

CA C'EST DU POULET

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CD Title "Mambo" Track 3 "Ca C'est du Poulet" by The Chakachas or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:15 (option: if desired you can increase the speed)

RHYTHM MAMBO RAL PHASE IV+1 [ARM CHECK]

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-B-C-D-A-B(1-6)-ENDING

MEAS:

INTRODUCTION

1-4 BFLY WALL WAIT 2 MEAS;; BASIC;;

1-2 Wait in BFLY WALL w/ lead ft free;;

3-4 {**Basic**} BFLY WALL Fwd L, rec R, sd L (W bk R, rec L, sd R), -; Bk R, rec L, sd R (W fwd L, rec R, sd L), -;

PART A

1-4 OPEN BREAK; UNDERARM TURN; ARM CHECK;;

1 {**Open Break**} BFLY WALL Rk apt strongly on L to LOP-FCG extending R arm up w/ palm out, rec R lowering R arm, sd L (W rk apt strongly on R to LOP-FCG extending L arm up w/ palm out, rec L lowering L arm, sd R), -;

2 {**Underarm Turn**} Bk R, rec L, sd R (W XLif trn 1/2 RF under lead hands, rec R cont trn to face ptr, sd L), -;

3-4 {**Arm Check**} LOP-FCG WALL Rk apt L, rec R, sd & fwd L twd W R sd release ld hnds & take W R wrist in M R hnd (W rk apt R, rec L, fwd R twd M R sd), -; Fwd R trn 1/2 LF ld W to spin RF & drop hnds, fwd L, cl R to LOP-FCG COH (W spin RF 1 1/2 L, stp R, stp L to fc WALL), -;

5-8 CUCARACHAS TWICE;; OPEN BREAK; UNDERARM TURN;

5 {**Cucaracha**} BFLY COH Sd L, rec R, cl L (W sd R, rec L, cl R), -;

6 {**Cucaracha**} BFLY COH Sd R, rec L, cl R (W sd L, rec R, cl L), -;

7 {**Open Break**} BFLY COH Rk apt strongly on L to LOP-FCG extending R arm up w/ palm out, rec R lowering R arm, sd L (W rk apt strongly on R to LOP-FCG extending L arm up w/ palm out, rec L lowering L arm, sd R), -;

8 {**Underarm Turn**} Bk R, rec L, sd R (W XLif trn 1/2 RF under lead hands, rec R cont trn to face ptr, sd L), -;

9-10 ARM CHECK;;

9-10 {**Arm Check**} LOP-FCG COH Rk apt L, rec R, sd & fwd L twd W R sd release ld hnds & take W R wrist in M R hnd (W rk apt R, rec L, fwd R twd M R sd), -; Fwd R trn 1/2 LF ld W to spin RF & drop hnds, fwd L, cl R to LOP-FCG WALL (W spin RF 1 1/2 L, stp R, stp L to fc COH), -;

PART B

1-4 CUCARACHA; AIDA; BACK BASIC; PATTI CAKE TAP;

1 {**Cucaracha**} BFLY WALL Sd L, rec R, cl L (W sd R, rec L, cl R), -;

2 {**Aida**} BFLY WALL Thru R trn RF, sd L cont RF trn, bk R to fc RLOD in V bk-to-bk pos (W thru L trn LF, sd R cont LF trn, bk L to fc RLOD), -;

3 {**Back Basic**} LOP RLOD Bk L, rec R, fwd L (W bk R, rec L, fwd R), -;

4 {**Patty Cake Tap**} LOP RLOD Lift R knee swvl 1/4 LF on L to fc W plc trl hnd palm to palm look LOD & XRif tap R toe twd LOD, -, lift R knee swvl 1/4 RF on L & bk R to LOP RLOD (W lift L knee swvl 1/4 RF on R to fc M plc trl hnd palm to palm look LOD & XLif tap L toe twd LOD, -, lift L knee swvl 1/4 LF on R & bk L), -;

5-8 BACK BASIC; FWD 3; SPOT TURN TO FACE; TIME STEP;

5 {**Back Basic**} LOP RLOD Bk L, rec R, fwd L (W bk R, rec L, fwd R), -;

6 {**Fwd 3**} OP LOD Fwd R, fwd L, fwd R (W fwd L, fwd R, fwd L), -;

7 {**Spot Turn to Face**} LOP RLOD XLif stg RF trn on L, rec R trn RF to fc WALL, sd L to fc WALL (W XRif stg LF trn on R, rec L trn LF to fc COH, sd R), -;

