

CHA CHA BONITA

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Music: "Maria Bonita" by Ross Mitchell, on Bam Boom CD DLD 1023 www.danceandlisten.co.uk

Rhythm & Phase: Cha Phase 5+1 (Body Ripple) Seq: Intro, A, A, BRK, B, C, B, End Slow to Suit June 2004



INTRO

1-4 FCG WALL WAIT 1; REV UNDRARM TRN; ALEMANA ENDING; SINGLE CUBANS;

- 1 Fcg Wall lead feet free lead hnds joined palms together wait one;
- 2 XLIF of R raising lead hnds, rec R, sd L/cls R, sd L (*W XRIF twd RLOD trng LF under joined lead hnds, rec L cont turn to fce ptrn, sd R/cls L, sd R*);
- 3 Trng slightly RF raising lead hnds bk R, rec L trng fce ptrn, sd R/cls L, sd R (*W XLIF twd LOD trn RF under joined lead hnds, fwd R to fce ptrn, sd L/cls R, sd L*) BFLY;
- 4 1&23&4 XLIF (*W XRIF*)/rec R, sd L, XRIF (*W XLIF*)/rec L, sd R;

PART A

1-4 OPEN HIP TWST; FAN; ALEMANA;-;

- 1 Chk fwd L, rec R, small bk L/cls R, bk L arm resistance to W (*W rk bk R, rec L, fwd R/cls L, fwd R swvl ¼ RF*);
- 2 Bk R, rec L slightly LF, sd R/cls L, sd R fce Wall (*W fwd L, trn LF ½ sd and bk R fce RLOD, bk L/ik RIF, bk L with R pointed twd RLOD*);
- 3 Fwd L, rec R, sd L/cls R, sd L raising lead hnd to lead W to swvl RF (*W cls R, fwd L, fwd R/cls L, fwd R swvl RF to fce M and COH*);
- 4 Trng slightly RF bk R, rec L trng to fce ptrn, sd R/cls L, sd R (*W XLIF twd LOD trn RF under joined lead hnds, cont RF trn fwd R to fce ptrn, sd L/cls R, sd L*);

5-7 SYNC STOP & GO WITH SIT LINE;-; MERENGUE 4;

- 5 123- Apt L, rec R trng W ½ LF under joined lead hnds, lunge fwd L twd Wall trng slightly RF to look at W with R pointed twd COH lead hnds joined trailing hnd extended up,- (*W bk R, rec fwd L trn ½ LF under lead hnd to look Wall, small bk R to sit line with L point twd Wall extend lft hnd up,-*);
- 6 Rec R raise lead arm to lead W to RF trn, cls L fce Wall, sd R/cls L, sd R (*W fwd L, fwd R trng RF under joined lead hnds to fce ptrn, sd L/cls R, sd L*);
- 7 1234 Blend to BFLY Sd L, cls R, sd L, cls R;

BREAK

1-2 BFLY CUCARACHA; HIP RK 3 HOLD;

- 1 Sd L, rec R, in place L/R, L;
- 2 1&2-- On three strong beats hip rk R/L, R, hold,-;

PART B

1-4 HLF BASIC; WHIP TO TRIPLE CHAS;-; RK FWD REC-BK TRIPLE CHAS;

- 1 BFLY fwd L, rec R, sd L/cls R, sd L;
- 2 Bk R trng ¼ LF, rec L to fce LOD, with rt sd lead and rt hnds tching fwd R/ik L, fwd R (*W fwd L trng ¼ LF, bk R to fce RLOD, with rt hnd tching and left sd moving twd LOD bk L/ ik R, bk L*);
- 3 1&23&4 With lft sd lead and lft hnds tching M fwd L/ik RIB, fwd L (*W moving backward with rt sd lead and lft hnds joined bk R/ik LIF, bk R*), with rt sd lead and rt hnds tching fwd R/ik LIB, fwd R, (*W with left sd lead and rt hnds joined bk L/ik RIF, bk L*);
- 4 With lft side lead and lft hnds tching rk fwd L, rec R, moving bk with lft side lead and rt hnds tching bk L/ik RIF, bk L (*W moving fwd with rt sd lead and rt hnd fwd R/ik LIB, fwd R*);

5-8 FNSH TRIPLE CHAS; CROSS BODY VARS RLOD; FWD BASIC-LADY TWST; CROSS BODY VARS WALL;

- 5 1&23&4 With rt side lead and lft hnds touching bk R/ik LIF, bk R, (*W with left sd lead fwd L/ik RIF, fwd L*) with lft side lead and rt hnds joined bk L/ik RIF, bk L (*W with rt sd lead fwd R/ik LIB, fwd R*);
- 6 In handshake bk R leading W left sd of M to trn LF, rec L trng LF 1/2 to VARS RLOD, fwd R/cls L, fwd R (*W fwd L trng LF, fwd R finish trng to VARS RLOD, fwd L/cls R, fwd L*);
- 7 Fwd L, rec R releasing left hnds, bk L/cls R, bk L fcg RLOD (*W fwd R swvl RF, fwd L, fwd R/cls L, fwd R to end fcg LOD*) with rt hnds joined;
- 8 Bk R, rec L trng W LF to VARS Wall, fwd R/cls L, fwd R (*W fwd L, fwd R trng LF to VARS Wall, fwd L/cls R, fwd L*);

