

# Cantina Band

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CD: Roswell, Track 2 Artist: The Swingtips

Availability: MP3 from Amazon & Others CD from Amazon & Others

Amazon Link: [https://www.amazon.com/dp/B000XPCA50/ref=dm\\_ws\\_tlw\\_trk2](https://www.amazon.com/dp/B000XPCA50/ref=dm_ws_tlw_trk2)

Rhythm: Quickstep RAL Phase IV+2+1 [Six Quick Twinkle, Charleston X] [Chasse Weave]

Difficulty Level: Average

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Quickstep unless noted. Time as Downloaded 45 RPM: 2:01 Suggested -11%

Sequence: A- B-C-D-E-F-A-End

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Meas

## INTRODUCTION

1 CP/DLW WAIT 2 Qk Notes;

1 Wait;

## PART A

1 - - 4 ¼ TRN PROG CHASSE & FWD;;;;

1 - 4 [1/4 Trn Prog Chasse] Fwd L, -, fwd R trng RF 1/8, -; sd L, cl R trng RF 1/8, sd & bk L DLC, -; bk R trn LF1/8, -, sd L, cl R turn LF 1/8; sd & slightly fwd L BJO DLW, -, (Bk R, -, bk L trng RF 1/8, -; sd R, cl L turn RF 1/8, sd & fwd DLC, -; Fwd L DLC trn LF 1/8, -, sd R, cl L trn LF 1/8; sd & slightly bk R to BJO/DLW, -, bk L), fwd R, -;

5 - - 8 RUNNING FWD LKS;; MANUV, SD/CL; PIVOT 2;

5 - 6 [Running Fwd Lks] Fwd L, lk RIB L(W lk LIF R), fwd L, fwd R; Fwd L, lk RIB L (W lk LIF R), fwd L, -;

7 [Manuv] Commence rf trn fwd R, -, continue rf trn to fc ptr sd L, complete trn cl R (Bk L commence RF trn, -, continue RF trn sd R, cl L;) to CP/RLOD;

8 [Pivot 2] Commence RF upper body trn bk L toe trng on ball of foot approximately ½ RF, -, fwd R bet W's feet heel to toe to end CP/LOD, - (commence RF upper body trn fwd R bet M's feet heel to toe trng approximately ½ RF, -, bk L toe trng on ball of foot to end CP/RLOD ,;-);

9 - 12 ½ TRN PROG CHASSE & FWD;;;;

9 - 12 [1/4 Trn Prog Chasse] Repeat Meas 1 - 4 Part A;;;;

13 - 16 RUNNING FWD LKS;; MANUV, SD/CL; PIVOT 2;

13 - 16 [Running Fwd Lks] Repeat Meas 5 & 6, Part A;;

17 [Manuv] Repeat Meas 7, Part A;

18 [Pivot 2] Repeat Meas 8, Part A;

## PART B

1 - - 4 SIX QK TWINKLE & FWD LK;; VIENNESE TRNS;;

1 - 2 [Six Qk Twinkle & Fwd Lk] Sd & fwd L with lft sd stretch, trn LF to BJO cl R, bk L in BJO losing lft sd stretch commence RF trn, with rt sd stretch continue to trn RF cl R; with lft sd lead fwd L in BJO, lk RIB of L (Sd & bk R with rt sd stretch, trn LF to BJO cl L, fwd R in BJO losing rt sd stretch commence RF trn, with lft sd stretch continue to trn RF cl L; with rt sd lead bk R in BJO, lk LIF of R, bk R, lk LIF of R), fwd L, lk RIB of L;

3 - 4 [Viennese Trns] Fwd L commencing LF trn, -, sd R continuing LF trn, XLIF of R; bk R continuing LF trn, -, sd L continuing LF trn, cl R to L (Bk R commencing LF trn, -, sd L continuing LF trn, cl R to L; fwd L continuing LF trn, -, sd R continuing LF trn, XLIF of R;) to fc DLW;

5 - - 8 HOVER; MANUV; SPIN TRN & STP BK;;

5 - 6 [Hover] CP fwd L, -, fwd & slightly sd R heel to toe rising to ball of ft, -; sd & slightly fwd L to tight SCP, [Manuv (One Stp)] Fwd R trng RF in front of W to CP fc RLOD, -;

7 - 8 [Spin Trn & Stp Bk] Commence RF upper body trn bk L toe pivoting ½ RF to fc Line of Prog, -, fwd R between W's feet heel to toe continue RF trn keeping lft leg extended bk & sd, -; complete trn sd & bk L, - (Commence RF upper body trn fwd R between M's feet heel to toe pivoting ½ RF, -, bk L toe continue turn brush R to L, -; complete trn sd & fwd R, -, fwd L, -), bk R, - DLC;

