

La Mitad

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Julaeha Pangngulu (INA) & Roosamekto Mamek (INA) - October 2022

Musik: La Mitad - Nacho, Carlos Vives & Mike Bahía



Intro: 48 count (approximately 00:31)

S1. SAMBA CROSS, DIAMOND SHAPE TURN 1/4 RIGHT WITH HITCH

- 1&2 Cross R over L – Rock L to side – Recover on R (12:00)
3&4 Cross L over R – Rock R to side – Recover on L
5&6& Cross R over L – Turn 1/8 right step L to side (1:30) – Step R back – Hitch L knee up
7&8 Step L back – Turn 1/8 right step R to side (3:00) – Step L forward slightly cross over R

S2. SAMBA WHISK, FORWARD WITH HIPS SWAY, HIPS SWAYS, TURN 1/2 LEFT WITH FLICK

- 1 a2 Step R to side – Rock L back – Recover on R (3:00)
3 a4 Step L to side – Rock R back – Recover on L
5-8 Step R forward sway hips forward – Sway hips back – Sway hips forward – Turn 1/2 left flick R back (9:00)

S3. FORWARD MAMBO, COASTER STEP, JAZZBOX TURN 1/4 RIGHT

- 1&2 Rock R forward – Recover on L – Step R back (9:00)
3&4 Step L back – Step R together – Step L forward
5-8 Cross R over L – Turn 1/4 right step L back (12:00) – Step R to side – Step L forward slightly cross over R

S4. SIDE ROCK, TOGETHER, PADDLE TURN 1/2 LEFT, PADDLE TURN 1/4 LEFT

- 1-2& Rock R to side – Recover on L – Step R together (12:00)
3-4& Rock L to side – Recover on R – Step L together
5-8 Step R forward – Turn 1/2 left weight on L and make a hips move (6:00) – Step R forward – Turn 1/4 left weight on L and make a hips move (3:00)

REPEAT

RESTART: On wall 4 after 16 count

TAG : On wall 1 after 16 count and at the end of wall 6

STEP WITH BODY ROLLED

- 1-4 Step R to side make body rolled to right – Rolled body to left – Rolled body forward - Rolled body back and weight on L

ENDING: On wall 9 after 16 count

For more info about step sheet & song, please contact:

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