

Havana – Camila Cabello 3:36 Low Intensity – Low Complexity

TIME		MUSIC		CHOREOGRAPHY	REPS	COACHING
0:00	In	(beat)	2x8	Get Ready		
0:09	С	Havana	4x8	Olé Mambo Combo R Foot Mambo (B) w/Olé Arms Cha Cha Cha R w/shimmy arms wide Reverse and Repeat L	4x	Tap Back – Olé Cha Cha Cha
0:28	V1	He didn't	4x8	Flick Mambo Combo R Mambo (F) w/R flick hand Hands on Hips – Cha Cha Cha (B) L Mambo (B) w/ L flick hand Hands on Hips – Cha Cha (F)	4x	Flick it Cha Cha Cha
0:46		Ooo	4x8	Trace Your Lines/Rock Step/Pivot Trace Lines Up/Out R Foot Rock Step (F/B) w/low wave R Foot Pivot Turn (F) w/sweep OH Reverse and Repeat L	1x	Trace Your Lines Rock forward and back Pivot Turn
1:04	С	Havana	4x8	Olé Mambo Combo	4x	Freestyle
1:23	Br	Na nan a	2x8	Repeater Tap R (F/S/B/S)	4x	Tap Foot
1:32		Fresh	2x8	Repeater Tap L (F/S/B/S)	4x	.,
1:41		He go	2x8	Cross Step/Tap Side Cross Step Tap R, L (F x2) (B x2)	1x	Step Tap
1:50		This is	2x8	Tiptoe Catwalk Tiptoe Catwalk (F) R,L,R/Hold Dip Tiptoe Catwalk (F) L,R,L/Hold Dip Tiptoe Catwalk (B) L,R,L/Hold Dip Tiptoe Catwalk (B) R,L,R/Hold Dip	1x	Walk on your toes Hold – Dip Take it back now
1:59	С	Havana	4x8	Olé Mambo Combo	4x	
2:17		Ooo na	4x8	Flick Mambo Combo	4x	
2:35		(horns)	4x8	Trace Your Lines/Rock Step/Pivot	1x	
2:53	С	Havana	4x8	Olé Mambo Combo	4x	
3:12		(horns)	4x8	Flick Mambo Combo	4x	

Technique:

Directions for body placement, timing, and cues for signature movements in this song.

CHOREOGRAPHY DETAILS

Olé Mambo Combo

Traveling Side to Side:

Mambo the R Foot (B) behind L foot while swinging arms to Olé posture (R arm up/L arm bent front). Throw Arms wide and Cha Cha Cha Step to R with a subtle chest shimmy.

Reverse and Repeat L

Encourage your participants to add their own style – flick the hands, throw the head, add more hips, etc.

Flick Mambo Combo

Traveling Front to Back:

R Mambo Step (F) with the R Hand Flick (fingers flick out/elbow bent down).

Place Hands on Hips and Cha Cha Cha traveling (B).

L Mambo Step (B) with L Hand Flick.

Place Hands on Hips - Cha Cha Cha traveling (F).

*there is a slight turnout to the side on the Mambo Step. Add your own personal style, especially as your participants become more comfortable with the move.

Trace Your Lines/Rock Step/Pivot

Standing on the spot with the feet together: Bend the knees, sway the hips, and Trace Your Lines Up the body. Sweep the arms out and down slowly. Use up (1x8) for this move.

Rock Step the R Foot (F and B) while waving the arms low (cross in front/uncross open back).

Step the R Foot (F) and Pivot Turn (forward) while sweeping the arms to cross OH and glide down the body.

Reverse and Repeat L

Repeater Tap R (F/S/B/S)

Standing on L Supporting Leg: Tap the R Foot – Front (cross)/Out (side)/Back (cross)/Out (side) while swinging the arms in a natural motion (wrap L in front/snap out to sides/wrap R in front/snap out to sides) with each tap. Skip the final Tap Back (B) and Pas De Bourrée to switch sides.

Repeater Tap L (F/S/B/S) - same as above, but on the L.

Cross Step/Tap Side

Traveling Forward:

Cross Step the R foot (F) and Tap the L foot to the side. Bring arms up to Olé (R arm up/L arm front).

Reverse and Repeat the move on the L. Repeat again R and L while traveling (F)

Continue the move R, L x2 while traveling (B).

*the arms pinwheel to change from R to L Olé. Swing arms around each time.

Tiptoe Catwalk

With the Hands Flicked Out to the Sides (elbows bend in to body):

Tiptoe Catwalk (F) R,L,R/Hold Dip (bend the knees/shallow sit).

Tiptoe Catwalk (F) L,R,L/Hold Dip

Tiptoe Catwalk (B) L,R,L/Hold Dip

Tiptoe Catwalk (B) R,L,R/Hold Dip