



Approved by:

La Cabana

4 WALL - 64 COUNTS + INTRO - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 2 & 3 4 & 5 6 & 7 8 & 1	INTRO: Danced once at the start before beginning the main dance Step, Botafogo x 2, Forward Mambo, Sailor 1/4 Turn Step right forward. Cross left over right. Rock right to right side. Recover onto left. Cross right over left. Rock left to left side. Recover onto right. Rock forward on left. Rock back on right. Step left back. Sweep right behind left turning 1/4 right. Step left to side. Step right forward.	Step Cross Side Rock Cross Side Rock Forward Mambo Sailor Turn	Forward Right Left On the spot Turning right
Section 2 2 & 3 4 & 5 6 & 7 8 & Repeat	Touch, Hip Sways, Forward Mambo, Sailor 1/4 Turn Touch left forward and sway hips left. Sway hips right. Sway hips left. Touch right forward and sway hips right. Sway hips left. Sway hips right. Rock left forward. Rock back on right. Step left back. Sweep right behind left making 1/4 turn right. Step left to left side. Repeat the above 16 counts to complete the 32 step Intro.	Touch Hip Sways Touch Hip Sways Forward Mambo Sailor Turn	On the spot Turning right
Section 1 1 - 2 3 & 4 5 & 6 7 & 8	MAIN DANCE Lunge, Behind, Side, Step, Forward Mambo, Back Mambo Lunge right to right side. Recover onto left. Cross right behind left. Step left to left side. Step right forward. Rock left forward. Rock back on right. Step left back. Rock right back. Recover onto left. Step right forward.	Lunge Behind Side Step Forward Mambo Back Mambo	On the spot Left On the spot
Section 2 1 - 2 3 & 4 5 & 6 7 & 8	Step, Pivot 1/2, Shuffle 1/2, Coaster Cross, Tap x 2, Side Step left forward (lean upper body forward). Pivot 1/2 turn right. (6:00) Shuffle 1/2 turn right, stepping - left, right, left. (12:00) Step right back. Step left beside right. Cross right over left. Tap left beside right twice. Step left to left side.	Step Half Shuffle Half Coaster Cross Tap Tap Side	Turning right On the spot
Section 3 1 - 2 3 & 4 5 - 6 7 & 8	Side, Hip Sways, Chasse, Heel Cross, 3/4 Turn, Forward Shuffle Step right to right side and sway hips right. Sway hips left. Step right to right side. Close left beside right. Step right to right side. Step left heel across right. Turn on left heel 3/4 turn right (weight on left). Step right forward. Close left beside right. Step right forward. (9:00)	Side Hip Sways Side Close Side Heel Turn Right Shuffle	Right Turning right Forward
Section 4 1 - 2 3 & 4 5 - 6 Note 7 & 8	Forward Rock, Coaster Step, Step, 1/2 Turn Hitch, Side, Behind, 1/4 Turn Rock left forward. Recover onto right. Step left back. Step right beside left. Step left forward. Step right forward. Make 1/2 turn left and hitch left. (3:00) Count 6: Left toe stays on the ground, push right hip to back. Step left forward. Cross right behind left. Turn 1/4 left and step left forward.	Forward Rock Coaster Step Step Half Step Behind Turn	On the spot Turning left
Section 5 1 - 2 3 & 4 5 & 6 7 & 8	Side, Drag, Touch Ball Cross, Rock & Cross, Rock & Cross Step right big step to right side. Drag left beside right. Touch left beside right. Step left beside right. Cross step right over left. Rock left to left side. Recover onto right. Cross step left over right. Rock right to right side. Recover onto left. Cross step right over left.	Side Drag Touch Ball Cross Side Rock Cross Side Rock Cross	Right Left Right Left
Section 6 1 & 2 3 & 4 5 & 6 7 & 8	Forward Mambo, Back Mambo, Botafogo x 2 Rock left forward. Rock back on right. Step left back. Rock right back. Rock forward on left. Step right forward. Cross step left over right. Rock right to right side. Recover onto left. Cross step right over left. Rock left to left side. Recover onto right.	Forward Mambo Back Mambo Cross Side Rock Cross Side Rock	On the spot
Section 7 1 - 2 3 & 4 5 & 6 7 & 8	Step, Pivot 3/4, Chasse, Back Rock, Touch, Kick Ball Cross Step left forward. Pivot 3/4 turn right. (9:00) Step left to left side. Close right beside left. Step left to left side. Rock right back. Recover onto left. Touch right to right side. Kick right forward. Step right beside left. Cross step left over right.	Step Pivot Side Close Side Back Rock Touch Kick Ball Cross	Turning right Left On the spot
Section 8 1 - 2 3 & 4 5 - 6 7 & 8 Note	Side, 1/4 Turn, Forward Shuffle, Step, Pivot 1/2, Step, 3/4 Turn, Together Step right to right side. Make 1/4 turn left (weight onto left). (6:00) Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. (12:00) Step left forward. On ball of right make 3/4 turn right. Step left beside right. Keep right heel up on Turn, Together. (9:00)	Side Turn Right Shuffle Step Pivot Step Turn Together	Turning left Forward Turning right

Choreographed by: Francien Sittrop (NL) October 2008

Choreographed to: 'La Cabana' by Candy Dulfer from CD Candy Store;
(32 count intro)

Choreographer's Note: Dance the 32 step intro once only at the start then continue with the main dance



A video clip of this dance is available at www.linedancermagazine.com



Music available on It Hurts CD available from www.linedancermagazine.com or call 01704 392300