

# En La Cama

Compte: 32

Mur: 4

Niveau: Novice

Chorégraphe: Joran van der Noll (NL) - January 2020

Musique: En La Cama (feat. Daddy Yankee) - Nicky Jam



## Chasse touch 2x, ½ paddle 4x turn R.

- 1 Rf step to side
- & Lf close to Rf
- 2 Rf step to side
- & Lf touch next Rf
- 3 LF step to side
- & Rf close to Lf
- 4 Lf step to side
- & Rf touch next Lf
- 5 Rf paddle 1/8 turn R
- 6 Rf paddle 1/8 turn R
- 7 Rf paddle 1/8 turn R
- 8 Rf paddle 1/8 turn R

## Chasse touch 2x, ½ paddle 4x turn R.

- 1 Rf step to side
- & Lf close to Rf
- 2 Rf step to side
- & Lf touch next Rf
- 3 LF step to side
- & Rf close to Lf
- 4 Lf step to side
- & Rf touch next Lf
- 5 Rf paddle 1/8 turn R
- 6 Rf paddle 1/8 turn R
- 7 Rf paddle 1/8 turn R
- 8 Rf paddle 1/8 turn R

## Sailor step 2x, traveling touches fwd 4x.

- 1 Rf step behind Lf
- & Lf step left
- 2 Rf step right
- 3 Lf step behind Rf
- & Rf step right
- 4 Lf step left
- & Rf touch fwd
- 5 Rf step slightly back
- & Lf touch fwd
- 6 Lf step slightly back
- & Rf touch fwd
- 7 Rf step slightly back
- & Lf touch fwd
- 8 Lf step slightly back

## Out-out in-in 2x, side close side kick, ¼ step close step fwd.

- 1 Rf step diagonal fwd

& Lf step diagonal fwd  
2 Rf step back  
& Lf step back  
3 Rf step diagonal fwd  
& Lf step diagonal fwd  
4 Rf step back  
& Lf step back  
5 Rf step to side  
& Lf close to Rf  
6 Rf step to side  
& Lf kick diagonal to left  
7 Lf ¼ step left  
& Rf step next Lf  
8 Lf step fwd

**Options : Do the dance with your knees bent and swivel your feet and use your hips.**

**Contact: [info@studiot2ld.com](mailto:info@studiot2ld.com)**

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