

A LA PLAYA

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MUSIC: CD - Casa Musica Vol. 19 "Afrocubana" Track 11 "La Playa"

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SEQUENCE: Intro, A, B, Int 1, C, Int 2, A, D, Int 1, A, Ending

SPEED: As on Mini-Disc

RHYTHM: Cha Cha **PHASE:** V+1 **FOOTWORK:** Described for man - woman opposite (or as noted)

INTRO

1 - 4 WAIT; WAIT; BACK BREAK w/ARM SWEEP;,,,

1-2 - Wait 2 meas in OPEN POS FCING LOD nothing touching arms down at sides & lead ft free pting fwd LOD;;

1--- 3 - Bk L and leading w/the back of your wrist sharply sweep lead arm up and across twd ptr as you look at ptr,-, and on beat 3 sharply take the back of wrist just in front of your forehead as if to wipe sweat off your brow,-;

4 - Without stopping the arm motion cont to extend lead arm for 3 more beats out to sd and look LOD,,,

NOTE: For ease of keeping the figures together beat 4 of this meas is listed in the next meas to keep the 4&1 timing of the Intro together with the actual steps or cues.

5 - 8 PROGRESSIVE CHA BOX (w/HIP LIFTS);;;; TO FACE w/DOUBLE CLOSE,,;

4&123 5 - Fwd R/lk LIB of R, fwd R, lift L hip glancing over at ptr to flirt as you step sd L, cl R to L;

4&123 6 - Fwd L/lk RIB of L, fwd L, lift R hip glancing over at ptr to flirt as you step sd R, cl L to R;

4&123 7 - Fwd R/lk LIB of R, fwd R, lift L hip glancing over at ptr to flirt as you step sd L, cl R to L;

4&1234 8 - Fwd L/lk RIB of L, fwd L, lift R hip as you step sd R, trng to fc ptr & WALL cl L to R, cl R to L nothing tching;

PART A

1 - 4 SD CHASE w/ROLL TO FC; RK SD & SINGLE CUBAN (CP); BASIC X-BODY TO FAN (LOD);;

1 - Rk sd L ext lead arm sd & look LOD, rec R trng RF, fwd L RLOD trng RF/cont RF trn to fc ptr sd R, cl L to R;

2 - Rk sd R ext trailing arm sd & look RLOD, rec L blending to BFLY, XRIF of L/rec L, sd R to loose CP WALL;

3 - Fwd L, rec R, sd & bk L/cl R to L, sd & bk L toe pting DLW (bk R, rec L, fwd R/lk LIB of R, fwd R);

4 - Bk R, rec L trng 1/8 LF to fc LOD, sd R/cl L to R, sd R (fwd L, fwd R trng LF, bk L/lk RIF of L, bk L) to FAN POS M FCING LOD W FCING WALL;

5 - 8 TRADE PLACES TWICE;; HOCKEY STICK TO HANDSHAKE (DLW);;

5 - Fwd L, rec R comm LF trn, fwd L twd COH cont LF trn/fwd R twd COH trng ½ LF, sd & bk L (cl R to L, fwd L, fwd R comm RF trn/fwd & slightly across L cont RF trn, sd R) to M's FAN POS W FCING LOD & M WALL;

6 - Cl R to L, fwd L, fwd R comm RF trn/fwd & slightly across L cont RF trn, sd R (fwd L, rec R comm LF trn, fwd L twd COH cont LF trn/fwd R twd COH trng ½ LF, sd & bk L) to FAN POS M FCING LOD W FCING WALL;

7 - Fwd L, rec R, sd in pl L/cl R to L, sd in pl L (cl R to L, fwd L, fwd R/lk LIB of R, fwd R);

8 - Bk R trng slightly RF, rec L leading W to trn under joined lead hands, fwd R/lk LIB of R, fwd R (small fwd L toe pointing DLW, fwd R DLW trng LF, cont LF trn bk L/lk RIF of L, bk L) to handshake M FCING DLW;

PART B

1 - 4 TURKISH TOWEL; M FC CTR & CK; REC & LOOK TWICE; HIP RK 3 & CL W CUCARACHA;

1 - Fwd L, rec R, sd in place L/cl R to L, sd in place L (bk R, rec L, fwd R/lk LIB of R, fwd R);

2 - Bk R, rec L comm LF trn, cont LF trn sd R/cl L to R, sd R twd LOD cking (fwd & across L DRC trng RF under joined R hands, rec R cont RF trn, cont RF trn sd L/cl R to L, sd L twd RLOD cking) to end both fcing COH M in front to W's R sd and closest to LOD leaving lead foot pointing side for both and hands joined low;

1-3- 3 - Soften both knees as you rec sd L, straighten legs as you look R at ptr, soften both knees as you rec sd R, straighten legs as you look L at ptr;

