

# Y Bailo (And I Dance)

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**CD: Donato & Estefano "Lo Mejor De" Track #4 / Also available as single download from Amazon.com**

**Rhythm:** Cha Cha Cha

**Phase:** III+1 + 1 unphased + 1 modified

**Phase IV Figure:** Triple Cha Fwd and Back

**Tempo:** Slow to 44 for comfort

**Unphased Figure:** Lady Thru to Shoulder Check

**Modified Figure:** Sand Steps with Kicks

**Music Modification:** Due to the length of this piece of music we ended the music at 3:27. We then faded the music from 3:19 to the end.

**Sequence:** Intro AA B Inter AB Inter B End

**Footwork:** Opposite for Woman (except where noted)

## INTRO

- 1-4 **BFLY FCING WALL/LEAD FEET FREE/WAIT 3 BEATS PLUS 2 MEASURES:: CUCARACHA 2X::**  
1-2 (Wait; Wait) Bfly fcng wall with lead feet free for both....Wait 3 beats plus 2 measures;;  
3-4 (Cucaracha 2X) Sd L, rec R, clo L/step R in place, step L in place; Sd R, rec L, clo R/step L in place, steps R in place;
- 5-6 **1/2 BASIC; UA TRN; REV UA TRN; FNC LN:**  
5-6 (1/2 Basic; UA Trn) Fwd L, rec R, sd L/clo R, sd L; Raising joined lead hnds trn body slightly RF and XRIB, rec L squaring body to fc ptr, sd R/clo L, sd R; (XLIF under joined lead hnd commence 1/2 RF trn, rec R complete RF trn to fc ptr, sd L/clo R, sd L;)  
7-8 (Rev UA Trn; Fnc Ln) XLIF, rec R, sd L/clo R, sd L; (Commence LF trn XRIF of L under joined lead hnds trning 1/2, continue to trn L to fc ptr, sd R/clo L, sd R)

## PART A

- 1-4 **CHASE 1/2 TO TANDEM:: TRAVELING DOOR 2X::**  
1-2 (Chase 1/2 to Tandem Fcing Wall) Fwd L commence RF trn 1/2, rec fwd R, fwd L/clo R, fwd L;  
Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R;  
(Bk R with no trn, rec L, fwd R/clo L, fwd R; Fwd L commence RF trn 1/2, rec fwd R, Fwd L/clo R, fwd L;)  
3-4 (Traveling Door 2X) Both fcng wall -- Rk Sd L, rec R, XIF L/sd R, XIF L; Rk Sd R, rec L, XIF R/sd L, XIF R;
- 5-8 **FINISH CHASE TO FC:: FNC LN; SPOT TRN:**  
5-6 (Finish the Chase to Fc Bfly) Fwd L, rec R, bk L/clo R, bk L; Bk R, rec L, fwd R/clo L, fwd R  
(Fwd R commence LF trn 1/2, rec fwd L, fwd R/clo L, fwd R; Fwd L with no trn, rec R, bk L/clo R, bk L;)  
7 (Fnc Ln) Cross lunge thru L with bent knee looking in direction of lunge, rec R trning to fc ptr, sd L/clo R, sd L;  
8 (Spot Trn) Commence trn XIF R trning 1/2 on R ft, rec L completing trn to fc ptr bfly, sd R/clo L, sd R;

