



BroncoBeat

Mi Dios Y Mi Cruz!

Choreographed by Elke Weinberger AND Illona Klöckner

Description : 64 counts, 4 walls, Beginner Line Dance

Music : **Mi Dios Y Mi Cruz (25 mpm)** by Donato Y Estefano

Note : Start dance after 4 counts on vocals at time track 00:02.

Note : This dance is choreographed to the version compiled in the album "The Ultimate Latin Album Vol.6 CD2" which is slightly faster. This album can be obtained via www.dancevision.com/store/CD494/. All other compilations in various Donato Y Estefano albums are also acceptable except it will now be danced to a slower tempo.

Note : This is definitely a Latin Rumba rhythm dance. Style it with your most gracious and expressive moves with Cuban hips!!

1/4 LEFT TURNING FORWARD COASTER, 1/2 RIGHT TURN, 1/2 RIGHT SWEEP TURN, FORWARD, 3/4 LEFT TURN, 1/2 LEFT SWEEP TURN

1-4 : Execute 1/8 turn left and then step left forward, execute another 1/8 turn left and then step right beside left, step left back, execute 1/2 turn right and then step right forward (9 O' Clock)

5-9 : Execute 1/2 turn right as you sweep left around, step left forward, execute 1/2 turn left and then step right back, execute another 1/4 turn left and then step left to left, execute further 1/2 turn left as you sweep right around

TWINKLE PATTERN, 1/2 LEFT SPIRAL TURN, SIDE SWAYS, 1/2 LEFT SWEEP TURN

10-13 : Cross right over left, step left to left, step right to right, execute 1/2 spiral turn left (12 O' Clock)

14-17 : Step left to left and then sway left, sway right, sway left, execute 1/2 turn left as you sweep right around to touch beside left (6 O' Clock)

SIDE SWAYS, 1/2 RIGHT SWEEP TURN, 1/2 LEFT TURNING TWINKLE PATTERN, SWAY

18-21 : Step right to right and then sway right, sway left, sway right, execute 1/2 turn right as you sweep left aroundt (12 O' Clock)

22-25 : Cross left over right, step right to right, execute 1/2 turn left and then step left to left,] sway left as you look left (6 O' Clock)

RECOVER INTO 1/4 RIGHT TURN, 1/2 RIGHT SWEEP TURN, FORWARD, 1/2 LEFT SWEEP TURN, PRIZZY WALK THRICE, 3/4 LEFT SPIRAL TURN

26-27 : Recover weight onto right and then execute 1/4 turn right, execute another 1/2 turn right as you sweep left around (3 O' Clock)

28-29 : Step left forward, execute 1/2 turn left as you sweep right around (9 O' Clock)

30-33 : Prizzy walk forward on right, left, right, execute 3/4 spiral turn left (12 O' Clock)

MAMBO CROSS, FULL RIGHT SPIRAL TURN, SIDE, 3/4 RIGHT CROSS PIVOT TURN, HIGH KICK INTO CURL AND HITCH

34-37 : Rock left to left, recover weight onto right, cross left over right, execute full spiral turn right (12 O' Clock)

38-41 : Step right to right, cross left over right, pivot 3/4 turn right, high kick left forward and then curl left back into a hitch position (9 O' Clock)



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BACK SWAY, RECOVER, ½ LEFT TURN, ½ LEFT SWEEP TURN, BACK SWAY, RECOVER, ½ RIGHT TURN, ½ RIGHT SWEEP TURN

42-45 : *Step left back and then sway back, recover weight onto right, execute ½ turn left and then put weight onto left, execute another ½ left turn as sweep right around (9 O' Clock)*

46-49 : *Step right back and then sway back, recover weight onto left, execute ½ turn right and then put weight onto right, execute another ½ right turn as sweep left around (9 O' Clock)*

FORWARD RUN, FORWARD, RISE AND LIFT WITH GRACIOUS POSE! BACK RUN, BACK, RISE AND LIFT WITH GRACIOUS POSE!

50&51 : *Run forward gently on balls of feet on left, right, left*

52-53 : *Step right forward, rise on ball of right as you straighten left leg behind and gradually lifting it slightly off the ground. (2 Counts)*

54&55 : *Ruin back gently on balls of feet on left, right, left*

56-57 : *Step right back, rise on ball of right as you lift left gradually off the ground.*

Styling: Stretch left arm from down to forward while swing right arm down to back as you rise on the balls of right on counts 53 and 57. Make this your most gracious move!

FORWARD, PIVOT ½ LEFT TURN, ½ LEFT SWEEP TURN, ½ RIGHT TURN, PIVOT ½ RIGHT TURN

58-61 : *Step left forward, step right forward, pivot ½ turn left, execute another ½ turn left as you sweep right around to touch beside left (9 O' Clock)*

62-64 : *Execute ½ turn right and then step right forward, step left forward, pivot ½ turn right (9 O' Clock).*

REPEAT

4-COUNTS TAG

At the end of the 1st rotation, you will be facing 9 O' Clock. Add the following 4-counts and then begin dancing the 2nd rotation facing 12 O' Clock.

At the end of the 2nd rotation, you will also be facing 9 O' Clock. Add the following 4-counts **twice** and then begin dancing the 3rd rotation facing 3 O' Clock.

¼ LEFT TURNING FORWARD COASTER, ½ RIGHT TURN

1-4 : *Execute 1/8 turn left and then step left forward, execute another 1/8 turn left and then step right beside left, step left back, execute ½ turn right and then step right forward*

RESTART

During the 3rd rotation, dance till the 51st count. *Execute ¼ turn left and then step right forward on the 52nd count.* Then begin dancing the 4th rotation facing 9 O' Clock.

NOTE: ENDING

The dance ends on the 57th count facing 12 O' Clock as the music fades off.