



OOMBA HEY

Choreographers:	Release date: February 2013
Annette & Frank Woodruff	Rhythm & Phase: Cha Cha V+0+1 (Box w/ Breaks)
	Teaching Tip: Single and Double Cuban Breaks
	Music: ZumbaE by Ballroom Orchestra & Singers, MP3 downloadable from Casa Musica
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 2:40 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: anfrank@skynet.be	Sequence: Intro – ABC – B – D - B

INTRODUCTION

1	Wait ;	Fcg WALL & ptr no hnds wt 1 meas w/ trl ft free ;
2 - 4	Box with Breaks 3 meas ;;;	Bk R, sd L, XRif/rec L, cl R (<i>W fwd L, sd R, XLif/rec R, cl L</i>); fwd L, sd R, XLif/rec R, cl L (<i>W bk R, sd L, XRif/rec L, cl R</i>); rpt meas 2 INTRO to BFLY WALL;

PART A (same footwork meas 4-10)

1 - 2	Basic ;;	Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
3	New Yorker to OP M in 4 ;	XLif w/ straight leg trng to LOP RLOD, rec R trng to fc, sd & fwd L, fwd R (<i>W XRif w/ straight leg trng to LOP RLOD, rec L trng to fc, sd & fwd R/cl L, fwd R</i>) to OP LOD & rel trl hnds ; [now SD-BY-SD LOD L feet free]
4	Double Cuban ;	Both XLif/rec R, sd L/rec R, XLif./rec R, sd L ;
5	Single Cubans ;	Both XRif /rec L, sd R, XLif /rec R, sd L ;
6	Double Cuban to fc RLOD ;	Both XRif/rec L, sd R/rec L, XRif./rec L, sd R & sharply swvl ½ RF to SD-BY-SD RLOD W on M's L sd ;
7	Single Cubans ;	Both XLif /rec R, sd L, XRif /rec L, sd R;
8	Double Cuban to fc LOD ;	Both XLif/rec R, sd L/rec R, XLif./rec R, sd L & sharply swvl ½ LF to SD-BY-SD LOD ;
9	Single Cubans ;	Both XRif /rec L, sd R, XLif /rec R, sd L ;
10	Double Cuban to face W transitions ;	XRif/rec L, sd R/rec L, XRif./rec L, sd R & sharply swvl ¼ RF (<i>W XRif/rec L, sd R/rec L, XRif/rec L, sd R trng 1/8 LF/rec L trng 1/8 LF</i>) to LOP-FCG WALL ;
11	½ Basic ;	Fwd L, rec R, sd L/cl R, sd L;
12	Whip to BFLY ;	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R (<i>W fwd L reachg if of M, fwd & sd R trng LF ½ to fc M, sd L/cl R, sd L</i>) to BFLY COH ;
13	Crab Walks ½ ;	Twd LOD XLif, sd R, XLif/ sd R, XLif ;
14	Lace back 2 & Side Cha to RLOD ;	Relg ld hnds & raisg trl hnds high fwd R twd DLC Xg bhd W & sharply swvlg 3/8 RF on R ft to fc W & WALL, cl L to BFLY, twd RLOD sd R/cl L, sd R (<i>W fwd L undr jnd trl hnds Xg if of M & sharply swvlg LF on L ft to fc M, cl R to BFLY, sd L/cl R, sd L</i>);
15	Crab Walks ½ ;	Twd RLOD XLif (<i>W XRif</i>), sd R, XLif (<i>W XRif</i>)/sd R, XLif (<i>W XRif</i>);
16	Cucaracha R to HNSHK ;	Sd R w/ partial wgt, rec L, sip R/L, R & jn R Hnds ;

PART B

1	Open Hip Twist ;	Ck fwd L, rec R, w/ sm ronde XLib/sd R, sd L (<i>W rk bk R, rec L, fwd R/cl L, fwd R trvlg twds M's R sd, swvl ¼ RF on R ft</i>);
2 - 5	Parallel Breaks 4 meas ;;;;	["L" pos & R hnds jnd thruout] Bk R, rec L trng ¼ LF to fc LOD, sd R/cl L, sd R (<i>W fwd L startg LF trn, fwd R compg ¾ trn to fc WALL, sd L/cl R, sd L</i>); fwd L startg LF trn, fwd R compg ¾ trn to fc WALL, sd L/cl R, sd L (<i>W bk R, rec L trng ¼ LF to fc LOD, sd R/cl L, sd R</i>); Rpt meas 2-3 Part B ;;

6	Fan ;	Bk R, rec L chg hnds to ld hnds jnd, XRif/rec L, sd R (<i>W fwd L, sd R trng 1/4 LF, contg LF trn bk L/lk R, bk L</i>) to FAN pos WALL ;
7 - 8	Hockey Stick ;;	Fwd L, rec R, XLib/cl R, sm sd L raisg jnd ld hnds to form window (<i>W cl R, fwd L, fwd R/lk Lib, fwd R</i>) ; sm bk R, rec L, lwrng hnds fwd R/lk Lib, fwd R (<i>W fwd L, fwd R & spiral LF 5/8 undr jnd hnds, bkL, lk Rif, bk L</i>) to LOP-FCG DRW ;

