

# LA GALLINA CHA

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Record: CD, "Amor Latina" (Dancelife) , Track 6 "La Gallina Chachacha" (3:05 min download amazon)

Rhythm & Phase: CH, IV +1 (Double Cuban Breaks)

Footwork: opp, except where noted

Muisc link: <https://www.youtube.com/watch?v=78EZdMr7IOA>

Sequence: INTRO-A-B-C-D-A-B-C(1-7)-TAG

Speed: slow down for comfort

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## INTRO

1 - 4 WAIT 3 BEATS... ALEMANA;; HAND TO HAND TWICE;;

1-2 BFLY WALL rk fwd L, rec bk R, bk L/cl R, bk L leadg W to trn RF undr jnd ldhnds; Rk bk R, rec fwd L, sd R/cl L, sd R;

[W(1-2): Rk bk R, rec fwd L, fwd R/cl L, fwd R start trng RF; Fwd L DLC trng RF, fwd R trng to fc ptr, sd L/cl R, sd L;]

3-4 Swvlg ¼ LF on R rk bk L to OP LOD, rec fwd R trn to BFLY, sd L/cl R, sd L; Swvlg ¼ RF on L rk bk R to LOP RLOD, rec fwd L trn to BFLY, sd R/cl L, sd R;

## PART A

1 - 4 HALF BASIC; FAN; HOCKEY STICK;;

1-2 In BFLY WALL rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec fwd L, sm sd R/cl L, sd R;

[W(2): Fwd L, sd & bk R trng ¼ LF, sm bk L/lk Rif of L, bk L;]

3-4 Rk fwd L, rec R, cl L/R, L; Rk bk R, rec L leadg W to trn LF undr jnd ldhnds, sd R/cl L, sd R trng slightly to BFLY;

[W(3-4): Cl R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R trng LF undr jnd ldhnds to fc ptr, sd L/cl R, sd L;]

5 - 8 NEW YORKER TWICE;; DOUBLE CUBAN BREAKS;;

5-6 Swvlg ¼ RF on R stp thru L to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L to BFLY, -; Swvlg ¼ LF on L stp thru R to OP LOD, rec L to fc ptr, sd R/cl L, sd R to BFLY, -;

7-8 XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L; XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R;

9 - 16 HALF BASIC; FAN; HOCKEY STICK;; NEW YORKER TWICE;; DOUBLE CUBAN BREAKS;;

9-16 Repeat actions meas 1-8 of Part A;;; ;;;

## PART B

1 - 4 OPEN BREAK; WHIP; START CHASE PEEK-A-BOO;;

1-2 Rk apt L to LOP FCG extendg trlarm up w/palm out, rec R twd ptr bring trlarm down, blendg to BFLY sd L/cl R, sd L; Rk bk R start trng LF leadg W to cross in front, rec L trng LF to fc COH leadg W across, sd R/cl L, sd R to BFLY COH;

[W(2): Fwd L outsd ptr to M's L side, fwd & sd R across RLOD trng ½ LF, sd L/cl R, sd L;]

3-4 Releasg hnds stp fwd L trng ½ RF, rec fwd R, fwd L/cl R, fwd L; Rk sd R w/partial weight and hip action lookg over L shldr, rec L, cl R/L, R;

[W(3-4): Rk bk R, rec fwd L, fwd R/cl L, fwd R; Rk sd L w/partial weight and hip action look sd at ptr, rec R, cl L/R, L;]

5 - 8 FINISH CHASE PEEK-A-BOO;; HALF BASIC; WHIP;

5-6 Rk sd L w/partial weight and hip action lookg over R shldr, rec R, cl L/R, L; Stp fwd R trng ½ LF, rec fwd L twd COH, fwd R/cl L, fwd R to BFLY;

[W(5-6): Rk sd R w/partial weight and hip action look sd at ptr, rec L, cl R/L, R; Rk fwd L, rec bk R, bk L/cl R, bk L;]

7-8 In BFLY COH repeat actions meas 1 of Part A and meas 2 of Part B to end BFLY WALL;;

