

Una Manana



Choreographers: Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020; Tel: 303-469-9140, dance@ctkr.com

Rhythm & Phase: Cha, Phase V (double cuban, cross basic, pat-a-cake chas: aka split Cubans=single cubans in opposition)

+2 unphased (syncopated continuous new yorkers, guapacha timing)

RAL Difficulty Level: Below Average

Music: "Una Manana" Salasamerica: Passion CD, Track #1, Dance & Listen Ltd., DLD-1044;

Also on Passion Jam CD, Track #3, Andy Fortuna; or contact choreographer

Speed: Decrease speed* of original music 10% (~28bpm) - 20% (~25bpm) **Timing:** QQQ&Q unless noted

Footwork: Directions for M, W normal opposite, exceptions in () **Comments:** [[Easier Options]] & [[Notes]]

Sequence: Introduction A B C B(1-16) End

July 2005 ver: 1.0

Introduction

[1-4] Wait 2 Meas ; ; Aida ; Switch Rock ;

[1-2] {**Wait 2 Measures**} Wait LOP-RLOD with lead feet free pointed through & lead hands joined;;

[3] {**Aida**} Fwd L, fwd R trn 1/2 LF OP-LOD, bk L/lk RIF of L, bk L;

[4] {**Switch Rock**} Trn RF to fac prtnr & Wall sd R, rec L, sd R/ cls L to R, sd R Bfly-Wall;

[5-8] Double Cuban Break ; Spot Turn ; New Yorker ; Close to Side Walk (twd LOD) ;

Q&Q&Q&Q

[5] {**Double Cuban Break**} Fwd & across L/rec R, sd L/rec R, fwd & across L/rec R, sd L;

[6] {**Spot Turn**} Trn LF 1/4 to fac LOD & fwd R then trn LF to fac RLOD, rec L trn LF to fac prtnr & Wall, sd R/cls L to R, sd R;

[7] {**New Yorker**} Trn RF 1/8 & fwd L, rec R trn LF to fac prtnr & Wall, sd L/cls R to L, sd L Bfly-Wall;

[8] {**Close to Side Walk toward LOD**} Cls R to L, sd L, cls R to L/sd L, cls R to L;

Part A

[1-4] Full Open Basic ; ; Syncopated Continuous New Yorkers ; New Yorker ;

[1-2] {**Full Open Basic**} Fwd L, rec R, bk L/lk RIF of L, bk L (W Bk R, rec L, fwd R/lk LIB of R, fwd R);

Bk R, rec L, fwd R/lk LIB of R, fwd R (W Fwd L, rec R, bk L/lk RIF of L, bk L);

[[Option: replace the lock on the cha chasses: ¹Fwd L, rec R, bk L/cls R, bk L • ²Bk R, rec L, fwd R/cls L, fwd R]]

Q&Q-&
(Q&Q& Q&Q&)

[3] {**Syncopated Continuous New Yorkers**} Trn RF 1/8 & fwd L/rec R trn LF to fac prtnr & Wall, sd L to wgt on both feet/lead W to rec into a 2nd New Yorker,, /rec R (W trn LF 1/8 & fwd R/rec L trn RF to fac prtnr, sd R/rec L, trn LF 1/8 & fwd R/rec L trn RF to fac prtnr, sd R/ rec L) Bfly-Wall;

[[Note: W footwork=two NYer 4s with continuous Cuban timing]] [[Options: ¹Both do sgl NYer 4 • ²M NYer with W both times]]

[4] {**New Yorker**} Repeat Introduction – Measure 7 to RLOD end Bfly-Wall;

[5-8] New Yorker 4 ; Alemana Turn ; Cross Basic with Guapacha Timing ; ;

Q000

[5] {**New Yorker 4**} Trn LF 1/8 & fwd R, rec L trn LF to fac prtnr & Wall, sd R, rec L join lead hnds LOP-fcg Wall;

[6] {**Alemana Turn**} Bk R, rec L, sd R/cls L to R, sd R (W fwd L on M's left side trn 1/2 RF, fwd R trn RF to fac prtnr, sd L/cls R to L, sd L) Bfly-Wall;

