

AFRO CUBANO

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Record: Casa Musica CD "Afro Cubano", track 14 "African Tango" by Adiemus (Music shortened to 3:25 minutes) Rdancer@aol.com
Phase: Rumba V + 2 (Advanced Sliding Door, Same Foot Lunge) www.RMNOBLE.com
Footwork: Opposite, directions for man (lady as noted)
Timing: QQS, except where noted. Timing reflects actual weight changes.
Sequence: Intro, A, A, B, B (1-6), C, A(1-7), D, Ending Revised July 2006

- INTRO -

- 1 - 4 **CUDDLE POSITION FACING RLOD lead ft free WAIT 1; CUCARACHA; CUCARACHA (LADY SPOT TRN); LUNGE (LADY SIT & REC to SHADOW);**
- 1 [WAIT 1] Cuddle Position facing Wall no hands WAIT 1;
 - 2 [CUCARACHA] Side L, rec R, cl L, -;
 - 3 [CUCARACHA (LADY SPOT TURN)] Side R, rec L, cl R, -; (W cross LIFR, swvl rt fc ¾ fwd R trng 1/4 to FC, sd L, -;)
- SQQ (SS) 4 [LUNGE (LADY SIT & REC to SHADOW)] Lunge side L, hold, rec R, cl L; (W sits back on R, -, rec L trng rf to SHADOW WALL, -;)
- 5 - 8 **RT FT CUCARACHA (twice); CUCARACHA CROSS LUNGE (MEN SD LUNGE); SWVL CLOSE (MEN REC & CLOSE);**
- 5-6 [RT FT CUCARACHA (twice)] Identical foot work sd R, rec L, cl R, -; sd L, rec R, cl L, -;
 - 7 [CUCARACHA CROSS LUNGE (MEN SIDE LUNGE)] Sd R, cl L, lunge sd R, -; (W sd R, rec L, lunge R crossing front, -;)
- QQ - (- Q -) 8 [SWIVEL CLOSE (MEN REC & CLOSE)] Swvl lf to fc WALL, rec L, cl R, -; (W trns head to look at M, slow swvls rt fc to fc M & cl L, -, -;)

- A -

- 1 - 4 **HALF BASIC; LADIES SPOT TURN w/SHOULDER WRAP to FACE RLOD; SYNCOP UNWRAP to FACE; THRU, CLOSE, SIDE;**
- 1 [HALF BASIC] Fwd L, rec R, sd L to FC WALL, -;
 - 2 [LADIES SPOT TURN w/SHLDR WRAP to RLOD] Rk bk R to FC RLOD trng W rf wrap W into M's lf arm, rec L, fwd R, -; (W XLIFR trng rf to FC RLOD, fwd R, fwd L, -;)
- QQ&S 3 [SYNCOP UNWRAP to FACE] Fwd L, trng to FC sd R/cl L, sd R, -; (W fwd R, fwd L/trng lf cl R, sd L, -;)
- 4 [THRU, CLOSE, SIDE] Thru L, trng to FC cl R, sd L, -;
- 5 - 7 **AIDA; BACK to BACK HIP ROCKS; CROSS UNWIND to FACE (LADY to PRESS);**
- 5 [AIDA] Thru R, trng rf sd L, trng rf bk R to an AIDA LINE releasing hands, -;
 - 6 [BACK to BACK HIP ROCKS] In bk to bk pos rk sd L, rec R, rec L, -;
- S 7 [CROSS UNWIND to FACE (LADY to PRESS)] Cross RIFL trng to FC, -, -, -; (W cross LIFR trng to FC with R press rt hand on Man's chest, -, -, -;)
- 8 - 11 **CROSS BODY to COH;; CROSS BODY to WALL;;**
- 8-9 [CROSS BODY to COH] Fwd L, rec R trng lf, sd L, -; bk R, rec L trng lf, sd R, -: (W bk R, rec L, fwd R, -; fwd L, fwd R trng ½ lf, sd L, -;)
- 10-11 [CROSS BODY to WALL] Repeat meas. 8-9 of PART A to FC WALL
Note: The Cross Bodies in meas. 8-11 may be danced syncop (QQS - - &QQ).

