

SPANISH LULLABY

Choreographed by: Johanna Barnes & Zac Detweiler (Apr 07)
Music: **A La Nanita Nana** by **The Cheetah Girls**
Descriptions: 27 count - 2 wall - Beginner/Intermediate level line dance

[15 count intro](#)

Note: For basic dance steps, refer to left portion.
For technique, refer to additional comments & see below**.

1-3 R BACK, L SIDE, R CROSS

1 RF step back (reaching with toe)
2 LF step to L side * (open body to 11:00)
3 RF step across LF * (open body to 10:00)

4-6 L ¼ L, R SIDE, L BACK

1 LF step forward ¼ L ([face 9:00](#)) (open body to 8:00)
2 RF step to R side * (open body to 7:00)
3 LF step back *

7-9 R BACK, L ¼ L, R CROSS (weave)

1 RF step back *
2 LF step to the side ¼ L * ([face 6:00](#))(open body to 5:00)
3 RF step across LF* (open body to 4:00)

10-12 L ¼ L, R ½ SWEEP LEFT

1 LF step forward ¼ L, open to prep for sweep ([face 3:00](#))
2-3 RF sweep ½ L, bringing RF in front of LF, weight stays on L ([face 9:00](#))

13-15 R CROSS, L ¼ R, R ¼ R (½ turn twinkle)

1 RF step across LF
2 LF step back ¼ R ([face 12:00](#))
3 RF step to the side ¼ R * ([face 3:00](#))

16-18 L FWD CHECK STEP, R RECOVER, L SIDE

1 LF step forward and slightly across RF, pushing into L foot *
2 RF recover weight (back onto RF)
3 LF step to L side * (open body to 2:00)

19-21 R CROSS, L ¼ R, R ½ R, L STEP

1 RF step across LF
2 LF step back ¼ R ([face 6:00](#))
& RF step ½ forward R ([face 12:00](#))
3 LF step forward *

22-24 HOLD, 'GROW' ARMS WITH R ARM FORWARD, L ARM BACK

1-3 While holding foot position (LF forward), raise R arm forward and L arm back (palms down) in contra- body position. Use a rounded movement to achieve a soft "growing effect." Also, slightly bend L knee, compressing down, RF is stretched back.

25-27 ARMS COLLECT WITH UNWIND ½ R, HOLD

1 ½ unwind R, bring both arms down (still using rounded movement), as you collect them in toward your body (collapse from elbows), leaving weight back on LF, R toe will be pointed forward. ([face 6:00](#))
2-3 Hold. You may want to 'grow' your arms out to the sides to end and begin the dance again.

**BEGIN THE
DANCE AGAIN!
ENJOY!**

RESTARTS: The dance restarts by dropping off the last 3 counts (the ½ unwind/hold) at the end of the 3rd wall, and at the end of the 6th wall. You will start both the 3rd and 4th walls at your start wall (12:00) as well as the 6th and 7th walls.

END OF MUSIC: Wall 7 slows down just before the syncopated $\frac{3}{4}$ R turn to 12:00 (counts 19-21). Match your dance steps to the music and finish by doing a slow $\frac{1}{2}$ turn R and hold a pose!

*This indicates a preference to the movement of "Collecting", or "Closing" of the feet together before taking the next step. "Close" the feet as they pass by one another. This helps to achieve the rise and fall motion of waltz. This is only being indicated to help dancers wanting to incorporate waltz technique to the dance.

**WALTZ TECHNIQUE: Waltz is danced on angles. Think diagonals. To achieve this, turn the foot out as you take the step and angle your body toward that position. The first 6 counts comprise a partial left turning box. Think of following a diamond shape.

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