

Como Esta

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Stuart Collier (UK)

Musik: Tragedia - Marc Anthony



BACK CROSS ROCK, SIDE SHUFFLE, FRONT CROSS ROCK, SIDE SHUFFLE

- 1-2 Rock left behind right, rock forward onto right
- 3&4 Side shuffle to the left stepping left, right, left
- 5-6 Rock right over left, rock back on left
- 7&8 Side shuffle to the right stepping right, left, right

FORWARD SHUFFLE, FORWARD ROCK, TOE BACK ½ TURN, SHUFFLE

- 1&2 Forward shuffle stepping left, right, left
- 3-4 Rock forward onto right, rock back onto left
- 5-6 Point toe back, turning ½ over right shoulder step weight forward on right
- 7&8 Forward shuffle stepping left, right, left

MAMBOS - RIGHT, LEFT, FORWARD AND BACK

- 1&2 Step right to right side, back on left, step right next to left
- 3&4 Step left to left side, rock back on right, step left next to right
- 5&6 Step forward on right, rock back on left, step right next to left
- 7&8 Step back on left, rock back on right, step left next to right

FORWARD SHUFFLE, FORWARD ROCK, ¾ SHUFFLE TURN, SIDE SHUFFLE

- 1&2 Forward shuffle stepping right, left, right
- 3-4 Rock forward onto left, rock back onto right
- 5&6 ¾ shuffle turn over left shoulder stepping left, right, left
- 7&8 Side shuffle to the right stepping right, left, right

REPEAT
