

Cubano

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 32 counts, 4 walls, cha cha line dance
 Level: High intermediate
 Music: **A lo Cubano** by Orishas. Track length: 4.05 minutes. Buy on iTunes, Amazon, etc.
 Intro: 32 counts from first strong beat in music, app. 29 secs into track. *Start with weight fw on R*
 * 1 restart: On wall 2 (starts facing 3:00), after 16 counts. Restart also happens facing 3:00

| Counts | Footwork | End facing |
|---------------------|--|------------|
| 1 – 9 | Recover sweep 1/8 R, R back rock, R step lock step, fw L, 1/2 R, 3 quick rocks | |
| 1 – 3 | Recover back on L turning 1/8 on L and sweeping R to R side (1), rock back on R (2), recover fw on L (3) | 1:30 |
| 4&5 | Step fw on R (4), lock L behind R (&), step fw on R (5) | 1:30 |
| 6 – 7 | Step fw on L prepping upper-body slightly L (6), turn 1/2 R on L (weight stays on L) (7) | 7:30 |
| 8&1 | Rock back on R (8), recover fw on L (&), rock back on R (1) <i>Styling: try to push hips back, fw, back on 8&1</i> | 7:30 |
| 10 – 17 | Recover fw L, walk R fw, 1/2 L, walk back on L R, 1/8 L, R step lock step | |
| 2 – 3 | Recover weight fw onto L (2), walk fw on R prepping upper-body slightly R (3) | 7:30 |
| 4 – 5 | Turn 1/2 L on R (weight stays on R) (4), step back on L (5) | 1:30 |
| 6 – 7 | Step back on R (6), turn 1/8 L stepping L next to R (7) | 12:00 |
| 8&1 | Step fw on R (8), lock L behind R (&), step fw on R (1) * <i>Restart after count 8 on wall 2</i> | 12:00 |
| 18 – 25 | 1/4 R into L side rock, together, change weight, step fw L, fw R, 1/2 L, full turn step | |
| 2 – 3 | Turn a sharp 1/4 R rocking L to L side (2), recover weight onto R (3) | 3:00 |
| 4&5 | Step L next to R (4), change weight to R (&), step fw on L (5) | 3:00 |
| 6 – 7 | Step fw on R (6), turn 1/2 L onto L foot (7) | 9:00 |
| 8&1 | Turn 1/2 L stepping back on R (8), turn 1/2 L stepping fw on R (&), step fw on R (1) <i>(Non-turny option: do a R lock step fw)</i> | 9:00 |
| 26 – 32 | Rock L fw, 1/2 shuffle L, rock R fw, syncopated back rocking chair | |
| 2 – 3 | Rock fw on L (2), recover back on R (3) | 9:00 |
| 4&5 | Turn 1/4 L stepping L to L side (4), step R next to L (&), turn 1/4 L stepping fw on L (5) | 3:00 |
| 6 – 7 | Rock fw on R (6), recover weight back on L (7) | 3:00 |
| 8&8 | Rock back on R (&), recover weight fw to L (8), rock fw on R (&) <i>Styling option: when doing your very last R rock step fw (count &) go up on the ball of R turning whole body 1/8 L. When starting again on count 1 you turn 1/4 R going down on a flat L foot... ☺</i> | 3:00 |
| BEGIN AGAIN! | | |
| Ending | Comes on wall 12 (starts facing 6:00). Do section 1 finishing the 3 rocks (facing 1:30). There are 3 beats left in the music. They happen on counts 2, 3, 4. Hit these beats doing this: Recover fw on L (2), step fw R (3), turn 1/8 L stepping fw on L (4). ☺ | 12:00 |