

EL MAR CARIBE

Source: El Mar Caribe is a composed recreational dance by Henry "Buzz" Glass. It is based upon Caribbean rhythms learned from the famous dancer, Katherine Dunham, an authority on West Indian dances. It can be performed as a couple dance or as a mixer.

Record: "Limbo Rock" Challenge 9/31

Formation: Couples in double circle formation in semi-skater's pos. L hands joined about chest height, M R hand at small of W back, W holding skirt in R hand. (May be done in informal formation.)

Footwork: Same for M and W.

Measures Pattern

- Introduction
- 1 - 4 After slight pick-up dance in place swd L and R with 4 two-step balances L, R, L, R.
Two-Step Balance: Step swd on L (ct 1), step on R toe beside L (ct &), step in place on L (ct 2), hold (ct &). Repeat to R.
- 5 - 16 Move fwd in LOD with 12 two-steps, beg L.
Two-Step: Step on L (ct 1), step on R toe beside L (ct &), step slightly fwd on L (ct 2), hold (ct &). Repeat R.
Note: This step has a relaxed but controlled bounce.
- 1 - 2 1. Tap-Step, Tap-Step, Two-Step Turn (The Chase)
 Drop hands, M directly in back of W with backs to COH, facing wall. W hands on skirt. M hands free moving in rhythm to music. Step on L toe in front of R (ct 1), at the same time barely lifting R heel from floor, R toe in contact with floor. Hit R heel to the floor in place (ct &). Step on L toe (ct 2) just in back of R heel (R heel off floor). Step on R ft to floor in place hitting heel (ct &). (Like ball-change). Step fwd on L twd wall, with a long step L (ct 1), draw R toe up beside L almost at the same time, touch R toe beside L (ct &), beg a 1/2 turn L, step on L in place completing 1/2 turn (ct 2). End facing COH.
- 3 - 4 Repeat the same action of meas 1-2 as follows:
 Beg R, tap R toe fwd, strike L heel in place, tap R toe bwd, strike L heel in place. Step fwd R, draw L to R, touch L toe beside R beg 1/2 turn R, and step on R completing 1/2 turn.
- 5 - 6 Repeat the action of meas 1-2, beg on L ft.
- 7 - 8 Repeat the action of meas 3-4 beg on R ft. On turn make only 1/4 turn to face LOD and take semi-skaters pos as in Intro.

EL MAR CARIBE (CONT.)

<u>Measures</u>	<u>Pattern</u>
	<u>II. Cross Step Moving Swd</u>
1	Moving swd to R directly away from COH, step on L across R instep (ct 1), step on R toe swd to the R (ct &). Continuing to move swd R again step on L over R (ct 2) and step on R toe swd R (ct &).
2	Again step L over R and step swd R on R toe (cts 1 &). Step L over R (ct 2) and bring free R ft beside L with no wt on R.
3 - 4	Repeat crossing step, beg cross with R over L and moving swd L. End with L ft free.
	<u>III. Two-Step and Progress</u>
5 - 7	Moving in LOD, take 3 two-steps beg L.
8	Giving W a slight push, W moves ahead as M moves back with 1 two-step on R to receive a new partner. With new partner, face out twd wall to begin with Fig I to repeat the dance.

Variation for more advanced dancers:Fig III. Two-Step and Progress

In semi-skaters pos take 3 two-steps fwd L R L. On the third two-step the M makes a 1/4 turn to almost end with back to COH but still keeping contact with partner. Giving W a slight push W beg R makes a three step turn turning R to move to M ahead. M turns to his R beg R and makes a three step turn moving to new partner in back. Begin dance with new partner.

Presented by: Henry "Buzz" Glass