

Mil Horas

Count: 32

Wall: 4

Level: High Improver

Choreographer: Rebecca Lee (MY) - July 2019

Music: Mil Horas - Danny Romero



Intro: 32 counts

Note: Have Fun!!

[1 – 8] R TOE STRUT, L TOE STRUT, ¼ JAZZ BOX R, L TOE STRUT, R TOE STRUT, ¼ JAZZ BOX L

1&2& R toe strut (1) , Step heel down (&) L toe strut (2), Step L heel down (&) 12:00

3&4 Cross R over L (3) , Step L back (&), ¼ turn R Step R to R (4) 3:00

5&6& L toe strut (5), Step L heel down (&), R toe strut (6), Step R heel down (&) 3:00

7&8 Cross L over R (7), Step R back (&), 3/8 turn L Step L to L (8) 10:30

[9 – 16] R ROCKING CHAIR, R CROSS L SIDE ROCK, ¼ SYNCOPATED WEAVE L

1&2& Rock R forward (1), Recover L (&), Rock R back (2) Recover L (&) 10:30

3&4 Cross R over L square it back to 12'00 (3), Rock L to L side (&), Recover R (4) 1.:30

5&6& Cross L forward (5) 1/8 turn L stepping R to R side (&) Step L back 10:30

7&8 Step R back (7) 1/8 turn L stepping L to L side (&) 1/8 turn L Step R forward (8) 7:30

[17 – 24] L SIDE ROCK, L CROSS SHUFFLE, R MAMBO FORWARD, L MAMBO BACK,

1&2 Rock L to L side (1), Recover R (&), 6:00

3&4 Cross L over R (2) Step R to R side (&) Cross L over R (3), Step R to R side (&), Cross L over R (4) 6:00

5&6 Rock R forward (5), Recover L (&) Step R next to L (6) 6:00

7&8 Rock L Back (7), Recover R (&), Step L next to R (8) 6:00

[25 – 32] ½ TURN PADDLE L, STEP TOGETHER X2

1,2 1/8 Turn L touch R to R side (1), 1/8 turn L touch R to R side (2), 3:00

3,4 1/8 Turn L touch R to R side (3), 1/8 turn L touch R to R side (4) 9:00

5,6 Step R to R side (5) Step R next to L (6) 9:00

7,8 Rock L to L side (7) Step L next to R (8) 9:00

(On counts 5-8 you can add the shimmy shoulders or body pump)

TAG (At wall 6 after 16counts)

1 3/8 turn R Stomp L to L side 3:00

2,3,4 Raise the L arm slowly 3:00

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