

A14 \*09

**Me Lo Diso Adela (Intro - Plan C) Cha III**, Level: A14 (9 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) Corona-geeignet: no progression

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** Half Basic - Underarm Trn;; Lariat;; Basic;; Fenceline; NYer;

(Bfly)

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

(Bfly)

**Repeat ABC** (Basic...)**Amod** Basic;; NYer; Spot Trn; Hd to Hd; Fenceline - Twice;; Spot Trn;**Endg** Half Basic - Underarm Trn;; Lariat - (Bfly);; Shldr to Shldr - Twice;; NYer - 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 | x | half basic            |
| 13 | x | underarm turn         |
| 14 | x | 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       |