

Amor Y Dolor

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Caecilia M Fatruan (INA) - May 2021

Musique: Amor Y Dolor - Carlos Baute



Dance Start, at the first verse.. Restart on Wall 4 & 8 only 16 count

S1. SIDE ROCK, RECOVER, CHASSE 2x, RIGHT & LEFT

- 1-2 RF step to the R side, recover on LF
- 3&4 RF step to the R side, LF close (&), RF step to R side
- 5-6 LF step to the L side, recover on RF
- 7&8 LF step to the L side, RF close (&), LF step to L side

S2. MAMBO R&L, WEAWE

- 1&2 RF back rock, recover on LF (&), RF replace
- 3-4 LF back rock, recover on RF (&), LF replace
- 5&6& RF step in front of LF, LF step to L side (&) RF step behind LF, LF step side (&)
- 7&8 RF step in front of LF, LF step to L side (&), RF step behind LF

S3. CROSS ROCK 3X, ¼ TURN LEFT, VOLTA HALF TURN RIGHT

- 1&2& LF step cross in front of RF, RF step to the R side (&) LF step cross in front of RF, RF step side (&)
- 3&4 LF step cross in front of RF, RF step R side (&), make 1/4 turn Left, RF step to the L side
- 5&6& RF step fwd, LF Close (&), RF step Fwd while 1/4 turn R, LF close (&)
- 7&8 RF step fwd while ¼ turn R, LF close (&) RF step fwd

S4. RUMBA BOX FWD, ROCK RECOVER, HALF TURN SHUFLE

- 1&2 LF step to the L side, RF close (&), LF step fwd
- 3&4 RF step to the R side, LF close (&) RF step fwd
- 5-6 LF step fwd, recover weight on L
- 7&8 LF step to the L side, while ¼ turn L, RF close (&) LF step to the L side while ¼ turn L

Well Done..you did it