PART C

1 - 2	Shoulder to Shoulder 2x to L HND STAR ;;	Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L; fwd R to BFLY BJO, rec L to fc, sd R/cl L, sd R to L-HNDSTAR RLOD;
3 - 4	Umbrella Turn ½ to BFLY;;	Fwd L, rec R, bk L/cl R, bk L (<i>W bk R, rec L, fwd R trng ½ LF undr jnd hnds/cl L, bk R</i>) ; bk R, rec L, fwd & sd R trng LF/cl L, sd R compg ¼ LF trn (<i>W bk L, rec R, fwd & sd L trn ¼ RF/cl R, sd L</i>) to mom BFLY WALL ;
5 - 6	Back Break to Triple Cha ;;	XLib (<i>W XRib</i>) trng to OP LOD, rec R, trng slightly twd ptr fwd & sd L/lk Rib, fwd L ; trng slightly away from ptr fwd & sd R/lk Lib, fwd R, trng slightly twd ptr fwd & sd L/lk Rib, fwd L ;
7	Spot Turn to BFLY ;	XRif trng LF, rec L contg LF trn, compg full LF trn sd R/cl L, sd R to BFLY WALL ;
8	Double Cuban ;	XLif/rec R, sd L/rec R, XLif./rec R, sd L ;
9	Aida ;	Thru R, sd L trng RF, bk R/lk LIF, bk R to V-BK-TO-BK ;
10	Switch Rock ;	Trng LF sd & bk L to fc ptr, rec R, sd L/rec R, sd L ;
11	Spot Turn to BFLY ;	Rpt meas 7-9 Part C ;;;
12	Double Cuban ;	
13	Aida ;	
14	Switch Cross ;	
15	Crab Walk Ending ;	Sd R, XLif (<i>W XRif</i>), sd R/ cl L, sd R;
16	Single Cubans to HNDSHK;	XLif /rec R, sd L, XRif /rec L, sd R & chg hnds to R HNDSHK WALL ;

REPEAT PART B

PART D

1 - 4	Box w/ Breaks 4 meas ;;;	[Fcg no hnds] Fwd L, sd R, XLif (<i>W XRif</i>)/rec R, cl L ; rpt meas 2-4 Intro ;;;
5 - 6	Basic ;;	In BFLY fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
7	New Yorker ;	XLif w/ straight leg trng to LOP RLOD, rec R trng to BFLY, sd L/cl R, sd L ;
8	Double Cuban to HNDSHK;	XRif/rec L, sd R/rec L, XRif./rec L, sd R to R HNDSHK WALL ;

REPEAT PART B but on last step lunge R to side with both arms extended out.

About Zumba

Zumba is a Colombian dance fitness program created by dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Approximately 14 million people take weekly Zumba classes in over 140,000 locations across more than 150 countries.



OOMBA HEY – WOODRUFF FEB 2013 – CHA V – 2:40

INTRO (4 meas)

Fcg WALL & ptr no hands trl feet free wait 1 meas ;
Box w/ Breaks 3 meas to BFLY;;;

PART A (16 meas)

Basic ;; New Yorker to SD-BY-SD Man in 4 ; Double Cuban ;
Single Cubans ; Double Cuban to fc RLOD ; Single Cubans ;
Double Cuban to face LOD ; Single Cubans ; Double Cuban to fc WALL W trans ;
½ Basic ; Whip to BFLY ; Crab Walks ½ ; Lace in 2 & sd cha to RLOD ;
Crab Walks ½ ; Cucaracha R to HNDSHK ;

PART B (8 meas)

Hip Twist to ; Parallel Breaks 2x ;;;; Fan ; Hockey Stick ;;

PART C (16 meas)

Shoulder to Shoulder 2x to L HND STAR ;; Umbrella Turn ½ to BFLY ;;
Bk Break to Triple Cha ;; Spot Turn to BFLY ; Double Cuban ;
Aida ; Switch Rock ; Spot Turn to BFLY ; Double Cuban ;
Aida ; Switch Cross ; Crab Walk Ending ; Single Cubans to HNDSHK ;

PART B (8 meas)

Hip Twist to ; Parallel Breaks 2x ;;;; Fan ; Hockey Stick ;;

PART D (8 meas)

Drop hands for Box w/ Breaks 2x to BFLY ;;;;
Basic ;; New Yorker ; Double Cuban to HNDSHK ;

PART B (8 meas)

Hip Twist to ; Parallel Breaks 2x ;;;; Fan ; Hockey Stick but lunge sd on last step ;;