- 9 – 12 **SIX QK TWINKLE & FWD LK;; VIENNESE TRNS;;**  
 9 - 10 [Six Qk Twinkle & Fwd Lk] Repeat Meas 1 & 2, Part B;;  
 11 - 12 [Viennese Trns] Repeat Meas 3 & 4, Part B;;  
 13 – 16 **HOVER; MANUV; SPIN TRN & STP BK;;**  
 13 - 14 [Hover] Repeat Meas 5 & 6, Part B;;  
 15 – 16 [Spin Trn & Stp Bk] Repeat Meas 7 & 8, Part B;;

**PART C**

- 1 - - 4 **CHASSE WEAVE;;;;**  
 1 - 4 (Chasse Weave) Fwd L trng LF, -, sd R fc COH, cl L; sd R trng LF, -, bk L CBJO, -; bk R blend to CP trng LF fc wall, -, sd L, cl R; Sd L trng LF, -, fwd R CBJO, -;  
 5 - - 9 **START X CHASSE TO; MANUV, SD/CL; PIVOT 2; WK 2;**  
 5 [Start X Chasse] Fwd L, -, sd & fwd R with slight LF turn, cl L;  
 6 [Manuv, Sd, Cl] Commence rf trn fwd R, -, continue rf trn to fc ptr sd L, complete trn cl R (Bk L commence RF trn, -, continue RF trn sd R, cl L;) to CP/RLOD;  
 7 [Pivot 2] Commence RF upper body trn bk L toe trng on ball of foot approximately ½ RF, -, fwd R bet W's feet heel to toe to end CP/LOD, - (commence RF upper body trn fwd R bet M's feet heel to toe trng approximately ½ RF, -, bk L toe trng on ball of foot to end CP/RLOD, -;);  
 8 [Wk 2] Fwd L, -, fwd R, -;  
 10 – 12 **CHASSE WEAVE;;;;**  
 10 - 12 [Chasse Weave] Repeat Meas 1 – 4, Part C;;;;  
 13 – 16 **X CHASSE TO; MANUV, SD/CL; PIVOT W; WK 2;**  
 13 [X Chasse] Repeat Meas 5, Part C;  
 14 [Manuv] Repeat Meas 6, Part C;  
 15 [Pivot 2] Repeat Meas 7, Part C;  
 16 [Wk 2] Repeat Meas 8, Part C;

**PART D**

- 1 - - 4 **WK TO BJO; WHALETAIL;; WK 2;**  
 1 [Wk to BJO] Fwd L, -, blending to BJO fwd R w/Rt sd Sway, -;  
 2 – 3 [Whaletail] XLIB w/fwd Prog, fwd & sd R, fwd L, XRIB w/fwd Prog; Sd & fwd L, small fwd R w/slight LF rotation, XLIB w/fwd prog, sd & fwd R;  
 4 [Wk 2] Fwd L, - fwd R blend to CP DLC, -, ;  
 5 - - 8 **1 LFT TRN; RUNNING BK LKS;; PIVOT 2;**  
 5 [1 Lft Trn] Fwd L commence lf upper body trn, -, continue to trn sd & bk R, cl L fc RLOD;  
 6 – 7 [Running Bk Lks] Bk R, lk LIF R (W lk RIB L), bk R, bk L; Bk L, lk LIF R (W lk RIB L), bk R, -;  
 8 [Pivot 2] Repeat Meas 7 Part C;  
 9 - - 12 **WK TO BJO; WHALETAIL;; WK 2;**  
 9 [Wk to BJO] Repeat Meas 1, Part D;  
 10 – 11 [Whaletail] Repeat Meas 2 & 3, Part D;;  
 12 [Wk 2] Repeat Meas 4, Part D;  
 13 – 16 **1 LFT TRN; RUNNING BK LKS;; PIVOT 2;**  
 5 [1 Lft Trn] Repeat Meas 5, Part D;  
 6 – 7 [Running Bk Lks] Repeat Meas 6 & 7, Part D;;  
 8 [Pivot 2] Repeat Meas 8 Part C;

**PART E**

- 1 - - 4 **CHARLESTON PTS;; REV CHASSE TRN;;**  
 1 – 2 [Charleston Pts in CP] CP fc LOD ld hnds joined low at sds fwd L, -, point fwd R, -; bk R, -, point bk L, - (Bk R, - pt bk L, -; fwd L, -, pt fwd R, -);  
 3 – 4 [Rev Chasse Trn] Fwd L comm LF turn, -, sd R, cl L to CP RLOD; bk R trng LF, -, tch L to R cont LF trn on rt heel, - (W bk R trng LF, -, sd L, cl R; fwd L trng LF, sd R, cl L;) end CP DLW;  
 5 - - 7 **HOVER & PU;; STRUT 2;**  
 5 – 6 [Hover & PU] CP fwd L, -, fwd & slightly sd R heel to toe rising to ball of ft, -; sd & slightly fwd L to SCP, -, PU LOD, -;  
 7 [Strut 2] With swagger fwd L, -, fwd R, - to CP/LOD;

