

SINTI

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FOOTWORK: OPPOSITE

SEQUENCE: INTRO, A, B, A, B, ENDING.

PHASE: V RUMBA

RECOMMENDED SPEED 38 RPM.

INTRO

1-4 WAIT WAIT;; LEFT CUCARACHA WITH ARMS; SPOT TURN LOD;

1-2 Bfly pos fcg WALL WAIT 2;;

3 Push sd L release lead hnds move arms in circle
(clockwise) up on 1, rec R move arms down on 2,
cl L to R move arms out & join lead hnds,-;

4 XRIF of L twds LOD turn LF, rec L, sd R (W xLIF)
join lead hnds,-;

PART A

1-4 OPEN BREAK TO FULL NATURAL TOP;;;;

1 (open brk) Rk apt L to sit line extend free arms
straight up with palm out, rec R, fwd & sd L turn
 $\frac{1}{4}$ RF to CP RLOD,-;

2-4 (natl top) Turn RF xRIB of L, sd L, xRIB (W sd L,
xRIF of L, sd L),-, Sd L, xRIB of L, sd L (W xRIF
of L, sd L, xRIF),-, XRB of L, sd L, cl R to L fcg
WALL in CP (W sd L, xRIF of L, sd L)(total turn 1 $\frac{3}{4}$ /4)

5-8 CLOSED HIP TWIST TO FAN;; HOCKEY STICK;;

5 Fwd L, rec R, sd & bk L (W bk R turn $\frac{1}{4}$ RF, rec L
turn $\frac{1}{4}$ LF, fwd R twds ptr swvl $\frac{1}{4}$ RF to fc LOD),-,

6 Bk R, rec L, sd & fwd R (W fwd L LOD, fwd R turn $\frac{1}{4}$
LF to fc ptr, bk L),-,

7-8 Fwd L, rec R, cl L (W cl R, fwd L, fwd R),-, Bk R,
rec L, sd & fwd R twds DRW (W fwd L, Fwd R turn LF
 $\frac{1}{4}$, sd & bk L to fc ptr),-,

9-12 ALEMANA;; NEW YORKER RLOD; WHIP TO BFLY COH;

9-10 Fwd L, rec R, sm1 stp bk L,-, Bk R, rec L to fc WALL,
sd R (W bk R, rec L, fwd R,-, Fwd L turn RF undr jnd
hnds, fwd R cont. RF turn to fc COH, sd L),-,

11 XLIF of R turn RF, rec R blend to bfly WALL, sd L,-,
12 Rk bk R turn $\frac{1}{4}$ LF (W fwd L), rec & fwd L cont. LF turn
(W fwd R turn $\frac{1}{4}$ LF), sd R to bfly COH,-;

13-16 CRAB WALK; UNWIND/WOMAN RONDE; CRAB WALKS;;

13 Bfly fcg COH both look LOD thru L, sd R, thru L,-,
14 Unwind RF to fc WALL keep wt on L (W crab walk around
M sd L, fwd R, ronde L turn RF to fc COH (no wgt on L)

15-16 Bfly fcg WALL both look LOD thru R xIF of L, sd L,
thru R,-, Sd L, thru R xIF of L, sd L,-,

PART B

1-4 AIDA; SWITCH; CRAB WALK RLOD; REVERSE UNDERARM TURN;

1 Thru R LOD, sd L turn RF (W LF) release trailing hnds,
sd & bk R to bk to bk pos,-;

- 2 Turn LF (W RF) to fc ptr sd L with checking action bring hnds thru twds LOD, rec R RLOD, stp thru L in Bfly both looking RLOD,-;
- 3 Sd R, xLIF of R, sd R,-;
- 4 M raise lead hnds & lead W to turn LF under joined hnds chk fwd L DRW, rec R, sd & fwd L LOD (W xRIF of L turn LF, sd & slightly fwd L cont. turn, sd & fwd R LOD), -;
- 5-8 SPOT TURN; THREE CUDDLES WITH SPIRAL ENDING FOR WOMAN;;
- 5 Repeat measure 4 in INTRO;
- 6-8 Push sd L, rec R, cl L in cucaracha action (W turn RF on L rk bk R to OP, rec L to fc ptr, sd R) M pl L hnd on W's R shoulder blade W's R arm on top of M's arm,-; Push sd R, rec L, cl R (W turn LF on R rk bk L to LOP, rec R to fc ptr, sd L) M pl R hnd on W's L shoulder blade W's L arm on top of M's arm,-; Push sd L, rec R, cl L (W turn RF on L rk bk R to OP, rec L to fc LOD, fwd R spiral LF full turn), -;
- 9-12 FAN; ALEMANA;; BREAK BACK TO HALF OPEN;
- 9 Repeat measure 6 in PART A;
- 10-11 Fwd L, rec R, cl L prepare W for RF underarm turn (W cl R, fwd L, fwd R to fc M), -; Bk R, rec L, sd R (W fwd L turn RF under joined hnds, fwd R cont. RF turn to fc M, sd L), -;
- 12 Turn LF on R to ½ OP pos (W RF) bk L twd RLOD; rec R, fwd L comm. slight RF upper body rotation with L arm out to sd (W R arm), -;
- 13-16 IN & OUT RUNS TO LEFT HALF OPEN AND HALF OPEN;; THRU FAN CLOSE; RIGHT CUCARACHA WITH ARMS;
- 13 Fwd R comm. RF turn, fwd & sd L in front of W cont. RF turn, fwd & sd R to left half OP pos with M's R & W's L arms out to side fcg LOD, -;
- 14 Fwd L, R, L(shorten stps to adj to W's action) (W fwd R comm RF turn, fwd & sd L in front of M cont. RF turn, fwd & sd R) to half OP pos with M's L & W's R arms out to side fcg LOD, -;
- 15 Fwd R, comm. RF turn, flare L clockwise with toe skimming floor to fc WALL join lead hnds (W fwd L, comm. LF turn, flare R counterclockwise to fc M) cl L to R join trailing hnds, -;
- 16 Push sd R release trailing hnds move arms in circle counterclockwise up on 1, rec L move arms down on 2, cl R to L move arms out & join trailing hnds, -;
- ENDING
- 1-3+ LEFT CUCARACHA WITH ARMS; SPOT TURN LOD; BREAK BK, -, REC, -;
- SIDE LUNGE, -;
- 1-2 Repeat measures 3&4 in INTRO;;
- 3+ Use last 3 beat of music turn LF on R to OP pos (W RF) bk L twd RLOD, -, rec R to fc ptr, -, Lunge sd L join lead hnds both looking RLOD with lft sd stretch (W rt sd), -;