-&QQ&Q;
-&QQ&Q

[7-8] {**Cross Basic with Guapacha Timing**} Hold/XLIF of R (W XRIB) trn 1/8 LF, bk & sd R trn 1/8 LF, sd & fwd L/cls R to L, sd & fwd L; Hold/XRIB of L (W XLIF) trn 1/8 LF, fwd & sd L trn 1/8 LF, sd & bk R/cls L to R, sd & bk R Bfly-COH; [[Options: ¹Use normal cha timing • ²Substitute Cross Basic with Trning Basic or Cross Body]]

[9-12] Full Open Basic ; ; Syncopated Continuous New Yorkers ; New Yorker ;

[9-10] {**Full Open Basic**} Repeat Part A – Measures 1-2 starting & ending fcg Bfly-COH;

[11] {**Syncopated Continuous New Yorkers**} Repeat Part A - Measure 3 to LOD end Bfly-COH;

[12] {**New Yorker**} Repeat Introduction – Measure 7 to LOD end Bfly-COH;

[13-16] New Yorker 4 ; Alemana Turn ; Cross Basic w/ Guapacha Timing ; ;

[13] {**New Yorker 4**} Repeat Part A – Measure 5 to RLOD end LOP-fcg COH;

[14] {**Alemana Turn**} Repeat Part A – Measure 6 to Bfly-COH;

[15-16] {**Cross Basic with Guapacha Timing**} Repeat Part A – Measure 6 to Bfly-Wall;;

* To slow the original music, try DanceMaster <http://clarkandsandy.com/DanceMaster> or Amazing Slow Downer www.ronimusic.com available in both a limited free or a for purchase version.

Part B

[1-4] 1/2 Basic ; W Front Vine 7 & Ronde ; W Rev Vine 7 ; Side Walk (twd RLOD) ;

[1] {**1/2 Basic**} Fwd L, rec R, sd L/cls R to L, sd L outstepping W to LOD to wgt on both feet (W Bk R, rec L, sd R/cls L to R, sd R end fcg M slightly to his rt side); [[Option: M do normal 1/2 Basic footwork & wgt on L]]

-
(Q&Q&Q&Q)

[2] {**W Front Vine 7 & Ronde**} Hold lead W to vine (W Small stps curve arnd M XLIF of R/sd R, XLIB of R/sd R, XLIF of R/sd R, XLIB of R/ronde R CW fcg RLOD on M lft sd); [[Option: W Front Vine 4 & Close (timing: QQQ&Q): XLIF of R, sd R, XLIB of R/sd R, cls L to R;]]

-Q&
(Q&Q&Q&Q)

[3] {**W Reverse Vine 7**} Hold lead W to vine,,, sd R/cls L to R (W Small stps XRIB of L/sd L, XRIF of L/sd L, XRIB of L/sd L, XRIF of L) Bfly-Wall; [[Option: W Rev Vine 4 & Close: XRIB of L, sd L, XRIF of L/sd L, cls R to L;]]

[4] {**Side Walk toward RLOD**} Sd R, cls L to R, sd R/cls L to R, sd R Bfly-Wall;

[5-8] 1/2 Basic ; Fan ; Hockey Stick ; ;

[5] {**1/2 Basic**} Fwd L, rec R, sd L/cls R to L, sd L (W Bk R, rec L, sd R/cls L to R, sd R) CP-Wall;

[6] {**Fan**} Bk R lower lead hnds to waist level, rec L, sd R/cls L to R, sd R (W Fwd L trn 1/8 LF, rec R trn 1/8 LF, bk L/lk RIF of L, bk L) fan position M fac Wall W fac RLOD;

[7-8] {**Hockey Stick**} Fwd L, rec R, cls L to R/cls R to L, cls L to R raise lead hnds IF of W (W Cls R to L, fwd L, fwd R/lk LIB of R, fwd R); XRIB of L latin cross trn 1/8 RF, fwd L lower lead hnds at end, fwd R/lk LIB of R, fwd R (W Trn 1/8 LF fwd L, fwd R then trn 1/2 LF fac prtnr, bk L/lk RIF of L, bk L) LOP-fcg DRW;

