

La Tortura

Count: 48

Wand: 2

Ebene: Beginner

Choreograf/in: Krisztina Mojzak (HUN)

Musik: La Tortura - Shakira



¼ PIVOT LEFT 2X, MAMBO FORWARD, MAMBO BACK

- 1-2 Step forward right. Pivot ¼ turn left
- 3-4 Step forward right. Pivot ¼ turn left
- 5 Rock forward on right
- &6 Rock back onto left, step back on right
- 7 Rock back on left
- &8 Rock forward on right, step forward left

SIDE ROCK & CROSS RIGHT & LEFT, LOCK SHUFFLE BACK, SWEEP LEFT, STEP IN PLACE RIGHT & LEFT

- 1 Rock right to right side
- &2 Rock onto left in place, cross right over left
- 3 Rock left to left side
- &4 Rock onto right in place, cross left over right
- 5& Step back right, cross left over right
- 6 Step back right
- 7 Sweep left foot out from front to back
- &8 Step in place - right-left

CHASSE RIGHT, COASTER STEP, POINT ACROSS, POINT, CROSS SHUFFLE

- 1& Step right to right side, close left beside right
- 2 Step right to right side
- 3&4 Step left back, step right beside left, step forward left
- 5-6 Touch right across left, touch right to right side
- 7& Cross right over left, step left to left
- 8 Cross right over left

¼ TURN, STEP, STEP, ROCK STEP, SHUFFLE TURN LEFT 2X

- 1-2 Pivot ¼ turn left step forward left - step forward right
- 2-4 Rock forward on left, rock back onto right
- 5&6 Shuffle step ½ turn left, stepping left-right-left
- 7&8 Shuffle step ½ turn left, stepping -right-left-right

COASTER STEP, DIAGONAL STEPS AND SHUFFLE

- 1&2 Step left back, step right beside left, step forward left
- 3-4 Step right forward into left diagonal, step left beside right
- 5& Step right forward into left diagonal, lock left behind right
- 6 Step right forward into left diagonal
- 7-8 Step left forward into right diagonal, step right beside left

DIAGONAL SHUFFLE, ¾ TURN RIGHT, BACK ROCK, HIP SWAY

- 1& Step left forward into right diagonal, lock right behind left
- 2 Step right forward into left diagonal
- 3 Pivot ½ turn right step forward right
- 4 Pivot ¼ turn right step left to the left side
- 5-6 Rock back on right - rock forward on left

- 7 Small step right to right side, sway hips to right side
- 8 Sway hips to left side

REPEAT
