

La Dieta

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Andrico Yusran (INA) - January 2020

Musik: La Dieta - Sharlene : (Lyric Video)



Restart : On 3 , 5 , 7 after 16 count

Tag : 2 count On wall 5 after 16 count

Start Dance ♥ after Intro Music 16 counts

S1# FORWARD SHUFFLE - MAMBO FORWARD - BACK LOCK SHUFFLE - BACK MAMBO

1&2 Step R forward , L close beside R , R forward
3&4 L forward , R in place , L close beside R
5&6 R back , L cross back over R , R back
7&8 L back , R in place , L close beside R

S2# SIDE MAMBO CROSS - SIDE CHASSE - CROSS ROCK 1/4 TURN - LOCK SHUFFLE

1&2 Step R to side , L in place , R cross over L
3&4 L side , R close beside L , L side
5&6 R cross over L , L recover , R 1/4 turn to R
7&8 L forward , R lock behind L , L forward

(Restart here on wall 3 , 5 , 7)

Note* On 5 after 16 counts - tag 2 count

S3# SIDE CHASSE - CROSS ROCK - CROSS SHUFFLE - SIDE MAMBO

1&2 Step R to side , L close beside R , R side
3&4 L cross over R , R recover , L side
5&6 R cross over L , L side , R cross over L
7&8 L side , R in place , L close beside R

S4# SIDE - CLOSE TOUCH - SIDE - CLOSE TOUCH - BACK LOCK - BACK MAMBO

1-4 Step R side , L close touch beside R , L side , R close touch beside L
5&6 R back , L back cross over R , R back
7&8 L back , R in place , L close beside R

TAG 2 COUNT

SIDE TOUCH - CLOSE TOUCH

1-2 R side touch , R close touch beside L

Enjoy The Dance

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