

# La Noia

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Vee Trias (INA) - March 2024

Musique: La noia - Angelina Mango



Sequence: 32, Tag, 16, 32, 32, 32, 32, 32, 32, Tag, 16, 32, 32

## \*S1. FORWARD MAMBO - BACK MAMBO - CROSS MAMBO\*

1&2 Rock R forward, Recover on L, Step R back  
3&4 Rock L back, Recover on R, Step L forward  
5&6 Rock R to side, Recover on L, Cross R over L  
7&8 Rock L to side, Recover on R, Cross L over R

## \*S2. STATIONARY SAMBA - JAZZBOX TURN ¼ RIGHT\*

1 a2 Step R together, Rock L back on ball, recover on R  
3 a4 Step L together, Rock R back on ball, recover on L  
5-8 Cross R over L, Turn ¼ right step L back, Step R to side, Cross L over R

## \*S3. SIDE ROCK - SIDE CHASSE - SIDE ROCK - SIDE CHASSE\*

1-2 Rock R to side with body sway, Recover on L with body sway  
3&4 Step R to side, Step L together, Step R to side  
5-6 Rock L to side with body sway, Recover on R with body sway  
7&8 Step L to side, Step R together, Step L to side

## \*S4. PIVOT TURN ½ LEFT - FORWARD LOCK SHUFFLE - CHUG TURN RIGHT (3x) - TOGETHER\*

1-2 Step R forward, ½ turn left weight on L  
3&4 Step R forward, Lock L behind R, Step R forward  
5&6& Turn ¼ right chug L to side, Recover on R, Turn ¼ right chug L to side, Recover on R  
7&8 Turn ¼ right chug L to side, Recover on R, Step L together

**\*Restart\* : On Wall 2 & 9 after 16c**

**\*Tag\* : 4c, End of Wall 1 & Wall 8**

1&2 Rock R forward, Recover on L, Step R back  
3&4 Rock L back, Recover on R, Step L forward

**Have fun and happy dancing!**