



The Girl From Ipanema

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RECORD: The Girl From Ipanema, Astrud Gilberto, CD: The Girl From Ipanema, Track 1
Time: 3:19 as downloaded @ 100% (Slow Down 15% for comfort)
Download from iTunes
Trim 19 seconds from end of recording.

FOOTWORK: Opposite unless noted (women's footwork in Parentheses)

RHYTHM: Cha-Cha PHASE: IV DIFFICULTY: Easy

SEQUENCE: Intro, A, B, C, A, D, E, C, B, End DATE RELEASED: May 20, 2015

Intro

1-4 Wait 2 Measures;; Travelling Door Twice;;

(1-2) [BFLY WALL] Wait 2 meas;;

(3) [BFLY WALL] Rk sd L, rec R, xLif (W xRif)/sd R, xLif (W xRif) ;

(4) [BFLY WALL] Rk sd R, rec L, xRif (W xLif)/sd L, xRif (W xLif) ;

5-8 Side Walk Half; Spot Turn Twice;; Fence Line;

(5) [BFLY WALL] Sd L, cl R, sd L/cl R, sd L ;

(6) [BFLY WALL] xRif LF 3/4 (W RF), cont trn 1/4 rec L to fc ptr, Sd R/cl L, sd R ;

(7) [BFLY WALL] xLif RF 3/4 (W LF), cont trn 1/4 rec R to fc ptr, Sd L/cl R, sd L ;

(8) [BFLY WALL] R cross lunge thru bending knee, rec L, sd R/cl L, sd R ;

Part A

1-4 Basic;; Open Break; Whip;

(1) [BFLY WALL] Rk fwd L, rec R, sd L/cl R, sd L ;

(2) [BFLY WALL] Rk bk R, rec L, sd R/cl L, sd R ;

(3) [BFLY WALL] Rk apt L, rec R, sd L/R, L ;

(4) [BFLY WALL] Bk R trng 1/4 LF, rec fwd L cont LF trn 1/4, sd R/cl L, sd R (W fwd L outsd M on his L side, fwd R trng LF 1/2, sd L/cl R, sd L) ;

5-8 Hand to Hand Twice;; Open Break; Whip;

(5) [BFLY COH] Rk bk L to OP fcg RLOD, rec R to fc ptr, sd L/cl R, sd L ;

(6) [BFLY COH] Rk bk R to LOP fcg LOD, rec L to fc ptr, sd R/cl L, sd R ;

(7) [BFLY COH] Rk apt L, rec R, sd L/R, L ;

(8) [BFLY COH] Bk R trng 1/4 LF, rec fwd L cont LF trn 1/4, sd R/cl L, sd R (W fwd L outsd M on his L side, fwd R trng LF 1/2, sd L/cl R, sd L) ;

Part B

1-4 Basic to Handshake;; Flirt; Fan;

- (1) [BFLY WALL] Rk fwd L, rec R, sd L/cl R, sd L ;
- (2) [BFLY WALL] Rk bk R, rec L, sd R/cl L, sd R to HNDSHK ;
- (3) [HNDSHK] Fwd L, rec R, sd L/cl R, sd L (W rk bk R, rec L trng LF, cont LF trn to VARS sd R/cl L, sd R);
- (4) [VARS] Bk R, rec L, sd R/cl L, sd R chg to lead hnd hold (W rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF) ;

5-8 Hockeystick;; New Yorker Twice;;

- (5) [FAN POSITION] Fwd L, rec R, in plc L/R, L (W cl R, fwd L, fwd R/L, fwd R) ;
 - (6) Bk R, rec L, fwd R/cl L, fwd R endg DRW (W fwd L, fwd R trng 5/8 LF fc DLC, bk L/cl R, bk L) ;
 - (7) [BFLY WALL] xLif straight leg to LOP, rec R to fc ptr, sd L/cl R, sd L ;
 - (8) [BFLY WALL] xRif straight leg to OP, rec L to fc ptr, sd R/cl L, sd R ;
- **Second Time through to Handshake

Part C

1-4 Chase with an Underarm Pass;; New Yorker Twice;;

- (1) [BFLY WALL] Fwd L trng 1/2 RF to COH *keep lead hands joined*, rec fwd R, fwd L/cl R, fwd L (W rk bk R, rec L, fwd R/cl L, fwd R to M's L sd) ;
- (2) Rk bk R raising jnd ld hnds ldg W trn LF, rec L, sd R/cl L, sd R (W fwd L, fwd R, trng 1/2 LF undr jnd ld hnds to fc ptr, sd L/cl R/ sd L) to BFLY COH ;
- (3) [BFLY COH] xLif straight leg to LOP, rec R to fc ptr, sd L/cl R, sd L ;
- (4) [BFLY COH] xRif straight leg to OP, rec L to fc ptr, sd R/cl L, sd R ;

5-8 Half Chase to Tandem COH;; Peek-A-Boos;;