8 {**Time Step**} Hands not joined extended to side XRif with no body turn (W XLib), rec L, sd R to BFLY WALL [2nd time end in CP WALL], -;

PART C

1-4 CROSS BODY FC COH;; SCALLOP;;

- 1-2 {**Cross Body fc COH**} CP WALL Fwd L, rec R, sd L trn LF foot trn 1/4 body trn 1/8 (W bk R, rec L, fwd R twd M stay on R sd end L-shaped pos), -; Bk R cont LF trn, sm fwd L, sd & fwd R to CP COH (W fwd L stg LF trn, fwd R trn 1/2 LF to end w/ R ft bk, sd & bk L to fc WALL), -;
- 3-4 {**Scallop**} CP COH Rk bk L to SCP RLOD, rec R, sd L to CP COH (W rk bk R to SCP RLOD, rec L, sd R to fc WALL), -; Thru R, sd L, cl R to CP COH (W thru L, sd R, cl L), -;

5-8 CROSS BODY FC WALL;; SCALLOP;;

- 5-6 {**Cross Body fc WALL**} CP COH Fwd L, rec R, sd L trn LF foot trn 1/4 body trn 1/8 (W bk R, rec L, fwd R twd M stay on R sd end L-shaped pos), -; Bk R cont LF trn, sm fwd L, sd & fwd R to CP WALL (W fwd L stg LF trn, fwd R trn 1/2 LF to end w/ R ft bk, sd & bk L to fc COH), -;
- 7-8 {**Scallop**} CP WALL Rk bk L to SCP LOD, rec R, sd L to CP WALL (W rk bk R to SCP LOD, rec L, sd R to fc COH), -; Thru R, sd L, cl R to CP WALL (W thru L, sd R, cl L), -;

PART D

1-6 PROGRESSIVE BASIC;; CHASE PEEK-A-BOO;;;

- 1-2 {**Progressive Basic**} CP WALL Rk fwd L, rec R, sm bk L (W rk bk R, rec L, sm fwd R), -; Rk bk R, rec L, sm fwd R to BFLY WALL (W rk fwd L, rec R, sm bk L), -;
- 3-6 {**Chase Peek-A-Boo**} BFLY WALL Fwd L stg 1/2 RF trn, rec R fc COH, cl L (W bk R, rec L, cl R), -; Sd R look over L shldr, rec L, cl R (W sd L, rec R, cl L), -; Sd L look over R shldr, rec R, cl L (W sd R, rec L, cl R), -; Fwd R stg 1/2 LF trn, rec L fc WALL, cl R to BFLY WALL (W fwd L, rec R, cl L), -;

7-8 NEW YORKER; SPOT TURN;

- 7 {**New Yorker**} BFLY WALL Thru L w/ straight leg to LOP RLOD, rec R to fc WALL, sd L to BFLY WALL (W thru R w/ straight leg to LOP RLOD, rec L to fc COH, sd R), -;
- 8 {**Spot Turn**} BFLY WALL XRif stg LF trn on R, rec L trn LF to fc WALL, sd R to BFLY WALL (W XLif stg RF trn on L, rec R trn RF to fc COH, sd L), -;

ENDING

1 AIDA & HOLD;

- 1 {**Aida & Hold**} LOP RLOD Fwd L trn LF, sd R cont LF trn, bk L to fc LOD in V bk-to-bk pos (W fwd R trn RF, sd L cont RF trn, bk R to fc LOD), -;

AB AB CD AB(1-6)

WAIT
BASIC

WAIT

A	OPEN BREAK	UNDERARM TURN
	ARM CHECK	----
	CUCARACHA TWICE	----
	OPEN BREAK	UNDERARM TURN
	ARM CHECK	----

B	CUCARACHA	AIDA
	BACK BASIC	PATTI CAKE TAP
	BACK BASIC	FWD 3
	SPOT TURN TO FACE	TIME STEP (1)
		TIME STEP TO CP (2)

C	CROSS BODY FC COH	----
	SCALLOP	----
	CROSS BODY FC WALL	----
	SCALLOP	----

D	PROGRESSIVE BASIC	----
	CHASE PEEK-A-BOO	----
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	NEW YORKER	SPOT TURN

END AIDA & HOLD

5-1 CA C'EST DU POULET (ROSS) 5423
(WAIT BFLY WALL LEAD FOOT FREE)