

AGADOU CHA

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Music: Agadou (Saragossa Band, CD „Agadou“, Track 1, 3:22 min)

Rhythm & Phase: Phase IV + 2 (Dbl Cuban Break, Singel Cuban Breaks) + 1 (Kick to the 4)

Timing: 1,2,3&,4; unless indicated, reflects actual weight changes

Footwork: opposite unless noted (Woman's footwork in parentheses)

Sequence: Intro – A – Bridge – B – C – Inter 1 – C – Inter 2 – C – End

!!! Attention: BRIDGE contains a half measure !!!

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INTRO

1 - 4 Wait 3 ; ; ; With Arms Rock Apart , - , & Recover , - ;

- 1-3 {Wait 3} in LOP M fcg ptr & WALL both ldftr free wait 3 meas ; ; ;
- 4 {With Arms Rk Apt & Rec (1 – 3 –)} rk bk L (*W rk bk R*) & raise trailarm explosively trng handpalm outside, - , rec R & retract trailarm, - ;

PART A

1 - 4 New Yorker ; One Double Cuban ; Spot Turn ; Fence Line in 4 ;

- 1 {NY} ldhnds still jnd step thru L trng ¼ RF to LOP RLOD and extend trailarm to the side, rec R trng ¼ LF to BFLY WALL, step sd L / cl R to L, step sd L ;
- 2 {One Dbl Cuban (1&2&3&4)} XRif of L / rec L, rk sd R / rec L, XRif of L / rec L, sd R ;
- 3 {Spot trn} release trailhnds and step thru L trng ½ RF bringing leadhnds thru to RLOD, release leadhnds and rec R trng RF to fc WALL, sd L to BFLY / cl R to L, sd L ;
- 4 {Fence Line in 4 (1234)} in BFLY rk thru R w/soft knee, rec L, rk sd R, rec L ;

5 – 8 New Yorker to LOD ; One Double Cuban ; Spot Turn ; Fence Line in 4 ;

- 5 {NY} releasg ldhnds step thru R trng ¼ LF to OP LOD and extend leadarm to the side, rec L trng ¼ RF to BFLY WALL, step sd R / cl L to R, step sd R ;
- 6 {One Dbl Cuban (1&2&3&4)} XLif of R / rec R, rk sd L / rec R, XLif of R / rec R, sd L ;
- 7 {Spot Trn} release leadhnds and step thru R trng ½ LF bringing trailhnds thru to LOD, release trailhnds and rec L trng LF to fc WALL, sd R to BFLY / cl L to R, sd R ;
- 8 {Fence Line in 4 (1234)} in BFLY rk thru L w/soft knee, rec R, rk sd L, rec R ;

BRIDGE

1 - 2 Back Break to OP & Forward Cha ; Stomp Look & Freeze , - ,

- 1 {Bk Break to OP & Fwd Cha} trng to OP LOD rk bk L, rec fwd R, fwd L / lk Rib, fwd L ;
- ½ meas 2 {Stomp Look & Freeze (1, - ,)} close R to L with a stomp suddenly trng head to ptr, hold position ,

PART B

1 - 4 Rock Back Recover into Triple Chas ; ; Forward Basic ;

Rock Back Recover Face Close ;

- 1-2 {Rk Bk Rec into Triple Chas (123&4 1&23&4)} in OP LOD rk bk L, rec fwd R, fwd L / lk Rib, fwd L ; fwd R / lk Lib, fwd R, fwd L / lk Rib, fwd L ;
- 3 {Fwd Basic} in OP rk fwd R, rec bk L, bk R / cl L to R, bk R ;
- 4 {Rk Bk Rec Fc Cl (1234)} in OP rk bk L, rec R, trng ¼ RF step sd L to BFLY, cl R to L to BFLY ;

5 - 8 Open Break ; Whip ; Cross Body ; ;

