

Cha Cha Bonita

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MUSIC: "Maria Bonita" by Ross Mitchell, on Bam Boom CD DLD 1023 SPEED: Slow to suit
www.danceandlisten.co.uk

PHASE: RAL V+1 (Body Ripple) RELEASED: June 2004

RHYTHM: Cha

SEQUENCE: **Intro, A, A, BRK, B, C, B, End**

INTRO

1 – 4 FCG WALL WAIT 1; REV UNDRARM TRN; ALEMANA ENDING; SINGLE CUBANS;

1 Fcg Wall lead feet free lead hnds joined palms together wait one;

2 XLIF of R raising lead hnds, rec R, sd L/cls R, sd L (*W XRIF twd RLOD trng LF under joined lead hnds, rec L cont turn to fce ptrn, sd R/cls L, sd R*);

3 Trng slightly RF raising lead hnds bk R, rec L trng fce ptrn, sd R/cls L, sd R (*W XLIF twd LOD trn RF under joined lead hnds, fwd R to fce ptrn, sd L/cls R, sd L*)

BFLY;

1&2&3&4 4 XLIF (*W XRIF*) /rec R, sd L, XRIF (*W XLIF*) /rec L, sd R;

PART A

1 – 4 OPEN HIP TWST; FAN; ALEMANA;-;

1 Chk fwd L, rec R, small bk L/cls R, bk L with arm resistance to W (*W rk bk R, rec L, fwd R/cls L, fwd R swvl ¼ RF*);

2 Bk R, rec L slightly LF, sd R/cls L, R fce Wall (*W fwd L, trn LF ½ sd and bk R fce RLOD, bk L/k RIF, bk L with R pointed twd RLOD*);

3 Fwd L, rec R, sd L/cls R, sd L raising lead hnd to lead W to swvl RF (*W cls R, fwd L, fwd R/cls L, fwd R swvl RF to fce M and COH*);

4 Trng slightly RF bk R, rec L trng to fce ptrn, sd R/cls L, sd R (*W XLIF twd LOD trn RF under joined lead hnds, cont RF trn fwd R to fce ptrn, sd L/cls R, sd L*);

5 – 7 SYNC STOP & GO WITH SIT LINE;-; MERENGUE 4;

123- 5 Apt L, rec R trng W ½ LF under joined lead hnds, lunge fwd L twd Wall trng slightly RF to look at W with R pointed twd COH lead hnds joined trailing hnd extended up,- (*W bk R, rec fwd L trn ½ LF under lead hnd to look Wall, small bk R to sit line with L point twd Wall extend lft hnd up,-*);

6 Rec R raise lead arm to lead W to RF trn, cls L fce Wall, sd R/cls L, sd R (*W fwd L, fwd R trng RF under joined lead hnds to fce ptrn, sd L/cls R, sd L*);

1234 7 Blend to BFLY Sd L, cls R, sd L, cls R;

BREAK

1 - 2 BFLY CUCARACHA; HIP RK 3 HOLD;

1 Sd L, rec R, in place L/R, L;

1&2- 2 On three strong beats hip rk R/L, R, hold,-;**Cha Cha Bonita Page 64**

PART B

1 – 4 HLF BASIC; WHIP TO TRIPLE CHAS;-; RK FWD REC-BK TRIPLE CHAS;

1 BFLY fwd L, rec R, sd L/cls R, sd L;

2 Bk R trng ¼ LF, rec L to fce LOD, with rt sd lead and rt hnds tching fwd R/lk L, fwd R (*W fwd L trng ¼ LF, bk R to fce RLOD, with rt hnd tching and left sd moving twd LOD bk L/ lk R, bk L*);

1&23&4 3 With lft sd lead and lft hnds tching M fwd L/lk RIB, fwd L (*W moving backward with rt sd lead and lft hnds joined bk R/lk LIF, bk R*), with rt sd lead and rt hnds tching fwd R/lk LIB, fwd R, (*W with left sd lead and rt hnds joined bk L/lk RIF, bk L*);

4 With lft side lead and lft hnds tching rk fwd L, rec R, moving bk with lft side lead and rt hnds tching bk L/lk RIF, bk L (*W moving fwd with rt sd lead and rt hnd fwd R/lk LIB, fwd R*);

5 – 8 FNSH TRIPLE CHAS; CROSS BODY VARS RLOD; FWD BASIC-LADY TWST; CROSS BODY VARS WALL;

1&23&4 5 With rt side lead and lft hnds touching bk R/lk LIF, bk R, (*W with left sd lead fwd L/lk RIF, fwd L*) with lft side lead and rt hnds joined bk L/lk RIF, bk L (*W with rt sd lead fwd R/lk LIB, fwd R*);

6 In handshake bk R leading W left sd of M to trn LF, rec L trng LF 1/2 to VARS RLOD, fwd R/cls L, fwd R (*W fwd L trng LF, fwd R finish trng to VARS RLOD, fwd L/cls R, fwd L*);

7 Fwd L, rec R releasing left hnds, bk L/cls R, bk L fcg RLOD (*W fwd R swvl RF, fwd L, fwd R/cls L, fwd R to end fcg LOD*) with rt hnds joined;