9-12 HIP TWST POINT HOLD; SHAD NW YRKR IN 4; SHAD NW YRKR TWC;-;

- 9 123- Chk fwd L, rec R release lft hnds, pt sd L twd LOD handshake, - extend left arm to side (*W fwd R swvl RF to fce M, fwd L, pt sd R twd LOD,- extend left arm to side*);
- 10 1234 Still in handshake chk thru L twd RLOD extend free arm bhnd W's back (*W extend free arm out to side*), rec R fce ptrn Wall, sd L, cls R;
- 11 Chk thru L twd RLOD rt hnds joined in frnt of M extend free arm bhnd W's back, rec R fce ptrn, sd L/cls R, sd L;
- 12 Chk thru R twd LOD rt hnds joined in frnt of W extend free arm to side (*W extend lft arm bhnd M's back*), rec L to fce ptrn, sd R/cls L, sd R;

13-16 AIDA to REV; SWITCH HOLD-REC BFLY; RUMBA FNC LINE; LADY PRESS & RELEASE BFLY;

- 13 Hand shake thru L twd RLOD, trng LF to fce ptrn sd R, release handshake cont trng to fce LOD bk L/ik R, bk L to "V" pos with joined trailing hands and R pointed twd LOD;
- 14 1--4 With strong lead bring trailing hands and R bk twd RLOD trng RF to fce ptrn,-,-, rec L;
- 15 123- Blnd BFLY XRIF with relaxed knee twd LOD, rec L trng to fce ptrn, sd R,-;
- 16 1-3- Low BFLY bk L with firm pressure thru hands,-, rec R to low BFLY,- (*W press fwd R leaning slightly into M with both hnds firm at waist level, bend L knee and flick L ft up behind look LF, rec L,-*);

PART C

1-4 DOUBLE CUBANS;-; SINGLE CUBANS; SPOT TURN BFLY;

- 1 1&2&3&4 XLIF (*XRIF*)/rec R, sd L/rec R, XLIF (*XRIF*)/rec R, sd L;
- 2 1&2&3&4 XRIF (*XLIF*)/rec L, sd R/rec L, XRIF (*XLIF*)/rec L, sd R;
- 3 1&2&3&4 XLIF (*XRIF*)/rec R, sd L, XRIF (*XLIF*)/rec L, sd R;
- 4 XLIF twd RLOD trng RF, rec fwd R cont trng to fce ptrn, sd L/cls R, sd L;

5-8 DOUBLE CUBANS;-; SPOT TURN; BODY RIPPLE;

- 5 1&2&3&4 XRIF (*XLIF*)/rec L, sd R/rec L, XRIF (*XLIF*)/rec L, sd R;
- 6 1&2&3&4 XLIF (*XRIF*)/rec R, sd L/rec R, XLIF (*XRIF*)/rec R, sd L;
- 7 XRIF twd LOD trng LF, rec fwd L cont trng to fce ptrn, sd R/cls L, sd R;
- 8 -,-,- Bend knees compress into floor, tilt torso by moving hips forward, return to normal position by straightening knees and pulling hips to normal position extending trailing hnds up;

END

1-4 HALF BASIC; WHIP TO TRIPLE CHAS;-; RK FWD REC-BK TRIPLE CHAS;

- 1 Fwd L, rec R, sd L/cls R, sd L;
- 2 Bk R trng ¼ LF, rec L to fce LOD, with rt sd lead and rt hnds tching fwd R/ik L, fwd R (*W fwd L trng ¼ LF, bk R to fce RLOD, with rt hnd tching and left sd moving twd LOD bk L/ik R, bk L*);
- 3 1&2&3&4 With lft sd lead and lft hnds tching M fwd L/ik RIB, fwd L (*W moving backward with rt sd lead and lft hnds joined bk R/ik LIF, bk R*), with rt sd lead and rt hnds tching fwd R/ik LIB, fwd R, (*W with left sd lead and rt hnds joined bk L/ik RIF, bk L*);
- 4 With lft side lead and lft hnds tching rk fwd L, rec R, moving bk with lft side lead and rt hnds tching bk L/ik RIF, bk L (*W moving fwd with rt sd lead and rt hnd fwd R/ik LIB, fwd R*);

5-8 FNSH TRIPLE CHAS; CROSS BODY VARS RLOD; FWD BASIC-LADY TWST; CROSS BODY VARS WALL TO SD LUNGE;

- 5 1&2&3&4 With rt side lead and lft hnds touching bk R/ik LIF, bk R, (*W with left sd lead fwd L/ik RIF, fwd L*) with lft side lead and rt hnds joined bk L/ik RIF, bk L (*W with rt sd lead fwd R/ik LIB, fwd R*);
- 6 In handshake bk R leading W left sd of M to trn LF, rec L trng LF 1/2 to VARS RLOD, fwd R/cls L, fwd R (*W fwd L trng LF, fwd R finish trng to VARS RLOD, fwd L/cls R, fwd L*);
- 7 Fwd L, rec R releasing left hnds, bk L/cls R, bk L fcg RLOD (*W fwd R swvl RF, fwd L, fwd R/cls L, fwd R to end fcg LOD*) with rt hnds joined;
- 8 Bk R, rec L trng W LF to VARS Wall, sd R/cls L, lunge sd R look LF at W (*W fwd L, fwd R trng LF to VARS Wall, sd L/cls R, lunge sd L look RF at M*);