Thru to Aida & Extend Free Arms}** Repeat meas 3 Part B extendg free arms up & out ;