

La Recette

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Antonella MAZZEO (FR) - October 2022

Musik: La recette - Slimane



No tags – No Restarts.

Introduction : 16 counts

S1 – STEP FWD, TURN ½ TRIPLE STEP FWD, PRESS FWD RECOVER, STEP BACK TOUCH L/R DIAGONALY

- 1, 2 Step RF forward, turn 1/2
3 & 4 Step RF forward, make LF next RF, Step RF forward,
5, 6 Step LF forward, recover on RF, (option : body roll),
&7,&8 Step LF back on L diagonally, touch RF next LF, Step RF back on R diagonally, touch LF next RF

S2 – OUT OUT KNEE POP BALL CROSS, KNEE POP, BOUNCE X2 WITH TURN ½ , BALL HEEL BALL STEP

- &1 &2 (&)Out (1)Out, (&2)Knee pop,
&3 &4 (&)Ball LF back (3)cross RF over LF (&4)Knee pop,
5, 6 Bounce X2 with ½ turn L,
&7&8 Ball LF next RF, Heel R Forward, ball RF Together LF, Step LF forward,

S3 – CROSS RECOVER SIDE ROCK CROSS SAMBA R, CROSS ¼ TURN CHASSE L

- 1&2& (1)Cross RF over LF, (&)recover on LF, (2)Step RF on R side, (&)recover on LF,
3&4 Cross RF over LF, Step LF on L side, Step RF on R,
5 6 (5)Cross LF over RF, (6)¼ turn on L, make RF back
7&8 (7)Step LF on L, (&) together, (8)Step LF on L,

S4 – CROSS RECOVER SWEEP SAILOR STEP CROSS SIDE SAILOR ¼ TURN

- 1 2 Cross RF on L side, recover on LF with sweep RF,
3 & 4 Cross RF behind LF, make LF on L side, make RF on R side,
5 6 Cross LF over RF, Make RF on R side, Sweep LF,
7&8 ¼ turn on L Cross LF behind RF, make RF on R side, make LF forward,

Final : Wall 9 : after 16 counts (Heel ball step) : OUT OUT to 12:00

Last Update: 1 Nov 2022