

Fria

Count: 32

Wand: 1

Ebene: High Beginner

Choreograf/in: Montse Bou (ES) - July 2024

Musik: Fría - Enrique Iglesias & Yotuel



No Tags / Restarts

R HEEL GRIND, R COASTER, L HEEL GRIND, L COASTER

- 1-2 Touch R heel fwd with toes facing in, swivel toes out while turning $\frac{1}{4}$ R (3:00)
- 3&4 Step R back, Step L beside R, Step R forward
- 5-6 Touch L heel fwd with toes facing in, swivel toes out while turning $\frac{1}{4}$ L (12:00)
- 7&8 Step L back, Step R beside L, Step L forward

R ROCK FWD, RECOVER, SHUFFLE $\frac{1}{2}$ TURN R, L ROCKING-CHAIR.

- 9-10 Rock fwd on R, recover weight on L
- 11&12 Make $\frac{1}{2}$ turn R stepping fwd on R, step L next to R, step fwd on R (6:00)
- 13-14 Step forward on L, recover back on R
- 15-16 Step back on L, recover forward on R

DIAMOND (HEXAGON) w. SHUFFLE

- 17-18 Cross L over R, step R to R side
- 19&20 Shuffle Diagonal-back LRL (facing 11.00)
- 21-22 Cross R behind L, step L to L side
- 23&24 Shuffle Diagonal-forward RLR (facing 11.00)

CROSS-SIDE, CROSS SHUFFLE, L STEP BACK W. $\frac{1}{2}$ TURN R, STOMP

- 25-26 Cross L over R (facing 12.00), step R to R side
- 27&28 Cross-shuffle travelling to right side RLR
- 29-30 Rock fwd on R, recover weight on L
- 31-32 Step R back with $\frac{1}{2}$ turn R, Stomp L beside R.

Start again!