[9-12] 1/2 Open Basic ; Cross Body to Triple Chas ; ; 1/2 Basic ;

[9] {**1/2 Open Basic**} Repeat Part A - Measure 1 fcg DRW;

OO Q&Q
Q&Q Q&Q

[10-11] {**Cross Body to Triple Chas**} Bk R trn 1/4 LF, fwd L trn 1/8 LF fac LOD, fwd R/lk LIB of R, fwd R (W Fwd L trn 1/4 LF, bk R trn 1/8 LF fac M, bk L/lk RIF of L, bk L); Fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R, fwd R (W Bk R/lk LIF of R, bk R, bk L/lk RIF of L, bk L) LOP-fcg LOD; [Note: Triple Chas aka Three Chas]

[12] {**1/2 Basic**} Repeat Part B - Measure 5 LOP-fcg LOD;

[13-16] Alemana Turn ; 1/2 Open Basic to Back Triple Chas ; ; Turning Underarm Turn ;

[13] {**Alemana Turn**} Bk R, rec L, sd R/cls L to R, sd R (W fwd L on M's left side trn 1/2 RF, fwd R trn RF to fac prtnr, sd L/cls R to L, sd L) fcg LOD;

OO Q&Q
Q&Q Q&Q

[14-15] {**1/2 Open Basic to Back Triple Chas**} Fwd L, rec R, bk L/lk RIF of L, bk L (W Bk R, rec L, fwd R/lk LIB of R, fwd R); Bk R/lk LIF of R, bk R, bk L/lk RIF of L, bk L (W Fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R, fwd R) LOP-fcg LOD;

[16] {**Turning Underarm Turn**} Bk R trn 1/8 RF, rec L trn 1/8 RF, sd R/cls L to R, sd R (W Fwd L trn 5/8 RF, fwd R trn RF fac prtnr, sd L/cls R to L, sd L) Bfly-Wall;

[17-20] Double Cuban Brk ; Spt Trn ; New Yorker ; Close to Side Walk (twd LOD) M trans ;

[17] {**Double Cuban Break**} Repeat Introduction - Measure 5;

[18] {**Spot Turn**} Repeat Introduction - Measure 6;

[19] {**New Yorker**} Repeat Introduction - Measure 7;

OO QQ
(QQ Q&Q)

[20] {**Close to Side Walk toward LOD M Transition**} Cls R to L, sd L, cls R, sd L (W Cls L to R, sd R, cls L to R/sd R, cls L to R) Bfly-Wall;

Part C

[1-4] Circular Cha Cha Vine ; ; 4 Pat-a-Cake Chas M trans ; ;

[1-2] {**Circular Cha Cha Vine**} Rotate CW 1 full trn over 2 meas XRIF of L, sd L, XRIB of L/sd L, XRIF of L; Sd L, XRIB of L, sd L/XRIF of L, sd L (W same footwork);

Q&Q Q&Q;
Q&Q QQ
(Q&Q Q&Q;
Q&Q Q&Q)

[3-4] {**4 Pat-a-Cake Chas M Transition**} Fwd & across R in rt hnd pat-a-cake/rec L, sd R, fwd & across L in lft hnd pat-a-cake/rec R, sd L; Fwd & across R in rt hnd pat-a-cake/rec L, sd R, fwd & across L in lft hnd pat-a-cake, rec R (W Same except last pat-a-cake: fwd & across L/rec R, sd L) OP-fcg Wall no hnds jnd;

[5-8] Time Stp ; Spt Trn-W Time Stp ; Dbl Cuban-W Spt Trn ; Time Stp trans-W Dbl Cuban ;

[5] {**Time Step**} XLIB of R latin cross (W XRIB of L latin cross), rec R, sd L/cls R to L, sd L;

[6] {**M Spot Turn - W Time Step**} Trn LF 1/4 to fac LOD & fwd R then trn LF to fac RLOD, rec L trn LF to fac prtnr & Wall, sd R/cls L to R, sd R (W XLIB of R latin cross, rec R, sd L/cls R to L, sd L);

Q&Q&Q&Q
(QQQ&Q)

