

# MOOLA LAH

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Mambo Phase 4 + 1 (arm check) + 1 (tummy check) Released: February 2007  
Music: Track 7, "Melao de Cana (Moola lah)" Mambo Kings soundtrack CD or Wal-mart download  
or contact choreographers. Tempo: As on CD (36 mpm) or slow for comfort  
Timing: QQS unless specified (Lady's if different) Difficulty Level: Basic  
Footwork: Described for Man—Lady opposite (or as noted) Sequence: Intro AB AC AC B Interlude C End

## INTRO

### 1-4 WAIT;; CUCARACHA LEFT & RIGHT;;

1-2 {**Wait**} Wait 2 meas. Man fcg ptr & Wall, loose CP, lead feet free;;

3-4 {**Cucaracha left & right**} Sd L with partial weight, rec R, cl L, -; sd R with partial weight, rec. L, cl R,-;

## PART A

### 1-4 FORWARD BASIC; BACK BASIC; CUCARACHA LEFT & RIGHT;;

1 {**Forward Basic**} Fwd L, rec R, small bk L, -;

2 {**Back Basic**} Bk R, rec L, small fwd R,-;

3-4 {**Cucaracha left & right**} Repeat Meas. 3-4, Intro;;

### 5-8 OPEN BREAK; UNDERARM TURN; SCALLOP;;

5 {**Open break**} Apt L retaining joined lead hands and extending free arm up with palm out, rec R lower arm, sd L,-;

6 {**Underarm turn**} Bk R raising lead hands to lead Lady's RF trn, rec L, sd R to loose CP fcg wall,-; (XLIF of R under joined lead hands comm. 1/2 RF trn, rec R completing RF trn to fc ptr, sd L,-;)

7-8 {**Scallop**} Swvlg LF bk L twd RLOD to SCP fcg LOD, sml fwd R, rec R, swvlg RF on R to fc ptr and wall sd L CP, -; swvlg LF thru R, trng RF to fc ptr sd L, cl R CP fcg wall,-; (Swvlg RF bk R to SCP fcg LOD, rec L, swvlg LF on L to fc ptr sd R,-; swvlg RF thru L, sd R trng LF to fc ptr, cl L,-;)

## PART B

### 1-6 CUCARACHA LEFT & RIGHT;; VINE 6;; SOLO ROLL 6 TO FC WALL;;

1-2 {**Cucaracha left & right**} Repeat Meas. 3-4, Intro;;

3-4 {**Vine 6**} Sd L, XRIB of L, sd L,-; XRIF of L, sd L, XRIB of L,-; (Sd R, XLIB of R, sd R,-; XLIF of R, sd R, XLIB of R,-;)

5-6 {**Solo roll 6**} Trng LF away from ptr fwd L LOD, cont trng sd R, bk L LOD compltg \_ trn fcg RLOD no hands,-; Bk R LOD comm. LF trn, cont. trn. sd L LOD to fc ptr & wall, cl R to L no hands,-; (Trng RF away from ptr fwd R LOD, cont. trng sd L, bk R LOD compltg \_ trn fcg RLOD,-; Bk L LOD comm. RF trn, cont. trn sd L LOD to fc ptr & COH, cl L to R no hands,-;)

### 7-12 FORWARD BASIC MAN SPIN\*; BACK BASIC LADY SPIN\*; OPEN BREAK TO TUMMY CHECK;; OPEN BREAK; UNDERARM TURN;

7 {**Forward basic Man spin**} Fwd L comm. RF trn, fwd R spinning to fc wall, bk L, -; (Bk R, rec L, fwd R, -;)

[\*Note: Spin is optional]

8 {**Back basic Lady spin**} Bk R, rec L, fwd R jng ld hnds, -; (Fwd L comm. RF trn, fwd R spinning to fc COH, bk L fcg ptr, -;) [\*Note: Spin is optional]

9 {**Open break**} Repeat Meas. 5, Part A;

10 {**Tummy check**} Releasing lead hnds fwd R chkg to ptr's rt sd putting rt hnd around ptr's waist with lf arm extd off shldr and looking twd ptr, rec L, sml bk & sd R fcg wall joining ld hnds,-; (Releasing lead hnds fwd L chkg to ptr's rt sd putting rt hnd around ptr's waist with lf arm extd off shldr and looking twd ptr, rec R, sml bk & sd L fcg wall joining ld hnds,-;)

11-12 {**Open break**} Repeat Meas. 5, Part A; {**Underarm turn**} Repeat Meas. 6, Part A;

