

Si Una Vez (if I Once)

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Nengrany Bafadhal (INA) - April 2021

Musique: Si Una Vez (If I Once) (Spanglish Version) (feat. Frankie J, Becky G & Kap G) - Play-N-Skillz

Intro : (16 Count)

SEC I ___ WALK, ROCK SIDE, FORWARD, ROCKING CHAIR, FORWARD MAMBO

- 1.2 - Step RF forward, step LF forward
- 3&4 - Rock RF to right side, recover on LF, step RF beside LF
- 5&6& - Rock LF forward, recover on RF, Rock LF back, recover RF
- 7&8 - Rock LF forward, recover on RF, step LF beside RF

SEC II ___ BASIC NC, SHUFFLE FORWARD, 1/2 TURN L SHUFFLE FORWARD

- 1.2& - Step RF to right side, step LF slightly behind RF, cross RF over LF
- 3.4& - Step LF to left side, step RF slightly behind LF, cross LF over RF
- 5&6 - Step RF forward, step LF beside RF, step RF forward
- 7&8 - 1/2 turn L step LF forward, step RF beside LF, step LF forward

SEC III ___ DIAMOND 3/4 TURN R

- 1&2& - Cross RF over LF, step LF to left side, 1/8 turn R step back on RF, hitch on LF (7.30)
- 3&4& - Step back on LF, 1/8 turn R step RF to right side, 1/8 turn R step LF forward, hitch on RF (10.30)
- 5&6& - Cross RF over LF, 1/8 turn L step LF to left side, 1/8 turn R step back on RF hitch on LF (1.30)
- 7&8 - Step back on LF, 1/8 turn R step RF to right side, step LF forward (3.00)

SEC IV ___ ROCK SIDE, CROSS, ROCK FORWARD, 1/2 TURN R, LOCK SHUFFLE

- 1&2 - Rock RF to right side, recover on LF, Cross RF over LF
- 2&4 - Rock LF to left side, recover on RF, cross LF over RF
- 5&6 - Rock RF forward, recover on LF, 1/2 turn R step RF forward
- 7&8 - Step LF forward, step RF behind LF, step RF forward

(Option : FULL TURN R)

Tag After Wall : 9

- 1.2 - Touch R toes to the right side and raise right hand
- 3.4 - Raise left hand
- 5.6.7.8 - Lower both hand