

# Las 12

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Herman Baso (INA) - November 2022

**Musique:** LAS 12 - Ana Mena & Belinda



**Intro. : 32 Counts**

**Note. : 1x Tag (4C) After Wall 8 Facing 12 O'clock (V Step)**

## **S1# 2x KICK BALL CHANGE - STEP FWD - 1/2 TURN WITH SWEEP OUT - COASTER STEP**

- 1&2. kick RF fwd, step RF next to LF, step LF in place
- 3&4 kick RF fwd, step RF next to LF, step LF in place
- 5, 6. step RF fwd, 1/2 turn left sweep LF out front to back
- 7&8. step LF back, close RF next to LF, step LF fwd

## **S2# SWITCH SIDE TOUCH (R - L - R) - HIP BUMP - STEP BACK & TOUCH FWD (R - L)**

- 1&2&. touch RF to side, close RF next to LF, touch LF to side, close LF next to RF
- 3&4. touch RF to side, bump the right hip (up, down)
- 5, 6. step RF back, toe touch LF fwd
- 7, 8. step LF back, toe touch RF fwd.

## **S3# WALK FWD (R - L) - LOCK SHUFFLE FWD - 1/2 PIVOT - LOCK SHUFFLE FWD**

- 1, 2. step RF fwd, step LF fwd
- 3&4. step RF fwd, lock LF behind RF, step RF fwd
- 5, 6. step LF fwd, 1/2 turn right weight on LF
- 7&8. step LF fwd, lock RF behind LF, step LF fwd

## **S4# SIDE - HOLD - CLOSE - SIDE - CLOSE TOUCH - 1/4 TURN LEFT STEP FWD - 1/2 TURN LEFT STEP BACK - 1/2 TURN LEFT LOCK SHUFFLE FWD**

- 1, 2&. step RF to side, hold, close LF next to RF
- 3, 4. step RF to side, close touch LF next to RF
- 5, 6. 1/4 turn left step LF fwd, 1/2 turn left step RF back
- 7&8. 1/2 turn left step LF fwd, lock RF behind LF, step LF fwd

## **TAG (4C)# V STEP**

- 1, 2. step RF diagonally fwd, step LF diagonally fwd
- 3, 4. step RF back to the center, close LF next to RF.

**Repeat from the start**

**Let's get sweaty, healthy and happy!**

**Best Regards**

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