- 5 {Open Break} in BFLY WALL releasg trailhnds rk bk L & raise trailarm trng handpalm to outside, rec R to BFLY, sd L / cl R to L, sd L ;
- 6 {Whip} rk bk R and lead W crossing in front (*W fwd L outside ptr to M's left side*), rec L trng ½ LF to fc COH and leadg W across LOD with a ½ trn (*W step fwd & sd R across LOD trng ½ LF*), step sd R / cl L to R, sd R to CP ;
- 7-8 {Cross Body} in CP rk fwd L, rec R trng ¼ LF, sip L / R, L (*W rk bk R, fwd L to L-shaped position, fwd R / cl L to R, fwd R*) ; trng ¼ LF to fc WALL rk bk R, rec fwd L, sd R / cl L to R, sd R to BFLY (*W fwd L trng 1/4 LF, fwd R trng ¼ LF, sd L / cl R, sd L to BFLY*) ;

9 - 12 Sandstep Twice ; ; Cucaracha Twice ; ;

- 9-10 {Sandstep 2x} in BFLY L toe touch to the floor swvlg RF on R, L heel touch to the floor swvlg LF on R, XLif / sd R, XRif ; R toe touch to the floor swvlg LF on L, R heel touch to the floor swvlg RF on L, XRif / sd L, XRif ;
- 11-12 {Cuca 2x} rk sd L with hip action, rec R , sip L / R, L ; rk sd R with hip action, rec L , sip R / L, R ;

13 With Arms Rock Apart , - , & Recover , - ;

- 13 {With Arms Rk Apt & Rec (1 – 3 –)} repeat meas 4 of INTRO ;

PART C

1 - 4 New Yorker ; One Double Cuban ; Spot Turn ; Whip ;

- 1-3 repeat meas 1 – 3 of PART A ;
- 4 {Whip} in BFLY WALL rk bk R and lead W crossing in front (*W fwd L outside ptr to M's left side*), rec L trng ½ LF to fc COH and leadg W across LOD with a ½ trn (*W step fwd & sd R across LOD trng ½ LF*), step sd R to BFLY / cl L to R, sd R releasg hnds ;

5 – 8 Quick Cucarachas ; Kick to the 4 & Cha ; Single Cubans ; Kick to the 4 & Cha ;

- 5 {Quick Cucas (1&23&4)} rk sd L w/hip action / rec R, cl L to R, rk sd R w/hip action / rec L, cl R to L ;
- 6 {Kick to the 4 & Cha} swvlg RF on R kick L twd DLC, swvlg LF on R to fc COH bend L knee to form the figure of „4“, step sd L / cl R to L, sd L ;
- 7 {Single Cubans (1&23&4)} XRif of L / rec L, sd R , XLif of R / rec R, sd L ;
- 8 {Kick to the 4 & Cha} swvlg LF on L kick R twd DRC, swvlg RF on L to fc COH bend R knee to form the figure of „4“, step sd R / cl L to R, sd R to BFLY ;

9 - 12 Fence Line ; Whip ; Start Crab Walk to RLOD ; 1 Traveling Door ;

- 9 {Fence Line} in BFLY COH rk thru L, rec R, sd L / cl R, sd L ;
- 10 {Whip} in BFLY rk bk R and lead W crossing in front (*W fwd L outside ptr to M's left side*), rec L trng ½ LF to fc WALL and leadg W across RLOD with a ½ trn (*W step fwd & sd R across RLOD trng ½ LF to fc ptr*), step sd R to BFLY WALL / cl L to R, sd R ;
- 11 {Start Crab Walk} XLif of R, sd R, XLif / sd R, XLif ;
- 12 {1 Traveling Door} rk sd R, rec L, XRif of L / sd L, XRif releasg hnds ;

13 - 16 Quick Cucarachas ; Kick to the 4 & Cha ; Single Cubans ; Spot Turn ;

- 13-15 repeat meas 5-7 of PART C but start fcg ptr & WALL ; ; ;
- 16 repeat meas 7 of PART A to BFLY WALL ;

INTER 1

1 - 4 No Hands Forward Basic into Back Triple Chas ; ; Back Basic into Forward Triple Chas to HNDSHK ; ;