12 – 14 ALEMANA;; NAT'L OPENING OUT, HOLD, REC to FC:

- 12-13 [ALEMANA] Fwd L, rec R, cl L, -; bk R, rec, L, sd R, -; (W bk R, fwd L, fwd R outside M, -; fwd L trng rf, fwd R trng rf to FC partner, sd L, -;)
SS 14 [NAT'L OPENING OUT, HOLD, REC to FACE] Fwd L trng ¼ rf, -, trng lf rec R, -; (W trng rf 1/2 bk R, -, rec L trng lf to FC partner, -;)

Repeat Part A

- B -

1 – 4 HALF BASIC to a; NAT'L TOP in 3 to FC DLW; LADY INSIDE TURN (MEN SLIDE ACROSS; LADY ROLLS to SHADOW WALL:

- 1 [HALF BASIC to a] Fwd L, rec R, trng rf sd L to FC RLOD, -; (W bk R, rec L, trng rf 1/4 fwd R, -;)
2 [NAT'L TOP in 3] Trng rf XRIBL, sd L, XRIBL to FC DLW, -; (W sd L, trng rf XRIFL, sd L, -;)
3 [LADY INSIDE TURN (MEN SLIDE ACROSS)] Sd L leading W to an inside trn, sd R bringing rt arm straight up & bk down joining rt hands, bk L to LEFT SHADOW WALL, -; (W fwd R trng lf 1/2, sd L crossing behind M, fwd R to M's lf side, -;)
4 [LADY ROLLS to SHADOW WALL] Bk R, sd L, fwd R to fc WALL lf hnds joined rt hnd on W's back, -; (W rolls rf to M's rt side to SHADOW WALL L, R, L, -;)

5 – 8 ADVANCED SLIDING DOOR;; START ADV SLIDING DOOR; MEN LUNGE (LADY SIT), HOLD, REC to FACE:

- 5-6 [ADVANCED SLIDING DOOR] Fwd L trng rf, rec R trng lf, XLIBR, -; sd R, rec L, fwd R, -; (W swvl rf bk R, rec L, XRIFL, -; sd L, rec R, XLIBR, -;)
7 [START ADV SLIDING DOOR] Fwd L trng rf, rec R trng lf, XLIBR, -; (W swvl rf bk R, rec L, XRIFL, -;)
SQQ 8 [MEN LUNGE (LADY SIT), HOLD, REC to FACE] Lunge sd R trng lf trng W under joined lf hnds, -, rec L, cl R to FC WALL; (W lunge sd L trng rf under joined lf hnds to a sit line, -, rec R trng rf to FC partner, sd L;)

- B (1-6) -

- C -

1 - 2 START ADV SLIDING DOOR (LADY SPIRAL to FAN)::

- 1-2 [START ADV SLIDING DOOR (LADY SPIRAL to a FAN)] Fwd L trng rf, rec R trng lf, XLIBR, -; Chk thru R, rec L, sd R to FC WALL, -; (W swvl rf bk R, rec L, XRIFL spiraling lf, -; fwd L to LOD, fwd R, trng lf ½ bk L to a FAN, -;)

3 – 6 ALEMANA to a;; ROPESPIN::

- 3-4 [ALEMANA to a] Fwd L, rec R, cl L leading W to trn rf 1/4, -; bk R, rec L, cl R shaping rf to partner, -; (W cl R, fwd L, fwd R trng rf 1/4, -; cont rf trn fwd L, fwd R, fwd L to M's rt side spiraling rf, -;)
5-6 [ROPESPIN] Sd L, rec R, cl L, -; sd R, rec L, cl R, -; (W cont arnd M R, L, R, -; L, R, L, -;)

7 – 8 FENCELINE in 4; LUNGE THRU, REC/SIDE, CLOSE:

