

A10 \*06

**Me Lo Diso Adela (Intro - Plan A) Cha III**, Level: A10 (6 Figuren + Endg)

Instrumental-Version. Artist: Prandi Sound Records, Album: Extreme Ballroom Latin 3: Sicilia Open Vol. 3, Länge: 2:26

Wait or leave out Lead in till the break (first 7 seconds) - Play at 96% (Schnupperabend 1.3.2016)

Choreo: Gabriele Langer (2016-03-01)

Sequence: ABC ABC Amod Endg

**Intro** (Wait 5);;;; ; or on "go" after Lead in

(Bfly)

**Part A** Basic;; NYer; Spot Trn; Hd to Hd - Twice;; Shldr to Shldr - Twice;;**Part B** Fenceline - Twice;; Spot Trn; NYer; Basic;; Fenceline; Spot Trn;

(Bfly)

**Part C** Basic;; Spot Trn - Twice;; Hd to Hd - Twice;; Fenceline - Twice;;

(Bfly)

**Repeat ABC** (Basic...)**Amod** Basic;; NYer; Spot Trn; Hd to Hd; Fenceline - Twice;; Spot Trn;**Endg** Basic;; Shldr to Shldr - Twice;; NYer - Twice;; Fenceline - Twice;;  
Basic;; Hd to Hd (Op); Fwd Step Apt & Pt;

ECTA STEP Level A (2019)

**Cha Cha**

1	x	basic
2	x	fence line
3	x	new yorker
4		walk 2 & forward cha
5		circle cha
6		time step
7	x	shoulder to shoulder
8		sliding door
9	x	hand to hand
10	x	spot turn
11		cucaracha
12		half basic
13		underarm turn
14		lariat
15		... in 4
16		open break
17		whip
18		chase
19		traveling door
20		reverse underarm turn
21		crab walks
22		back break [to Open]
23		chase peek-a-boo
CO		side draw close