- (5) [BFLY COH] Rk fwd L trng RF 1/2, rec fwd R, fwd L/cl R, fwd L (W rk bk R, rec L, fwd R/cl L, fwd R) ;
- (6) [TANDEM WALL] Rk fwd R trng LF 1/2, rec L, fwd R/cl L, fwd R (W rk fwd L trng RF, rec R, fwd L/cl R, fwd L) ;
- (7) [TANDEM COH] Rk sd L peek at W over R shldr, rec R, in plc L/R, L (W rk sd R, rec L, in plc R/L, R) ;
- (8) [TANDEM COH] Rk sd R peek at W over L shldr, rec L, in plc R/L, R (W rk sd L, rec R, in plc L/R, L) ;

9-14 Finish the Chase to Left Hand Star;; Umbrella Turns;;;

- (9) [TANDEM COH] Rk fwd L, Rec R, Bk L/cl R, Bk L (W rk fwd R trng 1/2 LF, rec L, fwd R/cl L, fwd R) ;
- (10) [BFLY COH] Rk bk R, rec L, fwd R/cl L, fwd R to L HD STAR (W rk fwd L, rec R, bk L/cl R, bk L to L HD STAR) ;
- (11) [L HD STAR] Fwd L, rec R, Bk L/cl R, bk L (W Bk R, rec L, fwd R tng 1/2 LF/cl L, bk R) ;
- (12) Bk R, rec L, fwd R/cl L, fwd R (W Bk L, rec R, Fwd L tng 1/2 RF/cl R, bk L) ;
- (13) Fwd L, rec R, bk L/cl R, bk L (W Bk R, rec L, fwd R tng 1/2 LF/cl L, bk R) ;
- (14) Bk R, rec L, sd R/cl L, sd R (W Bk L, rec R, fwd L tng 1/4 RF/cl R, sd L fcg ptr) ;

15-16 Cucaracha; Whip;

- (15) [BFLY COH] Sd L, rec R, in pl L/R, L ;
- (16) [BFLY COH] Bk R trng 1/4 LF, rec fwd L cont LF trn 1/4, sd R/cl L, sd R (W fwd L outsd M on his L side, fwd R trng LF 1/2, sd L/cl R, sd L) ;

Part D

1-4 Alemana;; Lariat to Man's Right Side;;

- (1) [BFLY WALL] Fwd L, rec R, bk L/cl R, bk L Idg W to trn RF under Id hds (bk R, rec L, fwd R/cl L, fwd R begin RF trn) ;
- (2) [BFLY WALL] Bk R, rec L, sd R/cl L, sd R (cont RF trn under joined Id hds fwd L, continue RF trn fwd R, sd L/cl R, sd L to M's R sd) ;
- (3) In plc L, in plc R, L/R, L (W fwd R, fwd L bhd M, fwd R/cl L, fwd R) ;
- (4) In plc R, in plc L, R/L, R (W fwd L, fwd R to ft of man, fwd L/cl R, sd L to M's R sd) ;

5-8 Half Lariat to Face Left Open Line of Dance; Sliding Door; Circle Away and Together;;

- (5) In plc L, in plc R, L/R, L trng 1/4 LF (W fwd R, fwd L bhd M, fwd R/cl L, fwd R) ;
- (6) [LOP LOD] Rk apt R, rec L, xRif/sd L, xRif ;
- (7) [OP LOD] Fwd L trn LF 1/4, fwd R, fwd L/cl R, sd L trn to face ptr ;
- (8) Fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL ;

9-10 Cucarachas;;

- (5) [BFLY WALL] Sd L, rec R, in pl L/R, L ;
- (6) [BFLY WALL] Sd R, rec L, in pl R/L, R ;

Part E

1-4 New Yorker Twice to Left Open Reverse;; Walk; Sliding Door;

- (1) [BFLY WALL] xLif straight leg to LOP, rec R to fc ptr, sd L/cl R, sd L ;
- (2) [BFLY WALL] xRif straight leg to OP, rec L to LOP/RL0D, fwd L/cl R, fwd L ;
- (3) [LOP RL0D] fwd R, fwd L, fwd R/cl L, fwd R (W fwd L, fwd R, fwd L/cl R, fwd L) ;
- (4) [LOP RL0D] Rk apt R, rec L, xRif/sd L, xRif ;

5-8 Sliding Door; Circle Away and Together;; Cucaracha;

- (5) [OP RL0D] Rk apt L, rec R, xLif/sd R, xLif ;
- (6) [OP LOD] Fwd R trn RF 1/4, fwd L, fwd R/cl L, sd R trn to face ptr ;
- (7) Fwd L, fwd R, fwd L/cl R, fwd L to BFLY WALL ;
- (8) [BFLY WALL] Sd R, rec L, in pl R/L, R ;

Ending

1-4 Flirt; Fan; Start a Hockeystick; Wrap in 3 to Line of Dance and Freeze;

- (1) [HNDSHK] Fwd L, rec R, sd L/cl R, sd L (W rk bk R, rec L trng LF, cont LF trn to VARS sd R/cl L, sd R) ;
- (2) [VARS] Bk R, rec L, sd R/cl L, sd R chg to lead hnd hold (W rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF) ;
- (3) [FAN POSITION] Fwd L, rec R, in plc L/R, L (W cl R, fwd L, fwd R/L, fwd R) ;
- (4) Joining trailing hands low trn LF 1/4 trn R, L, R, to fc LOD in Wrap Pos (W trn LF 1/2 to fc LOD in Wrap Pos L, R, L) ;