## PART B

- 1-4 **BREAK BK TO OP & TRIPLE CHA FWD:: RK FWD, REC & TRIPLE CHA BK::**  
1-2 (Brk Bk to OP LOD & Triple Cha Fwd) From fcng commence LF trn behind to OP, rec fwd R, fwd L/lk R, fwd L;  
Fwd R/lk L, fwd R; Fwd L/lk R, fwd L;  
3-4 (Rk Fwd, Rec & Triple Cha Bk) Rk fwd R, rec bk L, bk R/lk L, bk R; Bk L/lk R, bk L; Bk R/lk L, bk R;
- 5-8 **SLIDING DOOR 2X:: RK APART, REC & CHA TO FC; BK 1/2 BASIC;**  
5-6 (Sliding Door 2X) Rk apt L, rec R releasing hnds, XLIF/sd R, XLIF rejoining hnds; Rk apt R, rec L releasing hnds; XRIF/sd L, XRIF rejoining hnds;  
7 (Rk Apt, Rec & Cha to Fc) Rk apt L, rec R trning to fc ptr, sd L/clo R, sd L;  
8 (Bk Half Basic) Bk R, rec L, sd R/clo L, sd R;
- 9-12 **NEW YORKER; SPOT TRN; NEW YORKER; LADY THRU W/ SHOULDER CK BK TO FC;**  
9 (NY) Step thru L to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;  
10 (Spot Trn) Commence trn XRIF trning on crossing ft 1/2, rec L w/ complete trn to fc ptr, sd R/clo L, sd R;  
11 (NY) Step thru to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;  
12 (Man Cucaracha~Lady Thru w/ Shoulder Ck Bk to Fc)  
Sd L placing R hnd on her L shldr "cking" her movement, rec R, clo L/step R in place, step L in place;  
(Lady commence RF trn stepping thru with L with L arm posed to LOD & R arm posed to sd, rec R to fc ptr bfly, sd L/clo R, sd L)
- 13-16 **NEW YORKER; CRAB WK; SLO MERENGUE CLO; SLO HIP ROLL 2X;**  
13 (NY) Step thru to LOP RLOD w/ straight leg trning to sd by sd position, rec R to fc ptr, sd L/clo R, sd L;  
14 (Crab Wk) XIF R, sd L, XIF R/sd L, XIF R;  
15 (Slo Merengue Clo) Slo sd L, clo R with Merengue hip action;  
16 (Slo Hip Roll 2X) Rotate hips R (Lady L) with slo rolling action;

## INTERLUDE

- 1-4 **BASIC:: SAND STEP 2X::**  
1-2 (Basic) Fwd L, rec R, sd L/clo R, sd L; Bk R, rec L, sd R/clo L, sd R;  
3-4 (Sand Step 2X) Swiveling slightly to R on the R ft rotate the L knee inward in order to touch the L toe to the instep of the R ft (no weight chg), swiveling slightly to the L on the R ft rotate the L knee outward in order to touch the L heel to the floor (no weight chg), swiveling slightly to the R on the R ft XLIF/sd R, XLIF; Repeat on the opposite foot and opposite direction;  
(Swiveling slightly to the L on the L ft rotate the R knee inward in order to touch the R toe to the instep of the L ft (no weight chg), swiveling slightly to the R on the L ft rotate the R knee outward in order to touch the R heel to the floor (no weight chg), swiveling slightly to the L on the L ft XRIF/sd L, XRIF; Repeat on the opposite ft in the opposite direction;)

**Y Bailo (And I Dance) ... Continued**

**5-8**

**SAND STEP 2X WITH KICKS;; TRAVELING DOOR 1X; CUCARACHA;**

**5-6**

**(Sand Step 2X w/ Kicks)** Swiveling slightly to R on R ft rotate the L knee inward in order to touch L toe to the instep of the R ft (no weight chg),  
swiveling slightly to L on R ft rotate the L knee outward and kick the L ft out to the L (no weight chg),  
swiveling slightly to R on the R ft XLIF/sd R, XLIF; Repeat on the opposite foot and opposite direction;  
(Swiveling slightly to the L on L ft rotate the R knee inward in order to touch the R toe to the instep of the L ft (no weight chg),  
swiveling slightly to the R on the L ft rotate the R knee outward and kick the R ft out to the R (no weight chg),  
swiveling slightly to the L on the L ft XRIF/sd L, XRIF; Repeat on the opposite ft in the opposite direction;

**7**

**(Traveling Door 1X)** Rk sd L, rec R, XLIF/sd R, XLIF;

**8**

**(Cucaracha)** Sd R, rec L, clo R/step L in place, step R in place;

**END**

**1-4**

**1/2 BASIC; CRAB WK; LUNGE SD & HOLD.**

**1**

**(Half Basic)** Fwd L, rec R, sd L/clo R, sd L;

**2**

**(Crab Wk)** XIF R, sd L, XIF R/sd L, XIF R;

**3**

**(Lunge Sd & Hold)** Step sd on L softening L knee w/ R leg extended straight to side.