

A LA PLAYA

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MUSIC: CD - Casa Musica Vol. 19 "Afrocubana" Track 11 "La Playa" **E-Mail:** curtworlock@juno.com

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 tm 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 tm, fwd L twd COH cont LF tm/fwd R twd COH trng 1/2 LF, sd & bk L (cl R to L, fwd L, fwd R comm RF tm/fwd & slightly across L cont RF tm, sd R) to M's FAN POS W FCING LOD & M WALL;
- 6 - Cl R to L, fwd L, fwd R comm RF tm/fwd & slightly across L cont RF tm, sd R (fwd L, rec R comm LF tm, fwd L twd COH cont LF tm/fwd R twd COH trng 1/2 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 tm 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 tm 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 tm, cont LF tm 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 tm, cont RF tm sd L/cl R to L, sd L twd RLOD cking) to end both fcng 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 tm, 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 tm 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 - Tm ¼ RF in place L, R, L, R as you raise trailing hands to turn W under (tm ¼ 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 - Tm ¼ RF in place L, R as you loop trailing arms over your head and end mom bk to bk, tm another ¼ RF in place L, R as you loop lead arms over your head (tm ¼ RF in place R, L looping trailing arm over M's head to end mom bk to bk, tm 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 - Tm ¼ RF in place L, R, L, R as you raise lead hands to tm W under (tm 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 tm 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 OK 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, tmg RF fwd L RLOD to L OPEN/rec R tmg LF, cont LF tm sd L LOD to BFLY;
- 2 - Tmg LF thru R, tmg RF sd L, cont slight RF tm XRIB of L/tmg 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 tm to fc, cont tm sd L spiral ¾ RF, cont RF tm fwd R/cont tm 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 tmg RF under joined lead hands, rec R cont RF tm to fc ptr, fwd & sd L tmg RF under joined lead hands/cl R to L cont RF tm, 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, tmg RF sd L (apt R, rec L, fwd R/cl L under joined lead hands tmg LF, sd R) lower lead hands to end in WRAP POS FCING RLOD;
- 8 - Fwd R, fwd L, fwd R tmg 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 OK 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 tm 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 tm 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 tmg LF, sd in pl R/cl L to R, cl R to L (fwd & across L DRC tmg RF under joined R hands, rec R cont RF tm, fwd L RLOD tmg 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 tmg 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 tmg ½ LF, rec L to brief VARS LOD then release ptr, fwd R, fwd L (fwd R tmg ½ LF, rec L, fwd R/lk LIB of R, fwd R) to OPEN POS FCING LOD nothing touching;
- 8 - Fwd R LOD tmg LF, rec L cont LF tm 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 tmg LF, sd in pl R/cl L to R, cl R to L (fwd & across L DRC tmg RF under joined R hands, rec R rec R cont RF tm, fwd L RLOD tmg 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 lead 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