## PART B CONTINUED

### 9 - 12 ALEMANA;; LARIAT;;

- 9-10 Repeat meas 1-2 of Intro w/W endg slightly to M's R sd;;
- 11-12 Leadg W to circle CW arnd M w/jnd ldhnds rk sd L w/partial weight and hip action, rec R, cl L/R, L ;  
Rk sd R w/partial weight and hip action, rec L, cl R/L, R to BFLY, - ;  
[W(5-6): Circle CW around ptr fwd R, fwd L, fwd R/L, R ; Fwd L, fwd R, fwd L/R, L;]

## PART C

### 1 - 4 TRIPLE CHA FORWARD;; TRIPLE CHA BACK;;

- 1-2 Swvlg LF on R rk bk L to OP LOD, rec fwd R, fwd L/lk Rib, fwd L; Fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L;
- 3-4 In OP LOD rk fwd R, rec bk L, bk R/lk Lif, bk R; Bk L/lk Rif, bk L, bk R/lk Lif, bk R;
- 5 - 8 ROCK BACK, RECOVER, FORWARD CHA; NEW YORKER TO FACE; FENCE LINE;\* UNDERARM TURN;
- 5-6 In OP LOD rk bk L, rec fwd R, fwd L/cl R, fwd L; Rk fwd R, rec bk L to BFLY WALL, sd R/cl L, sd R;
- 7-8 Rk thru L, rec R, sd L/cl R, sd L; Rk bk R ld W to trn RF undr jnd ldhnds, rec fwd L, sd R/cl L, sd R; [W(8): XLif trng ½ RF undr jnd ldhnds, rec R cont trng to fc ptr, sd L/cl R, sd L;]

### 9 - 12 TRIPLE CHA FORWARD;; TRIPLE CHA BACK;;

- 9-10 Repeat actions meas 1-4 of Part C;;;;
- 13 - 16 ROCK BACK, RECOVER, FORWARD CHA; NEW YORKER TO FACE; FENCE LINE; UNDERARM TURN;
- 13-16 Repeat actions meas 5-8 of Part C;;;;

## PART D

### 1 - 4 BACK BREAK TO OPEN; WALK 2 & FORWARD CHA; CIRCLE AWAY & TOGETHER;;

- 1-2 Swvlg LF on R rk bk L to OP LOD, rec fwd R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R/cl L, fwd R;
- 3-4 Move away from ptr in a LF circular pattern fwd L, fwd R, fwd L/cl R, fwd L to fc RLOD ;  
Finish the circle fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL, - ;
- 5 - 8 SIDE WALKS;; CUCARACHA TWICE;;
- 5-6 Sd L, cl R, sd L/cl R, sd L; Cl R, sd L, cl R/sd L, cl R;
- 7-8 Rk sd L w/partial weight and hip action, rec R, cl L/R, L ; Rk sd R w/partial weight and hip action, rec L, cl R/L, R ;

## TAG

### 1 STEP THRU & HOLD:

- 1 In BFLY thru R to LOD like first step in Fence Line & hold pos, -, -;

## SUGGESTED HEADCUES

### **Sequence: INTRO A B C D A B C\* TAG**

- INTRO (BFLY/Wall) Wait 3 Beats,,, Alemana;; Hand to Hand Twice;;
- PART A Half Basic; Fan; Hockey Stick;; New Yorker Twice;; Double Cuban Breaks;;  
Half Basic; Fan; Hockey Stick;; New Yorker Twice;; Double Cuban Breaks;;
- PART B Open Break; Whip; Chase Peek A Boo;;; Half Basic; Whip; Alemana;; Lariat;;
- PART C Back Break to Triple Chas;; Rock Fwd, Rec, Back Triple Chas;;  
Rock Back Rec Fwd Cha; New Yorker to FC; Fence Line;\* Underarm Turn;  
Back Break to Triple Chas;; Rock Fwd, Rec, Back Triple Chas;;  
Rock Back Rec Fwd Cha; New Yorker to FC; Fence Line; Underarm Turn;
- PART D Back Beak to OP; Walk 2 & Fwd Cha; Circle Cha;; SD Walks;; Cucaracha Twice;;
- TAG In BFLY Step Thru to Line & Hold,-