**8 - - 11 CHARLESTON PTS;; REV CHASSE TRN;;**

1 - 2 [Charleston Pts in CP] Repeat Meas 1 &amp; 2, Part E;;

3 - 4 [Rev Chasse Trn] Repeat Meas 3 &amp; 4, Part E;;

**12 - 15 HOVER & PU;; STRUT 4 TO FC WALL;;**

12 - 13 [Hover &amp; PU] Repeat Meas 5 &amp; 6, Part E;;

14 - 15 [Strut 4] With Swagger Fwd L, -, fwd R, -; Fwd L, -, fwd R trng RF to fc Wall in CP, -;

**PART F****1 - - 4 CHARLESTON X 2X;; SLOW MERENGUE BASIC 2X;;**

1 - 2 [Charleston X Ld Ft] Swiveling 1/8 LF on ball of rt ft trng rt heel out rt with straight legs while stepping sd & bk L (W sd & fwd R) with heel turned out to lft, -, swiveling 1/4 RF on ball of lft ft trng lft heel in to rt softening knees while crossing R in front of L trng rt heel in to lft (W cross L in back of R), -; Swiveling 1/8 LF on ball of rt ft trng rt heel out rt with straight legs while stepping sd & bk L (W sd & fwd R) with heel turned out to lft, -, swiveling 1/4 RF on ball of lft ft trng lft heel in to rt softening knees while crossing R in front of L trng rt heel in to lft (W cross L in back of R), -;

3 - 4 [Merengue Basic 2X] With Merengue action sd L, -, cl R, -; sd L, -, cl R, -;

**5 - - 8 CHARLESTON X 2X;; SLOW MERENGUE BASIC 1X; WK, PU;**

5 - 6 [Charleston X 2X] Repeat Meas 1 &amp; 2, Part F;;

7 [Merengue Basic] Repeat Meas 3, Part F;

8 [Wk, PU] Fwd L, -, small fwd R, - (fwd R commence LF trn, -, sd &amp; bk L to fc ptr) to CP/LOD;

**REPEAT PART A****END****1 - - 5 WK, FC; FLICKER; VINE 4;; APT,**

1 [Wk, Fc] Fwd L commence RF trn 1/4, -, complete trn fwd R, -;

2 [Flicker] rise to toes, with weight on both feet turn heels out/turn heels in, turn heels out/turn heels in lowering;

3 - 4 [Vine 4] Sd L, -, XRIB, -; Sd L, -, XRIF, -;

5 [Apt] Stp Apt L,

**Quick Cues****Cantina Band****(Phase IV + 2 + 1 – Quickstep)****(Six Qk Twinkle, Charleston X, Chasse Weave)****(Weiss)****Intro Wait Intro Note;**

- A**    ¼ Trn Prog Chasse;;;;  
**Running Fwd Lks;; Manuv, Sd, Cl; Pivot 2;**  
 ¼ Trn Prog Chasse;;;;  
**Running Fwd Lks;; Manuv, Sd, Cl; Pivot 2;**
- B**    **Six Qk Twinkle W/Fwd Lk;; Viennese Trns 2X;;**  
**Hover;; Manuv; Spin Trn & Stp Bk;;**  
**Six Qk Twinkle W/Fwd Lk;; Viennese Trns 2X;;**  
**Hover;; Manuv; Spin Trn & Stp Bk;;**
- C**    **Chasse Weave;;;;**  
**X Chasse; Manuv, Sd, Cl; Pivot 2; Wk 2;**  
**Chasse Weave;;;;**  
**X Chasse; Manuv, Sd, Cl; Pivot 2; Wk 2;**
- D**    **Wk to BJO; Whaletail;; Wk 2;**  
**1 Lft Trn SQQ; Running Bk Lks;; Pivot 2;**  
**Wk to BJO; Whaletail;; Wk 2;**  
**1 Lft Trn SQQ; Running Bk Lks;; Pivot 2;**
- E**    **Charleston Pts;; Rev Chasse Trn;;**  
**Hover & PU;; Strut 2;**  
**Charleston Pts;; Rev Chasse Trn;;**  
**Hover & PU;; Strut 4 to Fc Wall;;**
- F**    **Charleston X 2X;; Slow Merengue 2X;;**  
**Charleston X 2X;; Slow Merengue 1X; Wk, PU;**
- A**    ¼ Trn Prog Chasse;;;;  
**Running Fwd Lks;; Manuv, Sd, Cl; Pivot 2;**  
 ¼ Trn Prog Chasse;;;;  
**Running Fwd Lks;; Manuv, Sd, Cl; Pivot 2;**
- End**    **Wk, Fc; Flicker; Vine 4;; Apt, Pt;**