

# La Dieta

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Andrico Yusran (INA) - January 2020

**Musique:** La Dieta - Sharlene : (Lyric Video)



**Restart :** On 3 , 5 , 7 after 16 count

**Tag :** 2 count On wall 5 after 16 count

**Start Dance** ♥ after Intro Music 16 counts

## **S1# FORWARD SHUFFLE - MAMBO FORWARD - BACK LOCK SHUFFLE - BACK MAMBO**

1&2 Step R forward , L close beside R , R forward

3&4 L forward , R in place , L close beside R

5&6 R back , L cross back over R , R back

7&8 L back , R in place , L close beside R

## **S2# SIDE MAMBO CROSS - SIDE CHASSE - CROSS ROCK 1/4 TURN - LOCK SHUFFLE**

1&2 Step R to side , L in place , R cross over L

3&4 L side , R close beside L , L side

5&6 R cross over L , L recover , R 1/4 turn to R

7&8 L forward , R lock behind L , L forward

**\*( Restart here on wall 3 , 5 , 7 )\***

**Note\* On 5 after 16 counts - tag 2 count**

## **S3# SIDE CHASSE - CROSS ROCK - CROSS SHUFFLE - SIDE MAMBO**

1&2 Step R to side , L close beside R , R side

3&4 L cross over R , R recover , L side

5&6 R cross over L , L side , R cross over L

7&8 L side , R in place , L close beside R

## **S4# SIDE - CLOSE TOUCH - SIDE - CLOSE TOUCH - BACK LOCK - BACK MAMBO**

1-4 Step R side , L close touch beside R , L side , R close touch beside L

5&6 R back , L back cross over R , R back

7&8 L back , R in place , L close beside R

## **TAG 2 COUNT**

### **SIDE TOUCH - CLOSE TOUCH**

1-2 R side touch , R close touch beside L

**Enjoy The Dance**

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