

Alabao

Count: 32

Wall: 4

Level: Improver

Choreographer: Tracy Simnett (UK)

Music: Alabao - Enrique Iglesias



HEEL TWISTS LEFT, RIGHT, LEFT, FLICK HOOK, SHUFFLE RIGHT

- 1&2 Twist heels left, right, left
- &3 Flick hook right foot to left knee, turning slightly diagonal right, step forward right
- &4 Step left behind right, step right slightly forward (straightening up)

HEEL TWISTS RIGHT, LEFT, RIGHT, FLICK HOOK, SHUFFLE LEFT

- 5&6 Twist heels right, left, right
- &7 Flick hook left foot to right knee, turning slightly diagonal left, step forward left
- &8 Step right behind left, step right slightly forward (straightening up)

SKATE RIGHT, LEFT, SHUFFLE RIGHT, SKATE LEFT, RIGHT, SHUFFLE QUARTER TURN LEFT

- 9-10 Skate right to right, skate left to left (moving slightly forward)
- 11&12 Step right to right side, step left behind, step right forward
- 13-14 Skate left to left, skate right to right (moving slightly forward)
- 15&16 Step left quarter turn left, step right behind, step left forward

MAMBO ROCK FORWARD, MAMBO ROCK BACK, ROCK-QUARTER TURN LEFT, CROSS, GRAPEVINE & POINT

- 17&18 Rock right forward, rock back onto left, rock, step right next to left
- 19&20 Rock left back, rock forward right, step left next to right
- 21&22 Rock forward on right quarter turn left, rock back onto left, cross right over left
- 23&24 Step left to left side, cross right behind left, point left toe out to left side

CROSS UNWIND FULL TURN, SIDE ROCK, WEAWE, POINT FLICK & QUARTER TURN, STOMP

- 25-26 Cross right over left, unwind full turn
- 27&28 Rock left out to left side, rock onto right, step left to right
- 29& Step right out to right side, step left behind right
- 30& Step right out to right side, cross left in front of right
- 31& Point right out to right side, flick right foot back pivoting quarter turn to the right on ball of left foot
- 32 Stomp right next to left

REPEAT