- 1-2 {Fwd Basic into Bk Triple Chas (123&4 1&23&4)} releasg hnds rk fwd L, rec R, bk L & tch R hnds / cl R to L, bk L ; bk R & tch L hnds / cl L to R, bk R, bk L & tch R hnds / cl R to L, bk L ;
- 3-4 {Bk Basic into Fwd Triple Chas (123&4 1&23&4)} rk bk R, rec L, fwd R & tch R hnds / cl L to R, fwd R ; fwd L & tch L hnds / cl R to L, fwd L, fwd R joining R hnds / cl L to R, fwd R ;

5 – 8 X Hands W Under ; M Under to L HNDSHK ; Half Basic W's Headloop ;

Rock Apart, Recover, Close, - :

- 5 **{X Hnds W Under}** joining L hnds above jnd R hnds rk fwd L raise L hnds and lead W to trn LF under raised arms, raisg R hnds rec R cont to lead W trng LF to fc ptr, sip L / R, L
(*W swvlg LF on L stp fwd R and trn ½ LF, sd & fwd L cont trng LF to fc ptr, sip R / L, R*);
- 6 **{M Under}** swvlg RF on L stp fwd R under raised R arms and trn ½ RF, raisg L hnds fwd L cont trng RF to fc ptr, sip R / L, R releasg R hnds (*W sm rk fwd L, rec R, sip L / R, L*);
- 7 **{Half Basic W Headloop}** rising jnd L hnds over & bhnd W's head rk fwd L, rec R put L hnds on W's R shldr and release hnds, slidg L hnd down W's R arm sip L / R, L jn ldhnds (*W rk bk R, rec L, while allowing M's hnd to slide down her R arm sip R / L, R*);
- 8 **{Rk Apt, Rec, Cl, - (123-)}** with leadhnds jnd rk bk R (*W rk bk L*), rec L, cl R to L, hold pos ;

9 - 12 Start Chas into Forward Triple Chas ; ; Peek-a-boo ; Both to TANDEM WALL ;

- 9-10 **{Start Chas into Fwd Triple Chas (123&4 1&23&4)}** releasg hnds rk fwd L trng ½ RF, rec fwd R to COH, fwd L / lk Rib, fwd L (*W rk bk R, rec fwd L, fwd R / lk Lib, fwd R*);
fwd R / lk Lib, fwd R, fwd L / lk Rib, fwd L (*W fwd L / lk Rib, fwd L, fwd R / lk Lib, fwd R*);
- 11 **{Peek-a-boo}** rk sd R with hip action and extending arms look over L shldr (*W look sd at ptr*), retractg arms rec L, sip R / L, R ;
- 12 **{Both to TANDEM}** } rk fwd L trng ½ RF, rec fwd R twd WALL, fwd L / cl R to L, fwd L (*W rk fwd R trng ½ LF, rec fwd L twd WALL, fwd R / cl L to R, fwd R*);

13-14 Peek & W to Face ; With Arms Rock Apart, -, & Recover, - :

- 13 **{Peek & W to Fc}** rk sd R with hip action extend arms and look sd at ptr, retract arms rec L, sip R / L, R (*W rk sd L with hip action extend arms and look over R shldr, retract arms rec R, trng LF to fc ptr sip L / R, L*);
- 14 **{With Arms Rk Apt & Rec (1 - 3 -)}** joining ldhnds repeat meas 4 of INTRO ;

INTER 2

1 - 4 Sandstep Twice ; ; Cucaracha ; Hip Rock 3 ;

- 1-2 **{Sandstep 2x}** in BFLY L toe touch to the floor swvlg RF on R, L heel touch to the floor swvlg LF on R, XLif / sd R, XLif ; R toe touch to the floor swvlg LF on L, R heel touch to the floor swvlg RF on L, XRif / sd L, XRif ;
- 3 **{Cuca}** rk sd L with hip action, rec R, sip L / R, L ;
- 4 **{Hip Rk 3}** rk sd R and roll R hip, rec L and roll L hip, rk sd R and roll R hip, - ;