8 Bk R, rec L trng W LF to VARS Wall, fwd R/cls L, fwd R (*W fwd L, fwd R trng LF to VARS Wall, fwd L/cls R, fwd L*);

9 – 12 HIP TWST POINT HOLD; SHAD NW YRKR IN 4; SHAD NW YRKR TWC;-;

123- 9 Chk fwd L, rec R release lft hnds, pt sd L twd LOD, - extend left arm to side (*W fwd R, rec L trng RFC to fce M and COH rt hnds joined, pt sd R twd LOD, - extend left arm to side*);

1234 10 Still in handshake chk thru L twd RLOD extend free arm bhnd W's back (*W extend free arm out to side*), rec R to fce ptr Wall, sd L, cls R;

11 Chk thru L twd RLOD rt hnds joined in frnt of M extend free arm ghnd W's back, rec R to fce ptr, sd L/R, L;

12 Chk thru R twd LOD rtg hnds joined in frnt of W extend free arm to side (*W extend lft arm bhnd M's back*), rec L to fce ptr, sd R/cls L, sd R;

13 – 16 AIDA TO REV; SWITCH HOLD-REC BFLY; RUMBA FNC LINE; LADY PRESS & RELEASE TO BFLY;

13 Hand shake thru L twd RLO, trng LF to fce ptr sd R, release handshake cont trng to fce LOD bk L/lk R, bk L to "V" pos with joined trailing hands and R pointed twd LOD;

1- -4 14 With strong lead bring trailing hnds and R bk twd RLOD trng RF to fce ptr, -, -, rec L;

123- 15 Blind BFLY XRIF with relaxed knee twd LOD, rec L trng to fce ptr, sd R, -;

1-3- 16 Low BFLY bk with firm pressure thru hands, -, rec R to low BFLY, - (*W press fwd R leaning slightly into M with both hnds firm at waist level, bend L knee and flick L ft up behind look LF, rec L, -*);

PART C

1 – 4 DOUBLE CUBANS;-; SINGLE CUBANS; SPOT TURN BFLY;

1&2&3&4 1 XLIF (XRIF) /rec R, sd L/rec R, XLIF (XRIF) /rec R, sd L;

1&2&3&4 2 XRIF (XLIF) /rec L, sd R/rec L, XRIF (XLIF) /rec L, sd R;

1&2&3&4 3 XLIF (XRIF) /rec R, sd L, XRIF (XLIF) /rec L, sd R;

4 XLIF twd RLOD trng RF, rec fwd R cont trng to fce ptrn, sd L/cls R, sd L;

5 – 8 DOUBLE CUBANS;-; SPOT TURN; BODY RIPPLE;

1&2&3&4 5 XRIF (XLIF) of L/rec L, sd R/rec L, XRIF (XLIF) of L/rec L, sd R;

1&2&3&4 6 XLIF (XRIF) of R/rec R, sd L/rec R, XLIF (XRIF) of R/rec R, sd L;

7 XRIF twd LOD trng LFC, rec fwd L cont trng to fce ptrn, sd R/L, R;

-, -, - 8 Bend knees compress into floor, tilt torso by moving hips forward, return to normal position by straightening knees and pulling hips to normal position extending lead hnds up;

END

1 – 4 HALF BASIC; WHIP TO TRIPLE CHAS;-; RK FWD REC-BK TRIPLE CHAS;

1 Fwd L, rec R, sd L/cls R, sd L;

2 Bk R trng ¼ LF, rec L to fce LOD, with rt sd lead and rt hnds tching fwd R/lk L, fwd R (*W fwd L trng ¼ LF, bk R to fce RLOD, with rt hnd tching and left sd moving twd LOD bk L/lk R, bk L*);

1&2&3&4 3 With lft sd lead and lft hnds tching M fwd L/lk RIB, fwd L (*W moving backward with rt sd lead and lft hnds joined bk R/lk LIF, bk R*), with rt sd lead and rt hnds tching fwd R/lk LIB, fwd R, (*W with left sd lead and rt hnds joined bk L/lk RIF, bk L*);

4 With lft side lead and lft hnds tching rk fwd L, rec R, moving bk with lft side lead and rt hnds tching bk L/lk RIF, bk L (*W moving fwd with rt sd lead and rt hnd fwd R/lk LIB, fwd R*);

5 – 8 FNISH TRIPLE CHAS; CROSS BODY VARS RLOD; FWD BASIC-LADY TWST; CROSS BODY VARS WALL TO SD LUNGE;

1&2&3&4 5 With rt side lead and lft hnds touching bk R/lk LIF, bk R, (*W with left sd lead fwd L/lk RIF, fwd L*) with lft side lead and rt hnds tching bk L/lk RIF, bk L (*W with rt sd lead fwd R/lk LIB, fwd R*);

6 In handshake bk R leading W left sd of M to trn LF, rec L trng LF 1/2 to VARS RLOD, fwd R/cls L, fwd R (*W fwd L trng LF, fwd R finish trng to VARS RLOD, fwd L/cls R, fwd L*);

7 Fwd L, rec R releasing left hnds, bk L/cls R, bk L fcg RLOD (*W fwd Rswvl RF, fwd L fwd R/cls L, rlfwd R to end fcg LOD*) with rt hnds joined;

8 Bk R, rec L trng W LF to VARS Wall, sd R/cls L, lunge sd R look LF at W (*W fwd L, fwd R trng LF to VARS Wall, sd L/cls R, lunge sd L look RF at M*);