

Astaga

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Ella (INA) - April 2020

Musik: Astaga - Ruth Sahanaya



Intro 32 counts

S1. TOE FORWARD, TOGETHER, COASTER STEP (2X)

- 1&2& Touch R toe forward, close RF next to LF, touch L toe forward, close LF next to RF
3&4 Step RF back, close LF next to RF, step RF forward
5&6& Touch L toe forward, close LF next to RF, touch R toe forward, close RF next to LF
7&8 Step LF back, close RF next to LF, step LF forward

S2. SIDE, TOUCH, SIDE, KICK, BEHIND-SIDE-CROSS, TOUCH 2X, BEHIND-SIDE-CROSS

- 1&2& Step RF to R side, touch LF beside RF, step LF to L side, kick RF to R diagonal forward
3&4 CrossRF behind LF, step LF to L side, cross RF over LF
5&6 Touch LF to L side, touch LF beside RF, touch LF to L side
7&8 Cross LF behind RF, step RF to R side, cross LF over RF

* Restart here on Wall 7 & 10

S3. 1/4 L STEP BACK, SIDE, CROSS, CHASSE, HEEL TOUCH, HEEL SWIVEL

- 1&2 ¼ turn L step RF back, step LF to L side, cross RF over LF
3&4 Step LF to L side, close RF next to LF, step LF to L side
5&6& Touch R heel forward, step RF beside LF, touch L heel forward, step LF beside RF
7&8 Stepball of RF forward, swivel both heels to R, swivel both heels to center (weight on LF)

** Restart here on Wall 3

S4. COASTER STEP, LOCK SHUFFLE, PIVOT ½ TURN L, STEP FORWARD

- 1&2 Step RF back, close LF next to RF, step RF forward
3&4 Step LF forward, cross RF behind LF, step LF forward
5,6 Step RF forward, ½ turn L weight on LF
7,8 Step RF forward, step LF forward

(Option : (7) ½ turn L step RF back, (8) ½ turn L step LF forward)

Restart on Wall 3 after 24 counts, on Wall 7 & 10 after 16 counts

Have Fun....

Last Update - 14 June 2021