

Sin Prisa

Compte: 64

Mur: 1

Niveau: Improver

Chorégraphe: Wenarika Josephine (INA) - July 2022

Musique: Dj Mixmaster P - Daniel Santracruz - Lento Remix



Hand style 1,2,3,4 :Cross R arm in front chest – cross L arm – straighten both arms forward making heart♥ figure – clap

Intro dance 16 counts

1 – 4 R to side – L beside R – R to side – close touch L

5 – 8 L to side – R beside L – L to side – close touch R

(repeat 1 - 8)

****2 RESTARTS (wall 2 after 48c) & (wall 4 after 44c)**

Sect 1: CROSS & SIDE TOUCH, BEHIND SIDE CROSS, TRIPLE STEP

1 – 2 R cross touch over L – R touch to side

3 & 4 R behind L – L to side – R cross over L

5 & 6 L to side – R beside L – L in place

7 & 8 R to side – L beside R – R in place

Sect 2: CROSS & SIDE TOUCH, BEHIND SIDE CROSS, TRIPLE STEP

1 – 2 L cross touch over R – L touch to side

3 & 4 L behind R – R to side – L cross over R

5 & 6 R to side – L beside R – R in place

7 & 8 L to side – R beside L – L in place

Sect 3: FORWARD, ½ TURN RIGHT, COASTER STEP, SIDE MAMBO FWD

1 – 2 R forward – turn ½ right step L back (6.00)

3 & 4 R step back – L beside R – R forward

5 & 6 L rock to side – recv on R – L slightly forward

7 & 8 R rock to side – recv on L – R slightly forward

Sect 4: FORWARD, ½ TURN LEFT , COASTER STEP, SIDE MAMBO FWD

1 – 2 L forward - ½ turn left step R back (12.00)

3 & 4 L step back – R beside L – L forward

5 & 6 R rock to side – recv on L – R slightly forward

7 & 8 L rock to side – recv on R – L slightly forward

Sect 5: WALK WALK SHUFFLE FULL CIRCLE

1 – 2 ¼right R fwd - ¼ right L fwd (3.00)

3 & 4 ¼ right shuffle on R-L-R (6.00)

5 – 6 ¼right L fwd - ¼ right R fwd (9.00)

7 & 8 ¼ right shuffle on L-R-L (12.00)

Sect 6: JAZZ BOX , PUSH HIPS

1 – 4 Cross R over L – L back – R to side – L forward

*** (Restart here on wall 4)**

5 – 8 Push hips to right – left – right – left

*** (Restart here on wall 2)**

Sect 7: FORWARD & BACK TOUCHES WITH HIP BUMP

1 – 2 R forward – L touch behind R

- 3 – 4 L back – R touch beside L
- 5 – 6 R back – L touch slightly in front of R
- 7 – 8 L forward - R touch beside L

Sect 8: FULL PADDLE TURN WITH ROLLING HIPS

- 1 – 2 Turn ¼ left R to side – L in place (9.00)
- 3 – 4 Turn ¼ left R to side – L in place (6.00)
- 5 – 6 Turn ¼ left R to side – L in place (3.00)
- 7 – 8 Turn ¼ left R to side – L in place (12.00)

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