[7] {**M Double Cuban Break - W Spot Turn**} Fwd & acr L/rec R, sd L/rec R, fwd & acr L/rec R, sd L (W Trn LF 1/4 to fac RLOD & fwd R then trn LF to fac LOD, rec L trn LF to fac prtnr, sd R/cls L to R, sd R);

QQQQ
(Q&Q&Q&Q)

[8] {**M Time Step Transition - W Double Cuban Break**} XRIB of L latin cross, rec L, sd R, rec L (W Fwd & across L/rec R, sd L/rec R, fwd & across L/rec R, sd L);

- [9-12] Circular Cha Cha Vine ; ; 4 Pat-a-cake chas M trans ; ;
 [9-10] {Circular Cha Cha Vine} Repeat Part C – Measures 1-2;;
 [11-12] {4 Pat-a-Cake Chas M Transition } Repeat Part C – Measures 3-4;;
 [13-16] Time Stp ; Spt Trn-W Time Stp ; DbI Cuban-W Spt Trn ; Time Stp-W DbI Cuban ;
 [13] {Time Step} Repeat Part C – Measure 5;
 [14] {M Spot Turn - W Time Step} Repeat Part C – Measure 6;
 [15] {M Double Cuban Break - W Spot Turn} Repeat Part C – Measure 7;
 [16] {M Time Step - W Double Cuban Break} XRIB of L latin cross, rec L, sd R/cls L to R, sd R
 (W Fwd & across L/rec R, sd L/rec R, fwd & across L/rec R, sd L);

QQ&Q
(Q&Q&Q&Q)

Repeat Part B (1-16)

End

- [1-4] Full Open Basic ; ; New Yorker & Check Thru to RLOD .
 [1-2] {Full Open Basic} Repeat Part A – Measures 1-2;;
 [3] {New Yorker & Check Thru to RLOD} Trn RF 1/8 & fwd L, rec R trn LF to fac ptrnr & Wall, sd L/rec R, trn RF 1/8 & fwd L RLOD. [Note: Cuban-like action]

Additional Notes:

Cha Chasse: The Q&Q (cha cha cha) 3&4 part of a regular measure in either the side, forward, or backward direction. Progression on the cha chasse is dependant on the figure following. Cha Chasse types: side (left & right) chasse, back & forward chasse, ronde chasse, hip twist chasse, compact (stationary) chasse, cuban chasse, slip chasse, running chasse.

	From Left Foot Basic Cha Chasse (fwd L, rec R)	From Right Foot Basic cha chasse (bk R, rec L)
Basic	Sd L/cls R, sd L	Sd R/cls L, sd R
Open Basic	Bk L/lk RIF of L, bk L	Fwd R/lk LIB of R, fwd R
Open Basic – Easier Option	Bk L/cls R, bk L	Fwd R/cls R, fwd L

Conserve Energy:

- Try not to slide your feet on the floor, ideally you want to glide your foot very slightly off the floor. If you can hear yourself shuffling your feet, pick them up just a bit, your knees and ears will appreciate this.
- Limit the times you move your feet, for example, when you step through with your L into a New Yorker, leave the R in contact with the floor; it will swivel. Do not completely lift it off the floor; keep at least your toes hugging the floor.
- Keep the majority of movement below your waist. Excess movement in the rib cage, arms, & shoulders is unnecessary and detracts from the flavor of Latin dancing and really confuses your partner if you are the one leading.
- Keep energy/tone in your shoulders & arms to allow you to work off each other. The W especially needs this ‘ballet bar’ from the M when dancing the syncopated continuous New Yorker & Vine actions.

Guapacha Timing: Pronounced “Whappacha”. A variation of timing, hold on the first quick Count. Timing: –&QQ&Q or alternatively –aQQ&Q



Latin Cross: (aka Cuban Cross) A position, for example, the R is behind the L, right toe opposite or just past the left heel, toe turned out, right heel slightly lifted off the floor. The “7” position that George & Mady D’Aloiso introduced years ago when talking about the natural top – the man’s feet make the number 7 & then the number 11. Locks in cha are done with Latin Cross technique.

For additional information on Cha Technique and Latin Movement please go to: <http://www.ctkr.com> & click on Clinic Notes