- QQQQ 7 [FENCELINE in 4] BFLY thru L with soft knee, rec R, sd L, rec R;
S&QQ 8 [LUNGE THRU, REC/SIDE, CLOSE] Lunge thru L, -, rec R/sd L, cl R;

- A (1-7) -

- D -

1 – 5 SLOW OP CONTRA CHK & REC OPENING OUT to LOD; SYNCOP OP IN & OUT RUNS;; SYNCOP FRONT VINE LADY FWD SWVL to a SAME FOOT LUNGE LINE;;

- SS 1 [SLOW CONTRA CHK & REC OPENING OUT to LOD] Fwd L with a Contra Chk action, -, rec R trng lf to HALF OP LOD, -; (W bk R with a Contra Chk action, -, rec L trng rf to HALF OP LOD, -;) note: Figure is executed without a Closed Position.
- S&QQ 2-3 [SYNCOP OPEN IN & OUT RUNS] To LOD fwd L, -, fwd R trng rf/sd L cont trn, sd & fwd SS R; fwd L, -, fwd R to half OP, -; (W fwd R, -, fwd L/fwd R, fwd L; fwd & sd R trng rf, -, sd & fwd L trng to half OP LOD, -;
- S&QQ 4-5 [SYNCOP FRONT VINE LADY FWD SWIVEL to a SAME FOOT LUNGE LINE] Fwd L, SS -, XRIFL/sd L, XRIBL; in place L trng W under joined lead hands, -, close R point L to (S&QQ S - -) LOD, -; (W fwd R, -, XLIFR/sd R, XLIBR to FC DRC; fwd R swiveling lf under joined lead hands to FC LOD, -, lower on R pointing L LOD, -;)

6 – 8 TELESPIN ENDING to a SLOW WHIPLASH & HOLD;; SYNCOP REV TWIRL;

- &QQ 6-7 [TELESPIN ENDING to a SLOW WHIPLASH & HOLD] Rotating lf to fc LOD, -, fwd L S- - trng lf/sd R trng lf, fwd L to SCP DLW; thru R, -, swivel lf to BJO DLW, -; (W fwd L trng lf, (S&QQ S- -) -, bk R/cl L trng lf, fwd R to SCP DWL; thru L, -, swivel ½ lf to BJO, -;)
- S&QQ 8 [SYNCOP REV TWIRL] Bk L, -, sd R/cl L, sd R; (W fwd R, -, fwd L trng lf/R, sd L;)

9 – 13 SLOW CONTRA CHK & REC OPENING OUT to LOD; SYNCOP OPEN IN & OUT RUNS;; SYNCOP VINE LADY SWVL to a SAME FOOT LUNGE LINE;;

9-13 Repeat meas. 1-5 of Part D note: Contra Check is executed in Closed Position.

14 – 17 TELESPIN ENDING to a SLOW WHIPLASH & HOLD;; SYNCOP REV TWIRL; SLOW CONTRA CHK & REC (LADY REV TWIRL to SHADOW WALL) MEN TCH;

- 14-16 Repeat meas. 6-8 of Part D
- SQQ 17 [SLOW CONTRA CHK & REC to SHADOW WALL) MEN CLOSE] Slow fwd L in a (SQ -) Contra Check, -, rec R, cl L to FC WALL; (W slow bk R in a Contra Check, -, rec L trng 1/2 lf to SHADOW FC WALL, touch R;)

- ENDING -

1 – 4 RT FT CUCARACHA (twice);; CUCARACHA CROSS LUNGE (MEN SD LUNGE); LADIES SWIVEL & POINT;

- 1-2 [CUCARACHA (twice)] Identical footwork sd R, rec L, cl R, -; sd L, rec R, cl L, -;
- 3 [CUCARACHA with LUNGE] Sd R, rec L, lunge sd R, -; (W sd R, rec L, lunge R crossing in front, -;)
- 4 [LADY SWIVEL & POINT] Men hold pointing L toward partner (W swivel rt fc to FC partner & point L toward partner taking lf arm up beside head & extend, -, -, -;