

La Cabana

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Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Francien Sittrop (Okt.2008)

Music: Candy Dulfer - La Cabana (Album: Candy Store)

Start after 32 counts from the beat with the 32 Count Tag, and then the main dance of 64 counts until the end of the dance.

Tag : before you start the Main dance

(1 - 9) Step fwd, Botafogo's x2, Mambo fwd, Sailor Step ¼ R

- 1 Step R fwd
- 2 & 3 Step L across R, Rock R to R side, Recover on L
- 4 & 5 Step R across L, Rock L to L side, Recover on R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & 1 Sweep R behind L with ¼ Turn R, Step L to L side, Step R Fwd (3.00)

(10-17) Hip sways L and R, Mambo fwd , Sailor Step ¼ R

- 2 & 3 Touch L fwd and sway hips L,R,L
- 4 & 5 Touch R fwd and sway hips R,L,R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & 1 Sweep R behind L with ¼ Turn R, Step L to L side , Step R fwd (6.00)

(18-25) Botafogo's x2, Mambo fwd, Sailor Step ¼ R

- 2 & 3 Step L across R, Rock R to R side, Recover on L
- 4 & 5 Step R across L, Rock L to L side, Recover on R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & 1 Sweep R behind L with ¼ Turn R, Step L to L side, Step R fwd (9.00)

(26-32) Hip sways L and R, Mambo fwd , Sailor Step ¼ R

- 2 & 3 Touch L fwd and sway hips L,R,L
- 4 & 5 Touch R fwd and sway hips R,L,R
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & Sweep R behind L with ¼ Turn R, Step L to L side (12.00)

Go further with the Main dance

Main dance:

(1 - 8) Lunge, Recover, Behind, Side , Fwd , Mambo Fwd, Mambo Back

- 1 - 2 Lunge R to R side , Recover on L
- 3 & 4 Step R behind L, Step L to L side, Step R fwd
- 5 & 6 Rock L fwd, Recover on R, Step L back (mambo)
- 7 & 8 Rock R back, Recover on L, Step R fwd

(9 - 16) Step Fwd, Pivot $\frac{1}{2}$ Turn R, Shuffle $\frac{1}{2}$ Turn R, Coaster Cross, Tap, Tap, Step

- 1 - 2 Step L fwd(lean upper body fwd),Pivot $\frac{1}{2}$ Turn R (6.00)
- 3 & 4 Shuffle $\frac{1}{2}$ Turn R (12.00)
- 5 & 6 Step R back, Step L next to R, Step R across L
- 7 & 8 Tap L next to R x2, Step L to L side

(17-24) Hips Sways (or Hip roll), Chasse R, Cross, $\frac{3}{4}$ Turn R and Close, Shuffle fwd

- 1 - 2 Step R to R side and sway hips R, Sway Hips L
- 3 & 4 Step R to R side, Step L next to R, Step R to R side
- 5 - 6 Step L Heel across R, Turn on L heel $\frac{3}{4}$ Turn R (weight on L)
- 7 & 8 Step R fwd, Step L to L side, Step R fwd (9.00)

(25-32) Rock Recover, Coaster Step, Step fwd, $\frac{1}{2}$ Turn With Hitch, L Shuffle with $\frac{1}{4}$ L

- 1 - 2 Rock L fwd, Recover on R
- 3 & 4 Step L back, Step R next to L, Step L fwd
- 5 - 6 Step R fwd, $\frac{1}{2}$ Turn L and hitch L (L Toe stays on the ground , Push R hip to the back)(3.00)
- 7 & 8 Step L fwd, Step R behind L, $\frac{1}{4}$ L and step L fwd (12.00)

(33-40) Big step R, Drag , Touch Ball, Cross, L rock and Cross, R rock and Cross

- 1 - 2 Step R Big to R side, Drag L next to R
- 3 & 4 Touch L next to R, Step L down, Step R across L
- 5 & 6 Rock L to L side, Recover on R, Step L across R
- 7 & 8 Rock R to R side, Recover on L, Step R across L

(41-48) L mambo fwd, R mambo Back, Botafogo's 2x

- 1 & 2** Rock L fwd, Recover on R, Step L back
3 & 4 Rock R back, Recover on L, Step R fwd
5 & 6 Step L across R, Rock R to R side, Recover on L
7 & 8 Step R across L, Rock L to L side, Recover on R

(49-56) Step fwd, $\frac{3}{4}$ Turn R, Side shuffle, Rock back, Recover, Touch, Kick Ball Cross

- 1 - 2** Step L fwd, $\frac{3}{4}$ Turn R (9.00)
3 & 4 Step L to L side, Step R next to L, Step L to L side
5 & 6 Rock R back, Recover on L, Touch R to R side
7 & 8 Kick R fwd, Step R next to L, Step L across R

(57-64) Step side, $\frac{1}{4}$ Turn L, Shuffle Fwd, Step fwd, Pivot $\frac{1}{2}$ Turn. Step Fwd, $\frac{3}{4}$ Turn R and close

- 1 - 2** Step R to R side, $\frac{1}{4}$ Turn L (6.00)
3 & 4 Step R fwd, Step L next to R, Step R fwd
5 - 6 Step L fwd, $\frac{1}{2}$ Turn R (12.00)
7 & 8 Step L fwd, make on ball of R $\frac{3}{4}$ Turn R, Step L next to R (R heel Up) (9.00)

Start again . Enjoy the music and use your hips