

El Colesterol

Count: 56

Wall: 4

Level: Phrased High Beginner

Choreographer: Uli Elfrida (INA) - July 2023

Music: El Colesterol - Cumbia Makers



Sequence : A A tag B B A16 A tag B B A16 ending

Part A

Section 1 : Walk forward R - L, forward mambo, walk back, coaster step

1 2 3 & 4 Step R - L forward , rock R forward, recover on L, step R back

5 6 7 & 8 Step L - R back , step L back, step R together, step L forward

Section 2 : Cross rock - rec - side rock - recover - cross samba (R - L)

1 & 2 & Cross rock R over L, recover on L, rock R to right side, recover on L

3 & 4 Cross R over L, rock L slightly to left side, recover on R

5 & 6 & Cross rock L over R, recover on R, rock L to left side, recover on R

7 & 8 Cross L over R, rock R slightly to right side, recover on L

Section 3 : Forward shuffle R - L, back - touch (x4)

1 & 2 Step R forward, step L next to R, step R forward

3 & 4 Step L forward, step R next to L, step L forward

& 5 & 6 Step R back, touch L toe forward, step L back, touch R toe forward

& 7 & 8 Repeat count & 5 & 6

Part B

Section 1 : Volta step x4 making a full turn right, rocking chair, fwd mambo

1 & 2 & 1/4 turn right stepping R forward, ball step L next to R, 1/4 turn right stepping R forward, ball step L next to R

3 & 4 1/4 turn right stepping R forward, ball step L next to R, 1/4 turn right stepping R forward

5 & 6 & Rock L forward, recover on R, rock L back, recover on R

7 & 8 Rock L forward, recover on R, step L next to R

Section 2 : Step side - step together (x3) - step side (R - L)

1 & 2 & Step R to right side, ball step L next to R, step R to right side, ball step L next to R

3 & 4 Step R to right side, ball step L next to R, step R to right side

5 & 6 & Step L to left side, ball step R next to L, step L to left side, ball step R next to L

7 & 8 Step L to left side, ball step R next to L, step L to left side

Section 3 : Mambo step (Forward mambo, back mambo, side mambo R - L)

1 & 2 Rock R forward, recover on L, step R back

3 & 4 Rock L back, recover on R, step L forward

5 & 6 Rock R to right side, recover on L, step R next to L

7 & 8 Rock L to left side, recover on R, step L next to R

Section 4 : Pivot 1/2L (x2), samba whisk R - L

1 2 3 4 Step R forward, pivot 1/2 turn left, step R fwd, pivot 1/2 turn left

5 6 & Step R to right side, rock L behind R, recover on R

7 8 & Step L to left side, rock R behind L, recover on L

Tag

1 2 Stomp R next to L, hold

Ending

1 2 Walk forward R - L & pose

Happy dancing!

Contact : ulielfridaksp@gmail.com