END

1 - 3 Back Break into Triple Chas ; ; Kick to the 4 & Cha ;

- 1-2 **{Bk Break into Triple Chas (123&4 1&23&4)}** trng to OP LOD rk bk L, rec fwd R, fwd L / lk Rib, fwd L ;
fwd R / lk Lib, fwd R, fwd L / lk Rib, fwd L ;
- 3 **{Kick to the 4 & Cha}** kick R twd LOD, swvlg RF on L to fc WALL bend R knee to form the figure of „4“, joing hnds to BFLY step sd R / close L to R, sd R ;

4 - 7 One Double Cuban ; One Single Cuban Turn to OP LOD & Touch ; One Slow Single Cuban & Hold ; Slow Lunge Apart, -, Look & Hold

- 4 **{One Dbl Cuban}** XLif of R / rec R, rk sd L / rec R, XLif of R / rec R, sd L ;
- 5 **{One Single Cuban Trn & Tch (1&23-)}** XRif of L / rec L, sd R, trng ¼ LF to OP LOD sm sd L, tch R to L (*W XLif / rec R, sd L, trng ¼ RF to OP LOD sm sd R, tch L to R*);
- 6 **{One Slow Single Cuban & Hold (123-)}** in OP LOD XRif of L, rec L, sm sd R, - ;
- 7 **{Slow Lunge Apt, -, Look & Hold (1 - - -)}** lowering into R knee w/trlhnds still jnd stp sd L & stretch R leg, -, look at ptr & hold pos up to the end of music, - ;

Quick Cues

Intro – A – Bridge – B – C – Inter 1 – C – Inter 2 – C – End

!!! Attention: BRIDGE contains a half measure !!!

Start in LOP fcg prt & WALL leadfeet free

Intro 1-4 Wait 3 ; ; ; With Arms Rk Apt , - , & Rec , - ;

A 1-4 NY ; One Dbl Cuban ; Spot Trn ; Fence Line in 4 ;
5-8 NY to LOD ; One Dbl Cuban ; Spot Trn ; Fence Line in 4 ;

Bridge 1 Bk Break to OP & Fwd Cha ;
1/2 meas 2 Stomp Look & Freeze , - ,

B 1-4 Rk Bk Rec into Triple Chas ; ; Fwd Basic ; Rk Bk, Rec, Fc, Cl ;
5-8 Open Break ; Whip ; Cross Body ; ;
9-12 Sandstep Twice ; ; Cuca Twice ; ;
13 With Arms Rk Apt , - , & Rec , - ;

C 1-4 NY ; One Dbl Cuban ; Spot Trn ; Whip ;
5-8 Quick Cucas ; Kick to the 4 & Cha ; Single Cubans ; Kick to the 4 & Cha ;
9-12 Fence Line ; Whip ; Start Crab Walk to Rev ; 1 Trav Door ;
13-16 Quick Cucas ; Kick to the 4 & Cha ; Single Cubans ; Spot Trn ;

Inter 1 1-4 No Hnds Fwd Basic into Bk Triple Chas ; ; Bk Basic into Fwd Triple Chas ;
to HNDSHK ;
5-8 X Hnds W Under ; M Under to L HNDSHK ; Half Basic W's Headloop ;
Rk Apt, Rec, Cl, - ;
9-12 Start Chase into Fwd Triple Chas ; ; Peek-a-boo ; Both to TANDEM WALL ;
13-14 Peek & W to Fc ; With Arms Rk Apt , - , & Rec , - ;

C

Inter 2 1-4 Sandstep Twice ; ; Cuca ; Hip Rk 3, - ;

C

End 1-3 Bk Break into Triple Chas ; ; Kick to the 4 & Cha ;
4-7 One Dbl Cuban ; One Single Cuban,, Trn to OP, & Tch ;
One Slow Single Cuban & Hold ; Slow Lunge Apt, - , Look at Ptr & Hold