

# La Mitad

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Julaeha Pangngulu (INA) & Roosamekto Mamek (INA) - October 2022

**Music:** La Mitad - Nacho, Carlos Vives & Mike Bahía



**Intro: 48 count (approximately 00:31)**

## **S1. SAMBA CROSS, DIAMOND SHAPE TURN 1/4 RIGHT WITH HITCH**

- 1&2 Cross R over L – Rock L to side – Recover on R (12:00)  
3&4 Cross L over R – Rock R to side – Recover on L  
5&6& Cross R over L – Turn 1/8 right step L to side (1:30) – Step R back – Hitch L knee up  
7&8 Step L back – Turn 1/8 right step R to side (3:00) – Step L forward slightly cross over R

## **S2. SAMBA WHISK, FORWARD WITH HIPS SWAY, HIPS SWAYS, TURN 1/2 LEFT WITH FLICK**

- 1 a2 Step R to side – Rock L back – Recover on R (3:00)  
3 a4 Step L to side – Rock R back – Recover on L  
5-8 Step R forward sway hips forward – Sway hips back – Sway hips forward – Turn 1/2 left flick R back (9:00)

## **S3. FORWARD MAMBO, COASTER STEP, JAZZBOX TURN 1/4 RIGHT**

- 1&2 Rock R forward – Recover on L – Step R back (9:00)  
3&4 Step L back – Step R together – Step L forward  
5-8 Cross R over L – Turn 1/4 right step L back (12:00) – Step R to side – Step L forward slightly cross over R

## **S4. SIDE ROCK, TOGETHER, PADDLE TURN 1/2 LEFT, PADDLE TURN 1/4 LEFT**

- 1-2& Rock R to side – Recover on L – Step R together (12:00)  
3-4& Rock L to side – Recover on R – Step L together  
5-8 Step R forward – Turn 1/2 left weight on L and make a hips move (6:00) – Step R forward – Turn 1/4 left weight on L and make a hips move (3:00)

**REPEAT**

**RESTART: On wall 4 after 16 count**

**TAG : On wall 1 after 16 count and at the end of wall 6**

### **STEP WITH BODY ROLLED**

- 1-4 Step R to side make body rolled to right – Rolled body to left – Rolled body forward - Rolled body back and weight on L

**ENDING: On wall 9 after 16 count**

**For more info about step sheet & song, please contact:**

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