

COCO JAMBO

Choreographed by: Olga & Bill Cibula, 5296 Prince of Wales, Montreal, QC Canada, H4V2N1
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 Dance; Reggae / Salsa - Phase IV
 Music Recording: Available thru Palomino - WB 7-17331-A (by Mr. President) Speed; 43 rpm
 Footwork: Opposite, directions for Man (Lady as noted)
 Sequence: Intro A B A C D B A C Bridge A C Ending

Meas. INTRO (Reggae)

- 1 - 8 WAIT (2);; BK AWAY 4 & TOG 4;; STEP HEEL L & R 2X;; BK AWAY 4 & TOG 4 to CP;;
 1-2 Wait 2 meas in OP Pos Fcg Ptr & WALL, hnds down at sides, lead foot free for both;;
 3-4 [Bk Away 4 & TOG 4] Plc fists on hips Bk L twd COH, Bk R, Bk L, Bk R; Raise arms above head Fwd L twd WALL, Fwd R, Fwd L, Fwd R to fce ptr;
 5-6 [Step Heel L & R 2X] Step in plc L, Tap heel sd R w/body rotation RF, Step in plc R trng to fce ptr, Tap heel sd L w/body rotation LF; Step in plc L trng to fce ptr, Tap heel sd R w/body rotation RF, Step in plc R trng to fce ptr, Tap heel sd L w/body rotation LF;
 7-8 [Bk Away 4 & TOG 4] Repeat Measures 3-4 of Intro ending in loose CP fcg WALL.

PART A (Salsa)

- 1 - 4 CROSS BODY;; NEW YORKER 2X;;
 1-2 [Cross Body] Fwd L, Rec R, trng LF on R to fce LOD sd L lowering jnd lead hnds, flick R sd & fwd (Lady bk R, Rec L, Fwd R twd COH, flick L sd & fwd);
 Bk R small step trng LF leading Lady trng LF, Fwd L twd COH, Sd R, flick sd & fwd L (Lady fwd L Comm trng LF, Fwd R cont trng LF to fce M & WALL, Sd L, flick R sd & fwd) end fcg COH;
 3-4 [New Yorker 2X] Step thru L w/straight leg to RLOD in sd by sd pos, Rec R to fce ptr, Sd L, - ; Step thru R w/straight leg to LOD in sd by sd pos, Rec L to fce ptr, Sd R, - ;
 5 - 8 CROSS BODY;; SALSA BOX;;
 5-6 [Cross Body] Repeat Measures 1-2 of Part A end fcg WALL.
 7-8 [Salsa Box] Fwd L across body, Bk R, Sd & bk L, flick R sd & fwd (Lady Bk R behind L, Fwd L, Sd & fwd R, flick L sd & fwd; Bk R behind L, Fwd L, Sd & fwd R, flick L sd & fwd (Lady Fwd L across body, Bk R, Sd & bk L, flick R sd & fwd);
 9 - 12 CUCARACHA 2X;; SCALLOP;;
 9-10 [Cucaracha 2X] Sd L w/partial wgt, Rec R, Cl L to R, - ; Sd R w/partial wgt, Rec L, Cl R to L, - ;
 11-12 [Scallop] XLIF of R, Rec R, Sd L, (Lady XRIB of L, Rec L, Sd R) - ; XRIF of L lowering slightly trng LF twd LOD, Sd L trng to fce ptr, Cl R to L, (Lady XLIF of R lowering slightly trng RF twd LOD leaning head bk, Sd R trng to fce ptr, Cl L to R) - ;
 13 - 16 BRK APART; MAN WRAP IN; CATAPULT;;
 13 [Brk Apart] Brk Apt L to dbl hndhold, Rec R, Cl L, flick R sd & fwd (Lady Bk Apt XRIB of L, Rec L, Sd R, flick L sd & fwd);
 14 [Man Wrap In] Fwd R raising trailing hnds, Fwd L small step under raised hnds, Sd R small step lowering hnds into crossed arms at Mans chest (Lady fwd walk around Man's R side trng RF L, R, L) end in wrapped tandem pos both fcg WALL w/Mans L & Ladys R hnds at Mans R hip & w/Mans R & Ladys L hnds at Mans L hip, - ;
 15-16 [Catapult] Release both hnds & re-join both hnds beh back Fwd L, Rec R, Bk L leading Lady fwd to Mans side releasing R hnd, flick R sd & fwd (Lady bk R, Rec L, Fwd R twd Mans L side, flick L sd & fwd); Bk R across body leading Lady to roll RF, Fwd L, Sd & fwd R, flick L sd & fwd (Lady Roll RF twd WALL L, R to fce Man & COH, Sd & bk L, flick R sd & fwd) end in OP fcg ptr & WALL no hnds joined;

PART B (Reggae)

- 1 - 4 CONGA WALKS L & R;; KNEE LIFTS L & R 2X;;
 1-2 [Conga Walks L & R] Sd L, XRIF of L, Sd L, Trng RF to RLOD thrust R leg out w/heel tap & lean back; Trng to fce ptr Sd R, XLIF of R, Sd R, Trng LF to LOD thrust L leg out w/heel tap & lean back;
 3 [Knee Lifts L & R 2X] Fcg ptr step in plc L lowering & trng RF, Lift R knee, Fcg ptr step in plc R lowering & trng LF, Lift L knee;
 4 Repeat Measure 3 of Part B end fcg ptr.
 5 - 8 REGGAE TRN BK-TO-BK; REGGAE SWAYS; REGGAE TRN FC-TO-FC; REGGAE SWAYS;
 5 [Reggae Trn Bk-To-Bk] Sd L trng LF ¼, Sd R to fce LOD, Sd L cont trng ¼, Sd R fcg COH in bk-to-bk pos
 6 [Reggae Sways] Shift wgt to L swaying hips L lowering slightly, Shift wgt to R staying low swaying hips R. Shift wgt to L staying low swaying hips L, Shift wgt R swaying hips R raising to normal Bk-to-bk pos;
Option: Dancers can rub behinds together while performing Bk-to-Bk Reggae Sways.
 7 [Reggae Trn Fce-to-Fce] Sd L trng LF ¼, Sd R to fce RLOD, Sd L cont trng ¼, Sd R fcg ptr & WALL;
 8 [Reggae Sways] Repeat Measure 6 of Part B end in loose CP.

