

Dance To The Heartbeat



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Music: Artist: Ross Mitchell CD: "Dance To The Heartbeat" DLDS 6080 Track #5

Suggested speed: slow to 38MPM

Footwork: Opposite, directions for man (lady as noted) Basic Rhythm: QQS except where noted

Rhythm & Phase: Mambo IV+0+2 (Alternating Underarm Trns, Cumbia)

Note: Timing indicates weight changes only

Sequence: **Intro A B A B C B End**

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Meas

INTRO

1-4 WAIT;; CUCARACHA w/ ARM; CUCARACHA w/ ARM W TRN TO FC;

- 1-2 Wait 2 meas in TANDEM/WALL M bhnd W lead ft free M's hnds on W's waists W's hnds on her hips;;
- 3 **{Cucaracha w/ Arm}** Sd L pressure step extending L-hnd sd twd LOD looking LOD, rec R, cl L placing L-hnd on W's hip, - (W sd R pressure step extending R-hnd sd twd RLOD looking RLOD, rec L, cl R placing R-hnd on hip, -) end TANDEM/WALL;
- 4 **{Cucaracha w/ Arm W Trn to Fc}** Sd R pressure step extending R-hnd sd twd RLOD looking RLOD, rec L leading W trn RF, cl R assuming CP, - (W sd L pressure step extending L-hnd sd twd LOD, rec R trng RF 1/2 to fc M, cl L, -) end CP/WALL;

PART A

1-8 CROSS BODY;; CROSS BODY w/ INSIDE UNDERARM TRN;; NEW YORKER; THRU TO SERPIENTE w/ FLICK;; THRU TO AIDA;

- 1-2 **{Cross Body}** CP/WALL fwd L, rec R, trng LF 1/4 to fc LOD sd L, - (W bk R, rec L, fwd R, -) end L-shape CP/LOD (W fcg COH); Bk R leading W fwd, rec L trng LF 1/4 to fc COH, sd R, - (W fwd L, fwd R trng LF 1/2 to fc WALL, sd L, -) end CP/COH;
- 3-4 **{Cross Body w/ Inside Underarm Trn}** Fwd L, rec R, trng LF 1/4 to fc RLOD sd L, - (W bk R, rec L, fwd R, -) end L-shape CP/RLOD (W fcg WALL); Bk R leading W fwd raising jnd lead hnds, rec L trng LF 1/4 to fc WALL leading W trn LF under jnd lead hnd, sd R, - (W fwd L comm trng LF 1-1/2, fwd R cont trng LF under jnd lead hnds to fc COH, sd L, -) end LOP FCGPOS/WALL;
- 5 **{New Yorker}** Swiveling RF on R fwd L twd RLOD, rec R, trng LF to fc WALL sd L, -;
- 6-7 **{Thru to Serpiente w/ Flick}** Joining trailing hnds to BFLY thru R, sd L, XRIB, swiveling LF on R flick L CCW; XLIB, sd R, XLIF, swiveling LF on L flick R CCW end BFLY/WALL;
- 8 **{Thru to Aida}** Thru R, trng RF sd L, cont trng RF bk R, - end LOP/RLOD, -;

9-16 BK BASIC; PATTY CAKE TAP; AGAIN;; BK BASIC TO FC; SPOT TRN; SCALLOP;;

- 9 **{Bk Basic}** LOP/RLOD bk L, rec R, fwd L, -;
- S 10 **{Patty Cake Tap}** Swiveling LF 1/4 lift R-knee touching trailing hnds palm to palm/pt R thru twd LOD, -, lifting R-knee swivel RF 1/4 to fc RLOD/bk R, - end LOP/RLOD;
- 11-12 Repeat Meas 9-10 of PART-B end LOP/RLOD;;
- 13 **{Bk Basic to Fc}** Bk L, rec R, fwd L swiveling LF 1/4 to fc ptr, -;
- 14 **{Spot Trn}** Releasing hnds XRIF comm trng LF, rec L cont trng LF to fc ptr, sd R, - end CP/Wall;
- 15-16 **{Scallop}** Swiveling LF to SCP/LOD bk L, rec R, swiveling RF to fc ptr sd L, -; Swiveling LF thru R, swiveling RF to fc ptr sd L, cl R, - end CP/WALL;

