

# Cabo-Lest

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Forty Arroyo (USA)

Musik: Quando Quando Quando - Engelbert Humperdinck



Pronounced "cab-oley"

Dedicated to Carol Gowrie, Bob Hansen, Lee Mansfield and Steve Herson, four New York fellow instructors and friends whom, in a time of need and without hesitation, donated their time, energy and talents to the "dancing for a cause" program at Good Samaritan Hospital, Suffern, NY. To these selfless individuals I say thank You, Thank You, a thousand times Thank You.

## [1-8] WIZARD STEPS TRAVELLING FORWARDSTEP

- 1-2& Step fwd on R - R diagonal, Lock L behind R, Step ball of R next to L
- 3-4& Step fwd on L - L diagonal, Lock R behind L, Step ball of L next to R
- 5-8 Repeat steps 14

## [9-16] STEP, SIDE ROCK, RECOVER, TRIPLE, SIDE ROCK RECOVER, ½ SHUFFLE L

- &1-4 Step L next to R, Rock R to side, Recover onto L, Triple in place - R, L, R
- 5-6 Rock L to side, Recover onto R
- 7&8 Make ¼ left -stepping L to side, Step R next to L, Make ¼ left - stepping forward on L.

## [17-24] CROSS ROCK, REC, BALL STEP, REPEAT, CROSS ROCK, REC

- 1-2&3 Cross rock R over L, Recover onto L, Step R to side - on ball of R, Step L in place
- 4-5&6 Cross rock R over L, Recover onto L, Step R to side - on ball of R, Step L in place
- 7-8 Cross rock R over L, Recover onto L

## [25-32] SYNCOPATED WEAVE R, HEEL TAP ---REPEAT SEQUENCE TO LEFT

- &1&2 Step R next to L, Cross L over R, Step R to side, Cross L behind R
- &3&4 Step R to side, Cross L over R, Step R to side, Tap L heel forward - L diagonal
- &5&6 Step L next to R, Cross R over L, Step L to side, Cross R behind L
- &7&8 Step L to side, Cross R over L, Step L to side, Tap R heel forward- R diagonal

### Optional: friendlier footwork for (25-32)

- &1,2 Step R next to L, Cross L over R, Step R to side
- 3&4 Step L behind R, Step R to side, Tap L heel forward

Repeat steps 1-4 with reversed footwork/direction

## [33-40] TAP HEEL TWICE, KICK TWICE, STEP, STEP, PIVOT ½, BALL STEP

- &1-2 (&)Step R next to L, Tap L heel forward twice (for 1-2)
- &3-4 (&) Step L next to R. Low kick R forward & slightly across L twice (for 3-4)
- &5-6 Step R next L, Step forward L, Step forward R
- 7&8 (7)Pivot ½ left (weight on L), (&)Step ball of R behind L, (8)Step forward L

## [41-48] BALL STEP, STEP, PIVOT ½ L, BALL STEP, SIDE TOUCHES - R, L, R,R,

- &1,2 Step ball of R behind L, Step forward L, Step forward R
- 3&4 Pivot ½ left (weight on L), Step ball of R next to L, Step forward L
- 5&6 Touch R to side, Step R next to L, Touch L to side
- &7-8 Step L next o R, Tap R out to side TWICE for (7-8

REPEAT and Enjoy!!

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