1234 (123&4) 4 - Rk sd L, rec sd R, rec sd L, cl R to L (rk sd R, rec L, cl R to L/cl L to R, cl R to L) releasing hand hold to end in TANDEM POS FCING CTR W BEHIND M;

5 - 8 (L FT) POINT SD 3 TIMES; FENCE LINE M IN 4 TO BFLY; DOUBLE CUBAN; SPOT TURN;

-&-&- 5 - Sharp point L sd extending L arm down & out twd ft/cl L to R, point R sd extending R arm down & out twd ft/cl R to L, point L sd extending L arm down & out twd ft,-;

1234 (123&4) 6 - Fwd & across L w/soft lunge, rec R comm LF trn, sd L cont trng LF to fc, sd R (fwd & across L w/soft lunge, rec R, sd L/cl R to L, sd L) to BFLY WALL;

1&2&3&4 7 - XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L;

8 - Fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R/cl L to R, sd R to low double hand hold;

INTERLUDE 1

- 1 - 4 INVERTED SNAKE;;; (TOWARD REV) BOTH UNDER; (1st time to BFLY & 2nd time to FACE)**
- 1234 1 - Trn ¼ RF in place L, R, L, R as you raise trailing hands to turn W under (trn ¾ LF in place R, L, R, L under trailing hands) to end sd by sd all hands joined low M FCING RLOD & W FCING LOD;
- 1234 2 - Trn ¼ RF in place L, R as you loop trailing arms over your head and end mom bk to bk, trn another ¼ RF in place L, R as you loop lead arms over your head (trn ¼ RF in place R, L looping trailing arm over M's head to end mom bk to bk, trn another ¼ RF in place R, L looping lead arm over M's head) to end sd by sd all hands joined low M FCING LOD & W FCING RLOD;
- 1234 3 - Trn ¼ RF in place L, R, L, R as you raise lead hands to trn W under (trn ¾ LF in place R, L, R, L under lead hands) to end in BFLY POS M FCING WALL;
- 1234 4 - Lower lead hands and trn RF in place under trailing hands L, R, releasing lead hands as necessary L, R to complete 1 full RF turn to end facing ptr & WALL; (1st time to BFLY and 2nd time to just face nothing tching)

PART C

- 1 - 4 RK SD TO QK NYer; THRU VINE w/CL; RK APT & SD CHA w/SPIRAL; ROLL 2 THRU SD CL;**
- 1 - Rk sd L to BFLY WALL, rec R, trng RF fwd L RLOD to L OPEN/rec R trng LF, cont LF trn sd L LOD to BFLY;
- 2 - Trng LF thru R, trng RF sd L, cont slight RF trn XRIB of L/trng LF sd L, cl R still in BFLY POS FCING WALL;
- 3 - Apt L staying in BFLY, rec R, sd L/cl R to L, sd L lowering lead hands to lead/spiral ¾ RF to fc LOD releasing all hands;
- 4 - Fwd R cont RF trn to fc, cont trn sd L spiral ¾ RF, cont RF trn fwd R/cont trn sd L, cl R to L completing 1 ¼ RF roll; **OPTION:** You can replace extra roll in this measure with a Walk 2 after 1st spiral and thru side close.
- 5 - 8 HIP RK 2 & SD CHA; UNDERARM TRN & TWIRL HANDS LOW; ROCK & WRAP FACE REV; WALK 2 THRU SD CL (NO HANDS);**
- 5 - Hip rock sd L, sd R, sd L/cl R to L, sd L;
- 6 - Bk R, rec L, sd R/cl L to R, sd R (fwd & across L LOD trng RF under joined lead hands, rec R cont RF trn to fc ptr, fwd & sd L trng RF under joined lead hands/cl R to L cont RF trn, sd L) to low double hand hold; **OPTION:** W can omit extra twirl and do a standard underarm turn with sd cha.
- 7 - Rk apt L, rec R, raising lead hands to lead W under, fwd L/cl R, trng RF sd L (apt R, rec L, fwd R/cl L under joined lead hands trng LF, sd R) lower lead hands to end in WRAP POS FCING RLOD;
- 8 - Fwd R, fwd L, fwd R trng RF releasing trailing hands/sd L releasing lead hands, cl R to L to end FCING PTR and COH w/nothing touching;