PART B

- 1-8 HALF BASIC; ALTERNATING UNDERARM TRNS;;; OPEN BREAK TO CUMBIA TWICE;;;**
- 1 {**Half Basic**} CP/Wall Fwd L, rec R, sd L releasing trailing hnds & raising jnd lead hnds, -;
- 2-4 {**Alternating Underarm Trns**} Bk R slightly across body leading W trn RF, rec L, sd R joining trailing hnds, - (W XLIF under jnd lead hnds comm trng RF, rec R cont trng RF to fc ptr, sd L,-) end momentary in BFLY/WALL; Raising jnd trailing hnds XLIF under trailing hnds comm trng RF, rec R cont trng RF to fc ptr, sd L, - (W bk R slightly across body, rec L, sd R, -) end momentary in BFLY/WALL; Bk R slightly across body leading W trn RF, rec L, sd R joining trailing hnds, - (W XLIF under jnd lead hnds comm trng RF, rec R cont trng RF to fc ptr, sd L, -) end in BFLY/WALL;
- 5-6 {**Open Break to Cumbia Twice**} Joining R-hnds apt L, rec R, fwd L small step leading W spiral LF, - (W apt R, rec L, fwd R spiraling LF full 3/4 to fc LOD & comm rolling LF to M's R-sd, -); Releasing R-hnds trng RF 1/4 to fc RLOD bk R across body, XLIF, sd R twd COH, - (W sd L, XRIF, sd L twd COH) end OP FCG POS/RLOD R-hnds jnd;
- 7-8 Repeat Meas 5-6 of PART-B starting from OP FCG POS/RLOD & end OP FCG POS/COH;;
- 9-16 CROSS BODY w/ KNEE LIFT;; NEW YORKER; SWIVEL 2 & PULL BK; SWIVEL TOG 3; NEW YORKER IN 4; NEW YORKER; SPOT TRN;**
- 9-10 {**Cross Body w/ Knee Lift**} Assuming CP/COH fwd L, rec R, trng LF 1/4 to fc RLOD sd L, - (W bk R, rec L, fwd R checking, slide R bk lifting L-knee) end L-shape CP/RLOD (W fcg WALL); Bk R leading W fwd, rec L trng LF 1/4 to fc WALL, sd R, - (W fwd L, fwd R trng LF 1/2 to fc COH, sd L, -) end LOP FCG POS/WALL;
- 11 {**New Yorker**} Swiveling RF to fc RLOD fwd L, rec R, swiveling LF to fc ptr sd L joining trailing hnds, - end BFLY/WALL;
- QQ&S 12 {**Swivel 2 & Pull Bk**} Swiveling RF sd & fwd R, swiveling LF sd & fwd L/pushing each other slide R bk, sd L leaning upper body slightly fwd, -;
- 13 {**Swivel Tog 3**} Swiveling RF sd & slightly fwd R, swiveling LF sd & slightly fwd L, swiveling RF sd & slightly fwd R, -;
- QQQQ 14 {**New Yorker in 4**} Swiveling RF to fc RLOD fwd L, rec R, swiveling LF to fc ptr sd L checking touching trailing hnds, rec R end BFLY/WALL;
- 15 {**New Yorker**} Swiveling RF to fc RLOD fwd L, rec R, swiveling LF to fc ptr sd L, - end LOP FCG POS/WALL;
- 16 {**Spot Trn**} Releasing hnds XRIF comm trng LF, rec L cont trng LF to fc ptr, sd R, - end OP FCG POS/Wall;

