

Ten Cuidado

Compte: 32

Mur: 4

Niveau: Easy Intermediate

Chorégraphe: Ira Barie (INA) - March 2021

Musique: Ten Cuidado (feat. El Alfa & Omar Courtz) - Pitbull, Farruko & IAmChino



Intro: 16 Count - No tag - No Restart

Sec 1. SAMBA WHISK R-L , ½ TURN L SAMBA WHISK R, ROCK TO L SIDE , RECOVER & FLICK

- 1&2 Step RF to R side, Rock back on LF, Recover onto RF
3&4 Step LF to L side, Rock back on RF, Recover onto LF
5&6 ½ turn left step RF to R side, Rock back on LF, Recover onto RF (facing 06.00)
7-8 Rock side on LF, Recover onto RF while flick on LF

Sec 2. CROSS ROCK L, CIRCULAR VOLTA X3 MAKING ½ TURN L, FWD MAMBO R

- 1&2& Step LF cross over RF, Recover on RF, Rock side on LF, Recover on RF
3-4 cross LF over RF, Hold
&5&6 Step ball of RF to R side, Make a 1/4 turn L and cross LF over RF, Step ball of RF to R side, Make a ¼ turn L and cross over RF (facing 12:00)
7&8 Step RF forward , recover on LF, step RF beside LF
(Optional : step ball on RF, step in place on LF, touch RF beside LF)

Sec 3. VAUDEVILLE R-L, CIRCULAR VOLTA X3 MAKING ¾ TURN R

- 1&2& Cross RF over LF , step LF to L side , dig R heel diagonally to R side, step RF in place
3&4& Cross LF over RF , step RF to R side , dig L heel diagonally to L side , step LF in place
5-6 Step RF cross over LF, Hold
&7&8 Step ball of LF to L side, make a ½ turn R and cross RF over LF, step ball of LF to L side, make a ¼ turn R and cross over LF (facing 09.00)

Sec 4. Samba Press x2 R-L, TOUCH, BATUCADAS

- 1&2 Press ball of LF into floor next to RF, Rock back on RF, Recover onto LF
3&4 Press ball of RF into floor next to LF, Rock back on LF, Recover onto RF
5 Touch on LF beside RF
&6 Step LF back (&), Press RF fwd and roll hip CW (5) - Option: touch R toes forward (5) 9:00
&7 Step RF back (&), Press LF fwd and roll hip CCW (6) - Option: touch L toes forward (6) 9:00
&8 Step LF back (&), Press RF fwd and roll hip CW (7) - Option: touch R toes forward (7) 9:00

Enjoy the dance !!!

Contact ira.140289@gmail.com

Last Update - 4 April 2021