

Astaga

Compte: 64

Mur: 4

Niveau: Phrased High Beginner

Chorégraphe: Arra (INA) - July 2020

Musique: Astaga - Ruth Sahanaya



Tag : 8 count

Sequence : AA B(16) TAG A B A A (16) B (16) B B B

Intro : 32 count / on lyric

PART A

A1: BACK WALK – COASTER STEP – MAMBO CROSS L/R

1-2 step RF back - step LF back
3&4 step RF back – step LF beside RF – step RF forward
5&6 step LF to L side – recover on RF – cross LF over RF
7&8 step RF to R side - recover on LF – cross RF over LF

A2: FORWARD SHUFFLE – MAMBO TURN ¼ L – RHUMBA BOX

1&2 step LF forward – step RF behind LF – step LF forward
3&4 step RF forward – turn ¼ L weight on LF – cross RF over LF
5&6 step LF to L side – step RF beside LF – step LF forward
7&8 step RF to R side – step LF beside RF – step RF back

A3: BACK MAMBO – R CHASSE – DOUBLE TOUCH – SAILOR TURN L

1&2 step LF back – recover on RF – step LF forward
3&4 step RF to R side – step LF beside RF – step RF to R side
&5&6 touch LF beside RF – touch LF to L side – touch LF beside RF – touch LF to L side
7&8 cross LF behind RF ¼ turn L – step RF to R side – step LF in place (facing : 06.00)

A4: FORWARD MAMBO – BACK MAMBO – V STEP

1&2 step RF forward – recover on LF – step RF back
3&4 step LF back – recover on RF – step LF forward
5-6 step RF diagonal out – step LF diagonal out
7-8 step RF diagonal in – step LF diagonal in

PART B

B1 : TOE STRUT – HEEL JACK STEP

1&2&3&4& RF point beside LF – drop RF - LF point beside RF – drop LF – RF point beside LF – drop RF – LF point beside RF – drop LF
5&6&7&8& cross RF over LF – step LF to L side – heel RF – step RF to R side – cross LF over RF – step RF to R side – heel LF – step RF to R side

B2 : REPEAT B1

B3: CHASSEE R/L – SAILOR STEP R/L

1&2& step RF to R side – step LF beside RF – step RF to R side – touch LF beside RF
3&4 step LF to L side – step RF beside LF – step LF to L side
5&6 cross RF behind LF – step LF to L side – step RF in place
7&8 cross LF behind – step RF to R side – step LF in place

B4: CHASSE R/L – PIVOT ¾ TURN L

1&2& step RF to R side – step LF beside RF – step RF to R side – touch LF beside RF
3&4 step LF to L side – step RF beside LF – step LF to L side
5-6 step RF forward – ½ turn L weight on L

7-8 step RF forward – ¼ turn L weight on L

TAG

FORWARD MAMBO – BACK MAMBO – PIVOT ½ TURN L

1&2 step RF forward – recover on LF – step LF back

3&4 step LF back – recover on RF – step LF forward

5678 step RF forward – ½ turn l weight on LF – step RF forward – ½ turn l weight on LF

Note : Part A (16) at 8 count : touch RF beside LF

Contact: arravillo@gmail.com