INTERLUDE 2

- 1 - 4 SLOW MERENGUE CL; 4 QK M 3 & HOLD; W HIP ROLLS; CIRC VOLTA W TRNG HIP ROCKS;**
- 1-3- 1 - Sd L, -, cl R to L, -; **NOTE:** Merengue action should drag the tips of the toes across the floor as each foot moves giving very visual knees and maximizing hip movement naturally.
- 123(4) 2 - Sd L, cl R to L, sd L, hold leaving R ft pting sd to LOD (sd R, cl L to R, sd R, cl L to R) to end M still fcng ptr and COH nothing touching;
- 3 - Hold w/L hand on L hip and R hand about 6" in front of R hip palm fcng hip and fingers pting to RLOD and keeping arm steady flick wrist down to pt fingers to floor/flick wrist back to starting pos, flick wrist down to pt fingers to floor/flick wrist back to starting pos, flick wrist down to pt fingers to floor, and hold (keeping feet together and without weight change lower in both knees and roll hips CCW 3 times)
- NOTE:** Both should think of the timing of this action as Q&Q&S. W's hip rolls should go down on the first one and further down on the 2nd one as if to corkscrew into the floor, and then up on the 3rd one to straighten up. M's hand action is like saying "ooh la la" or "wow, she's hot".
- 1&2&3&4 (1&2&3&4&) 4 - With both arms extended down and out to sd with palms out fcng ptr circle W CW XRIF of L/sd L, XRIF of L/sd L, XRIF of L/sd L, XRIF of L completing ½ RF trn to fc ptr & WALL (with R hand on R hip and L hand on upper L thigh rk sd to RLOD/rec L, rk sd to DRW/rec L, rk sd to WALL/rec L, rk sd DLW/rec L completing ½ LF trn to fc ptr and COH) to end fcng ptr nothing touching and M FCING WALL;

PART A

PART D**1 - 4 ALEMANA; W OVERTURN IN 4 TO VARS LINE (L FT); RK FWD & RONDE W CUCARACHA; PARALLEL CHASE INTO;**

- 1 - Fwd L, rec R, sd in place L/cl R to L, sd in place L (bk R, rec L, fwd R/lk LIB of R, fwd R);
 (1234) 2 - Bk R, rec L trng LF, sd in pl R/cl L to R, cl R to L (fwd & across L DRC trng RF under joined R hands, rec R cont RF trn, fwd L RLOD trng ½ RF under joined R hands again, cl R to L to end in VARSOUVIENNE POS FCING LOD & L FT free for both; **NOTE:** Same footwork for next 4 ½ measures.
 3 - Fwd L, rec R, ronde L ft CCW to XLIF of R/sd R, cl L to R (fwd L, rec R, sd L/rec R, cl L to R) to LEFT VARS;
 4 - Fwd R trng ½ LF, rec L to VARS RLOD, w/R sd leading fwd R/lk LIB of R, fwd R;

5 - 8 TRIPLE CHA; RK FWD & RONDE W CUCARACHA; PARALLEL CHASE M IN 4 & RELEASE; SPOT TURN TO LOW DOUBLE HAND HOLD;

- 1&23&4 5 - With L sd leading fwd L/lk RIB of L, fwd L, w/R sd leading fwd R/lk LIB of R, fwd R;
 6 - Fwd L, rec R, ronde L ft CCW to XLIF of R/sd R, cl L to R (fwd L, rec R, sd L/rec R, cl L to R) to LEFT VARS;
 7 - Fwd R trng ½ LF, rec L to brief VARS LOD then release ptr, fwd R, fwd L (fwd R trng ½ LF, rec L, fwd R/lk LIB of R, fwd R) to OPEN POS FCING LOD nothing touching;
 8 - Fwd R LOD trng LF, rec L cont LF trn to fc ptr, sd R/cl L to R, sd R to low double hand hold;

INTERLUDE 1**PART A****ENDING****1 - 4 ALEMANA; W OVERTURN IN 4 TO SHADOW LINE (L FT); SINGLE CUBANS; 2 FWD CHAS;**

- 12- 1 - Fwd L, rec R, sd in place L/cl R to L, sd in place L (bk R, rec L, fwd R/lk LIB of R, fwd R);
 (1234) 2 - Bk R, rec L trng LF, sd in pl R/cl L to R, cl R to L (fwd & across L DRC trng RF under joined R hands, rec R rec R cont RF trn, fwd L RLOD trng ½ RF releasing hand hold, cl R to L) to end in SHADOW POS LOD;
 3 - **NOTE:** Same footwork from now on. XLIF of R/rec R, sd L, XRIF of L/rec L, sd R;
 4 - Fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R, fwd R still in SHADOW POSITION FCING LOD L FT FREE;

1/2 PRESS LEFT w/ARMS,,

Press L fwd as you sharply take L arm straight up palm out and R hand to R hip, making a fist pull the arm straight down in front as if to say "YES" excitedly. **NOTE:** This is a ½ meas and you press on beat one and pull L arm down on beat 2.

NOTE: Timing on side of the measure is standard 123&4 unless noted and refers to actual weight changes.
 "Vamos A La Playa" - Let's Go To The Beach