PART C (Reggae)

- 1 - 4 **BK AWAY 4 & TOG 4;; STEP HEEL L & R 2X;;**
 1-2 [Bk Away 4 & TOG 4] Repeat Measures 3-4 of Intro.
 3-4 [Step Heel L & R 2X] Repeat Measures 5-6 of Intro.
 5 - 8 **CONGA WALKS L & R;; BK AWAY 4 & TOG 4;;**
 5-6 [Conga Walks L & R] Repeat Measures 1-2 of Part B.
 7-8 [Bk Away 4 & TOG 4] Repeat Measures 3-4 of Intro.

PART D (Salsa)

- 1 - 4 **BRK APT & WRAP LADY; WHEEL 3; LADY DBLE WRAP;;**
 1 [Brk Apt & Wrap Lady] Bk L, Rec R raising lead arms, Sd L, - (Lady bk R comm trn LF, Fwd L under jnd hnds trng to fce Wall, Sd R, -) end in wrap pos fcg WALL;
 2 [Wheel 3] In wrap pos wheel RF in plc fwd R, Cl L, Fwd R, (Lady Bk L, Bk R, Bk L) - to fce COH;
 3 [Lady Dbl Wrap] Sd L raising lead hnds to let Lady unwrap, Rec R, Sd L, - (Lady Fwd R trng RF under jnd lead hnds, In plc L cont trng RF, In plc R cont trn fcg COH, -);
 4 Sd R keeping lead hnds raised to let Lady rewrap, Rec L, Sd R lowering jnd lead hnds, - (Lady Fwd L cont trng RF under jnd lead hnds, In plc R cont trng RF, In plc L finish trn lowering jnd hnds beh back to fce WALL, -);
 5 - 8 **PARALLEL BOX;; WHEEL 3; UNWRAP LADY;**
 5 [Parallel Box] Low hnds jnd beh Ladys back Fwd L across body, Bk R, Sd & fwd L, flick R sd & fwd;
 6 Keeping hnds low jnd beh Ladys back Bk R across body, Fwd L, Sd & fwd R, flick L sd & fwd;
 7 [Wheel 3] Cont hnds jnd beh Ladys back wheel RF in plc fwd L, Cl R, Fwd L, - to fce WALL;
 8 [Unwrap Lady] Sd R raising lead arms, Rec L, Sd R lowering lead hnds, - (Lady comm trng LF under jnd lead hnds fwd L, In plc R cont trng LF under jnd lead hnds, In plc L cont trng lowering jnd lead hnds to fce ptr, -) end in OP fcg ptr & WALL no hnds jnd;

BRIDGE (Reggae)

- 1 - 4 **ROCK FWD 4; ROCK BK 4 to CP; FULL REGGAE TRN;;**
 1 [Rock Fwd 4] Rk Fwd L w/body sway twd ptr (Lady sway bk), Rec R w/body sway bk from ptr (Lady sway twd ptr), Rk Fwd L w/body sway twd ptr (Lady sway bk), Rec R w/body sway bk from ptr (Lady sway twd ptr);
 2 [Rock Bk 4] Rk Bk L w/body sway bk from ptr (Lady sway twd ptr), Rec R w/body sway twd ptr (Lady sway bk from ptr), Rk bk L w/body sway bk from ptr (Lady sway twd ptr), Rec R w/body sway twd ptr (Lady sway bk from ptr) end in tight CP;
 3 [Full Reggae Trn] Fwd L comm trng RF w/body sway L, In plc R cont trn w/body sway R, Fwd L cont trn RF w/body sway L, In plc R cont trn w/body sway to fce COH;
 4 Fwd L comm trng RF w/body sway L, In plc R cont trn w/body sway R, Fwd L cont trn RF w/body sway L, In plc R cont trn w/body sway to fce COH end in loose CP;

ENDING (Reggae)

- 1 - 2 **ROCK FWD 4; ROCK BK 3 & FREEZE;**
 1 [Rock Fwd 4] Rk Fwd L w/body sway twd ptr (Lady sway bk), Rec R w/body sway bk from ptr (Lady sway twd ptr), Rk Fwd L w/body sway twd ptr (Lady sway bk), Rec R w/body sway bk from ptr (Lady sway twd ptr);
 2 [Rock Bk 3 & Freeze] Rk Bk L w/body sway bk from ptr (Lady sway twd ptr), Rec R w/body sway twd ptr (Lady sway bk from ptr), Rk bk L w/body sway bk from ptr (Lady sway twd ptr), Freeze w/Mans hnds on Ladys waist (Lady raises both arms straight up);

Notes on Reggae Rhythm and Footwork

The basis of the Reggae footwork is the pronounced step. The Step is accomplished with the entire foot (flat), not heel nor ball of foot, placing it firmly on the floor. This is accentuated by lowering the body into the step with a spring action rising back out before the next step is taken.