PART C

- 1-8 PROG BASIC FWD & BK;; CHASE TRN HALF;; TANDEM DO-SI-DO TO LOP;; BK BREAK TO FC; UNDERARM WALK AROUND TRN TO FC;**
- 1-2 {**Prog Basic Fwd & Bk**} OP FCG POS/WALL joining both hnds fwd L, rec R, bk L, -; Bk R, rec L, fwd R, -;
- 3-4 {**Chase Trn Half**} Releasing both hnds fwd L trng RF 1/2 to fc COH, rec R, fwd L, - (W bk R, rec L, fwd R, -) end TANDE/COH M IF of W; Fwd R trng LF 1/2 to fc WALL, rec L, fwd R, - (W fwd L trng RF 1/2 to fc WALL, rec R, fwd L, -) end TANDEM/WALL M bhnd W;
- 5-6 {**Tandem Do-Si-Do to LOP**} Sd L, cl R, fwd L, - (W sd R, cl L, bk R, -) end TANDEM/WALL W offset to his R; Sd R, cl L, bk R small step joining lead hnds, - (W sd L, cl R, fwd L small step, -) end LOP/WALL;
- 7 {**Bk Break to Fc**} Bk L, rec R, fwd L trng LF 1/4 to fc LOD, - (W bk R, rec L, fwd R trng RF 1/4 to fc RLOD, -) end LOP FCG POS/LOD;
- 8 {**Underarm Walk Around Trn to Fc**} Bk R raising jnd lead hnds, rec L trng LF 1/4, cl R, - (W fwd L comm trng RF, fwd R cont trng RF to fc M & WALL, cl L,) end BFLY/COH;
- 9-16 PROG BASIC FWD & BK;; CHASE TRN HALF;; TANDEM DO-SI-DO TO LOP;; BK BREAK TO FC; UNDERARM WALK AROUND TRN TO FC;**
- 9-16 Repeat Meas 1-8 of PART-C starting from BFLY/COH and end in CP/WALL;,,,,,;

END

1-4 BREAK BK TO OP; PROG WALK 3; CIRCLE AWAY 6 TO FC;;

- 1 {**Break Bk to OP**} OP FCG POS/WALL assuming BFLY swiveling LF on R to fc LOD & releasing lead hnds bk L, rec R, fwd L, - end OP/LOD;
- 2 {**Prog Walk 3**} Walk fwd R, L, R, -;
- 3-4 {**Circle Away 6 to Fc**} Releasing trailing hnds circle around LF (W RF) away from ptr walk L, R, L, -; Cont circle around LF walk R, L, R to fc ptr & WALL, - end OP FCG POS/WALL approx 6' apt;

5-10 SKATE L & R; SKATE TO L; SKATE R & L; SKATE TO R; FC-TO-FC; BK-TO-BK;

- SS 5 {**Skate L & R**} OP FCG POS/WALL no hnd jnd swiveling LF on R sd & fwd L, -, swiveling RF on L sd & fwd R, -;
- 6 {**Skate to L**} Swiveling LF on R sd & fwd L, cl R, sd & fwd L,-;
- SS 7 {**Skate R & L**} Swiveling RF on L sd & fwd R, -, swiveling LF on R sd & fwd L, -;
- 8 {**Skate to R**} Swiveling RF on L sd & fwd R, cl L, sd & fwd R joining both hnds,-;
- 9 {**Fc-to-Fc**} Sd L, cl R, sd L releasing lead hnds & trn LF 1/2 to fc COH, - end in BK-TO-BK Pos M fc COH;
- 10 {**Bk-to-Bk**} Sd R, cl L, sd R trng RF 1/2 to fc WALL & ptr, - end OP FCG POS/WALL both hnds on hips;

11-16 CUCARACHA w/ ARM TWICE;; OPEN BREAK TO WRAP; WHEEL RF 6 TO FC WALL;; BK & LEAN BK;

- 11-12 {**Cucaracha w/ Arm Twice**} Sd L pressure step extending lead hnds sd twd LOD looking LOD, rec R, cl L placing lead hnds on hips, -; Sd R pressure step extending trailing hnds sd twd LOD looking RLOD, rec L, cl R placing trailing hnds on hips, -;
- 13 {**Open Break to Wrap**} Joining both hnds apt L, rec R raising jnd lead hnds to lead W trn LF, cl L, - (W apt R, rec L comm trng LF under jnd lead hnds, cont trng LF cl R, -) end WRAPPED POS/WALL;
- 14-15 {**Wheel RF 6 to Fc WALL**} Wheel RF fwd R, L, R, - (W bk L, R, L, -); Cont Wheel RF fwd L, R, L, - (W bk R, L, R, -) end in WRAPPED POS/WALL;
- S-- 16 {**Bk & Lean Bk**} Bk R (W bk L) leaning upper body fwd, -, lean upper body bk looking each other, -;