

MERENGUE MAS

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FOOTWORK: OPPOSITE UNLESS NOTED (WOMAN'S FOOTWORK IN PARENTHESIS)
RATING: MERENGUE ROUNDALAB UNPHASED possibly as introduction to rhythm
SEQUENCE: INTRO ABC A D ABC C END SPEED: 44

MEAS

INTRO

1-3 [CP WL] WAIT; MERENGUE ROLL; 2x CP WL;

1-3 WAIT in CP WL; FWD & SD L (R) trng LF (RF) 1/2, BK R (L) continue trng 1/2 fcg ptr, SD L, CL R; Repeat measure 2 INTRO ending CP WL;

PART A

1-4 [CP WL] BASIC; GLIDE; SLO MER SWVL - FC-; QK MER SWIVEL 4;

1-2 SD L, CL R, SD L, CL R; SD L/CL R, SD L/CL R, SD L, CL R; 3-4 Merengue SWIVEL LF (RF) fcg LOD FWD L, SWIVEL RF (LF) fcg ptr CL R, SWIVEL LF (RF) fcg LOD FWD L, SWIVEL RF (LF) fcg ptr CL R, SWIVEL LF (RF) fcg LOD FWD L, SWIVEL RF (LF) fcg ptr CL R CP WL;

5-8 [CP WL] BASIC; GLIDE; SLO MER SWVL - FC-; QK MER SWIVEL 4;

5-8 Repeat measures 1-4 Part A ending CP WL;;;

PART B

1-4 [CP WL] ARM SLIDE apt & tog;; LINDY CATCH CP WL;;

1-2 Placing both hnds to W's angel wings (hnds on M's upper arms) BK APT L, R, L, R small steps sliding hnds palm up along arms to join both hnds arms extended; TOG FWD L, R, L, R small steps bringing joined hnds up to shldr level; 3-4 RK APT L, REC R, release joined hnds and place right palm on front of W's waist as you circle her starting at her right side FWD L, FWD R lightly touching her while circling draw right hnd around her until facing her (RK APT R, REC L, extend arms in front about shoulder level FWD R, FWD L slightly leaning fwd as if being caught from behind); FWD L circling her (BK R), FWD R (BK L) fcg ptr & blending CP WL, SD L, CL R;

5-8 [CP WL] ARM SLIDE apt & tog;; LINDY CATCH SCP LOD;;

5-8 Repeat measures 1-4 Part B ending SCP LOD;;;

PART C

1-4 [SCP] PROMENADE 2x;; OP BRK to M's WRAP & UNWIND BFLY;;

1-2 In SCP FWD L (R), FWD R (L) trng to CP WL, SD L (R), CL R (L); blend to SCP repeat meas. 1 Part C; 3-4 Releasing trailing hnds RK APT L extending trailing hnds straight back, REC R bringing trailing hnds to that side hip, FWD L bringing joined lead hnds to front of M's waist and shoot M's right hand above W's right shoulder allowing the right hnd to follow the W as she wraps around M, SD & FWD R (RK APT R, REC L, FWD R twd M's right side to begin walking around M wrapping right arm around him with L hnd on hip, FWD L continue wrapping around M); XLIBR beginning upper body RF rotation to unwind, Flare R CW and HOOK R bhnd L rising to toe of right foot and heel of left foot while rotating RF allowing W to draw M's left hnd along his waist twd his right side as she begins to unwind him, continue RF rotation remaining elevated on toe of right foot and heel of left foot as W unwinds and bring right hnd back to M's right side, CL R (FWD R around M behind him, FWD L to 3/4 around M, FWD R around M, FWD L fcg ptr) BFLY WL;

5-8 [BFLY WL] SD CL SD KNEE; 2x; SD KNEE 2x; MER ROLL CP WL;

5-6 SD L, CL R, SD L, raise & point R (L) knee twd LOD; SD R, CL L, SD R, raise & point L (R) knee twd RLOD; 7-8 SD L, raise & point R (L) knee twd LOD, SD R, raise & point L (R) knee twd RLOD; Repeat measure 2 Intro ending CP WL;

PART D

1-4 [CP WL] QK BBLL TRN 4; BK APT 4; QK BBLL TRN 4; WK TOG 4;

1-2 RK SD L (R) releasing hnds, REC R TRNG 1/2 RF (LF) to BK to BK position, RK SD L (R), REC R TRNG 1/2 RF (LF) fcg ptr; BK APT L, R, L, R; 3-4 RK SD L (R), REC R TRNG 1/2 RF (LF) to BK to BK position, RK SD L (R), REC R TRNG 1/2 RF (LF) fcg ptr; WK TOG L, R, L, R;

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5-8 [FCG NO HNDS] CONGA WKS L & R;; CONGA WKS FWD & BK;;

5-6 No hnds SD L twd LOD, THRU R, SD L, PT R twd RLOD leaning upper body twd LOD; SD R twd RLOD, THRU L, SD R, PT L twd LOD leaning upper body twd RLOD; 7-8 twd WL FWD L, R, L (BK R, L, R) leaning upper body fwd (bk) PT BK R (PT FWD L); twd COH BK R, L, R (FWD L, R, L) leaning upper body bk (fwd) PT FWD L (PT BK R) blending CP WL;

END

1-4 [CP WL] SD STAIRS 8 SCP;; PT STEP 4;;

1-2 SD L, CL R, FWD L, CL R; Repeat measure 1 Part D blending SCP; 3-4 PT L twd LOD looking away from ptr, FWD L looking away, PT R THRU twd LOD looking twd ptr, FWD R looking twd ptr; PT L twd LOD looking twd ptr, FWD L looking twd ptr, PTR R THRU twd LOD looking away from ptr, FWD R looking twd LOD;

5-7+, [CP WL] MER ROLL 2x BFLY;; PROG RK 4; OP BRK & HOLD;

5-7+, Repeat meas 2-3 Intro ending BFLY;; RK APT L arms extended, RK TOG XRIFL, RK APT L arms extended, RK TOG XRIFL; Release trailing hnds RK APT L (R) extend trailing hnd bk.

Merengue notes: The hold is similar to Latin rhythms about 6 inches apart in loose closed position, although it may sometimes be danced with a closer hold. Majority of weight is forward on the flat ball of foot with knees and hips relaxed but steady. The shoulders are loose but level. On any side step [i.e. SD L, CL R] the inside of ball of left foot is placed to the side touching the floor without weight, the knee slightly bent, and the weight is on the straight right leg. As weight is rolled onto flat ball of left foot the left knee is straightened which will lower the hip and incline the body to the left. Then straighten the right leg and close the right foot next to the left foot. The forward steps are small placing the ball of the foot down first and then the whole foot with slight hip action.

Thank you to Pete & Mary McGee [Just Merengue] and Kenji & Nobuko Shibata [Dancez Merengue] for their contributions to this rhythm.