## REPEAT PART A

PART C

- 1-4 FULL BASIC;; BREAK BACK TO SCP; THRU TO AIDA;  
1-2 {**Full basic**} Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;  
3 {**Break back to SCP**} Trng LF to fc LOD bk L, rec R, fwd L SCP,-; (Trng RF to fc LOD bk R, rec L, fwd R SCP,-;)  
4 {**Thru to aida**} Thru R comm. RF trn, sd L cont trng to fc RLOD, bk R in slight "V" position, -; (Thru L comm. LF trn, sd R cont LF trn, bk L,-;)
- 5-8 ROCK 3; PATTY CAKE TAP; BACK BASIC; PATTY CAKE TAP;  
5 {**Rock 3**} Rk fwd L with partial weight, rec R, fwd L ending still in slight V pos fcg RLOD,-; (Rk fwd R with partial weight, rec L, fwd R,-;)  
SS 6 {**Patty cake tap**} Lift R (L) knee swvlg LF (RF) \_ on L (R) to fc ptr and touch palms of trailing hands XRIF (XLIF) tap R (L) toe twd LOD,-, lift R (L) knee swvlg RF \_ on L (R) to LOP fcg RLOD bk R (L)-;  
7 {**Back basic**} Bk L, rec R, fwd L,-; (Bk R, rec L, fwd R,-;)  
SS 8 {**Patty cake tap**} Repeat Meas. 6;
- 9-12 BACK BASIC; ROLL 3 TO BFLY; NEW YORKER 2 TIMES;;  
9 {**Back basic**} Repeat Meas. 7;  
10 {**Roll 3 to BFLY**} Fwd R rolling RF, L, R to BFLY fcg ptr and wall,-; (Fwd L rolling LF, R,L to BFLY fc ptr,-;)  
11-12 {**New Yorker 2 times**} Thru L trng RF twd RLOD to sd by sd pos trailing arms up off shldr, rec R to fc ptr, sd L fcg wall, -; (Thru R trng LF twd RLOD, rec L to fc ptr, sd R fcg COH,-;)  
Thru R trng LF twd LOD to sd by sd pos lead arms up off shldr, rec L to fc ptr, sd R fc wall in loose CP,-; (Thru L trng RF twd LOD to sd by sd pos, rec R to fc ptr, sd L to loose CP fc COH,-;)

REPEAT PART A

REPEAT PART C

REPEAT PART B

INTERLUDE

- 1-8 OPEN BREAK TO ARM CHECK;; CROSS BODY TO BFLY;; DIAMOND TURN ;;; BACK FACE WALL SIDE STOMP;  
1-2 {**Open break to arm check**} Rk apt L, rec R, sd & fwd L toward ptr's rt sd release joined lead hands and Man take her rt wrist in his rt hand, -; Fwd R trng LF \_ leading ptr to spin RF as she goes past twd COH, fwd L, cl R to CP fc COH,-; (Rk apt R, rec L, fwd R toward man's rt sd, -; Spin past him RF 1 \_ L, R, L to chg sds to CP fc wall,-;)  
3-4 {**Cross body**} Fwd L, rec R, sd L trng LF [foot trnd 1/4, body trnd less] fcg almost RLOD, -; bk R cont. LF trn, small fwd L, sd and fwd R fc wall BFLY,-; (Bk R, rec L, fwd R twd Man to an L pos, -; fwd L comm. LF trn, fwd R trng 1/2 LF, sd & bk L BFLY fc COH,-;)  
QQQQ \*\* 5 {**Full diamond turn with hops**} Fwd L trng LF twd DLW, cont trn LF sd & bk R, bk L twd RLOD cont trng outside ptr compltg \_ LF trn, lift R knee up twd body allowing L to slip slightly bk to fc DLC; (Bk R trng LF on diag., cont. trn sd L, fwd R outside ptr, lift L knee allowing R to slip bk;) *Note: Hops don't actually hop; tighten abdominal muscles like being hit in the stomach and lift free knee. [\*\*Hops can be omitted, in which case, dance each measure QQS.]*  
QQQQ 6 Bk R trng LF to fc DLC, sd & fwd L cont LF trn , fwd R outside ptr, hop on R fcg COH compltg \_ LF trn; (Fwd L trng LF, sd & bk R, bk L outside ptr, hop on L;)  
QQQQ 7 Fwd L trng LF, sd & bk R cont trng LF, bk L twd LOD outside ptr, hop on L compltg \_ LF trn; (Bk R trng LF, sd L, fwd R outside ptr, hop on R;)  
8 {**Back face wall side stomp**} Bk R twd LOD trng LF, fwd & sd L cont trng to fc ptr & wall, stomp R no hands jnd,-; (Fwd L trng LF, cont trng bk & sd R to fc COH & ptr, stomp L,-;)

REPEAT PART C

END

- 1-4 MAN SPOT TURN LADY TIME STEP; LADY SPOT TURN MAN TIME STEP; CUCARACHA; SIDE LUNGE ARMS UP & LAUGH;  
1 {**Man spot turn Lady time step**} XLIF of R comm. \_ RF trn, rec R trng to fc ptr, sd L,-; (XRIB of L, rec L, sd R,-;)  
2 {**Lady spot turn Man time step**} XRIB of L, rec L, sd R,-; (XLIF of R comm. \_ RF trn, rec R trng to fc ptr, sd L,-;)  
3 {**Cucaracha**} Sd L with partial weight, rec R, cl L, -;  
S - - 4 {**Side lunge Arms up & laugh**} Sd lunge R (L) twd RLOD allowing free feet to drag,-, extend trailing arms up off shoulder lead hands on hips, laugh as music ends with laugh,-;