

BAILAMOS

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CHOREO: Peg & John Kincaid, 9231 Limestone Place, College Park,
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RECORD: STAR 195A avail Palomino or choreographer
CD LATIN BLAST DLD 1090 avail Palomino (slow to 41)
FOOTWORK: Opposite unless otherwise noted
RHYTHM: SALSA RAL PHASE V + 2[curly whip, full rev top]
SEQUENCE: INTRO A B A(9-32) B C B END
SPEED: 41rpm on record (adjust for comfort) revised 4/04

INTRO

1-4 WAIT;; HIP LIFTS X 2;;

1-2 CP fcg wall lead ft free wait;;

3-4 tch L to R straighten L knee to lift hip, relax knee, sd
L,-; tch R to L straighten R knee to lift hip, relax knee,
sd R,-;

PART A

1-4 BK BASICS;; BRK BK TO SCP; SWIVEL 3;

1 bk L, recov R, sd L,-(W bk R, recov L, sd R,-);

2 bk R, recov L, sd R,-(W brk L, recov R, bk L,-);

3 XLIB of R trng to SCP, recov R, fwd L,-;

4 fwd R, fwd L, fwd R,-(W swvl L, swvl R, swvl L,-);

5-8 TRNG CUCARACHAS;;; HIP ROLL;

5 sd L, recov R trng 1/4 RF to fc ptr, cl L;

6 sd R, recov L, cl R,-;

7 sd L opening out to fc LOD, recov R trng 1/4 RF fc
ptr/WALL, tch L,-;

8 in plc push hips fwd & bk in circular action for 1 full
meas & shift wt to R ft jn both hnds;

9-14 1/2 BASIC; WHIP; DOUBLE STEPS;; SINGLE TAPS;;

9 fwd L, recov R, sd L,-;

10 bk R trg 1/4 LF, fwd & sd L cnt trn 1/4, sd R fc COH,-(W
fwd L outsd M on his L sd, fwd R trng 1/2 LF, sd L to
end fcg ptr/WALL,-);

11 sd L, cl R, sd L, tap R toe;

12 sd R, cl L, sd R, tap L toe;

13-14 step L, tap R, step R, tap L; REPEAT MEAS 13;

NOTE: Meas 10 twrl optional with the whip

15-20 1/2 BASIC; WHIP; DOUBLE STEPS;;SINGLE TAPS;;

15-20 REPEAT MEAS 9-14 to fc ptr/WALL;;;;;

PART A(CONT)

- 21-26** **SINGLE TAPS TURNING;;; MOD FLIRT;;**
21-24 sd L, tap R, trn 1/4 LF sd R, tap L; sd L, tap R,
 trn 1/4 LF sd R, tap L; sd L, tap R, trn 1/4 LF sd R, tap L;
 sd L, tap R, trn 1/4 LF sd R, tap L to R/R hnd hold;
25-26 fwd L, rec R, sd L led W into neck wrap,-(W bk R, fwd
 L, fwd R trng LF to varsouv pos,-); bk R, rec L, sd
 R,- (W bk L, rec R trng 1/2 RF fc ptr/COH, bk L,-);

NOTE: Do not jn L hnds in varsouv.

- 27-32** **1/2 BASIC; NATL TOP IN 6 TWICE;;; CUCARACHA;**
27 REPEAT MEAS 9 PART A;
28 XRIB, trn sd L, XRIB cnt trn,-(W sd L, XRIF, sd L,-);
29 sd L cnt trn, XRIB trn, sd L fc ptr/wall,-(W XRIF, sd L,
 XRIF,-);
30-31 REPEAT MEAS 28 & 29 PART A;;
32 sd R, rec L, cl R,-;

PART B

- 1-4** **1/2 BASIC; WHIP; CURLY WHIP;;**
1 in CP REPEAT MEAS 9 PART A;
2 REPEAT MEAS 10 PART A;
3-4 fwd L, rec R, sd L trng 1/8 to R,-(W bk R, rec L comm LF
 trn, fwd R make 7/8 trn LF undr jnd lead hnds,-); XRIB of
 L, sd L, sd R trng 7/8 to R fcg ptr/COH,-(W sd L, XRIF of
 L, sd L making 7/8 trn to R to end fcg ptr/WALL,-);
5-8 **NATL OPENING OUT; FULL REVERSE TOP;;;**
5 sd L w/R sd stretch lead W to open out, rec R lead W
 to CP, cl L to R,-(W swvl stp bk R w/R sd stretch, rec
 swvl L fc ptr blend to CP, sd R,-);
6-8 fwd & sd R trng LF, swvl on ball of L ft cont LF trn
 taking wt on L to end LXIF of R, fwd & sd R trng LF,-
 (W XLIB of R w/LF trn, cont trn bk & sd R, XLIB of R
 w/LF trn,-); swvl on ball of L ft cnt LF trn taking wt
 on L to end LXIF of R, fwd & sd R trng LF, swvl on ball
 of L ft cnt LF trn taking wt on L to end LXIF of R,-(W
 cont trn bk & sd R, XLIB of R w/LF trn, cont trn bk & sd
 R,-); fwd & sd R trng LF, swvl on ball of L ft cont LF trn
 taking wt on L to end LXIF of R, sd R fc ptr/wall,-
 (W XLIB of R w/LF trn, cont trn bk & sd R, sd L,-);
9-16 **1/2 BASIC; WHIP; CURLY WHIP;; NATL OPENING**
OUT; FULL REVERSE TOP;;;
9-16 REPEAT MEAS 1-8 PART B;;;;;;;

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- 17-20 **FWD; TO R LUNGE; SLOW SPANISH DRAG; & CLOSE;**
17-18 fwd L,-,-,-; lunge R w/bent knee extend L leg,-,-,-;
19 rec L extend R leg side,-, chng sway & draw R to L,-
(W rec R,-, chng sway & draw L to R,-);
20 cl R,-,hold,-(cl L,-,hold,-);
REPEAT PART A MEAS 9-32
REPEAT PART B
PART C (slow-rumba rhythm)
- 1-4 **1/2 BASIC; TWIRL TO TAMARA; BK BASICS;;**
1 jn both hnds REPEAT MEAS 9 PART A;
2 bk R leadg W to trn RF undr jnd hnds maintain hnd
hld, rec fwd & sd L trng sl LF, cl R fc LOD,-(W XLIF of R
trng RF undr jnd hnds, fwd R, sd L to tamara pos
fcg RLOD,-);
3-4 in tamara position rk bk L, rec R, sd L,-(W bk R, rec L,
sd R,-); bk R, rec L, sd R,-(W bk L, rec R, sd L,-);
- 5-8 **UNWRAP; CARESSING LARIAT;; HIP RKS;**
5 bk L trn 1/4 RF leading W trn RF, sd R, cl L,- (W fwd R
sd L trng LF to unwrap, sd & fwd R to M's L sd,-);
6-7 no hnds jnd in plc R, L, R,-; in plc L, R, L,- (W fwd L, R,
L CCW around M caressing his body,-; fwd R, L, R cnt
around M to fc ptr/COH,-);
8 blend to CP rk sd R, sd L, sd R,-;
REPEAT PART B
END
- 1-7 **BRK BK TO SCP; SWIVEL 3; TRNG CUCARACHAS;;;**
HIP ROLL; SD LUNGE & TWIST;
1-6 REPEAT MEAS 3-8 PART A,,,,,,;
7 sd L extnd R leg,-, rotate upper bdy L & hold,-(W sd R,-,
draw L leg up M's R leg as upper bdy rotates & hold,-);