

Espresso

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Sandra Lumbaraja (INA) - April 2024

Musique: Espresso - Sabrina Carpenter



Dance starts after 16 counts

Tag after wall 4 (facing 12.00)

Tag : R HIP BUMPS (2X), L HIP BUMPS (2X), JAZZ BOX

- 1&2 RF step to R bumping hips to R twice
- 3&4 Bumping hips to L twice
- 5 – 8 RF cross over LF, LF step back, RF step to R side, LF step forward

SECTION 1: WALK FORWARD (RL) – CLOSE – TWIST – SIDE ROCK – RECOVER – COASTER STEP

- 1 – 2 RF step forward, LF step forward
- 3&4 RF close beside LF, swivel both heels right, heels center
- 5 – 6 LF step to L side, RF recover
- 7&8 LF step back, RF together, LF forward

SECTION 2: STEP, LOCK, STEP, LOCK, STEP (RL)

- 1 – 2 RF slightly diagonal forward, LF step cross behind RF
- 3&4 RF slightly diagonal forward, LF step cross behind RF, RF slightly diagonal forward
- 5 – 6 LF slightly diagonal forward, RF step cross behind LF
- 7&8 LF slightly diagonal forward, RF step cross behind LF, RF slightly diagonal forward

SECTION 3: CROSS – BACK - ¼ TURN R SIDE CHASSE, FORWARD, FLICK, FORWARD, FLICK

- 1 – 2 RF cross over LF, LF step back
- 3&4 ¼ turn R stepping RF to R side, LF close beside RF, RF step to R (03.00)
- 5 – 6 LF step forward, RF heel up knee bent
- 7 – 8 RF step forward, LF heel up knee bent

SECTION 4 : FORWARD ROCK, RECOVER, BACK SHUFFLE, BACK ROCK, RECOVER, FORWARD, PIVOT ½ L TURN

- 1 – 2 LF rock forward, RF recover
- 3&4 LF step back, RF step back beside LF, LF step back
- 5 – 8 RF step back, LF recover, RF step forward, pivot ½ turn L (weight on L) (09.00)

Enjoy the dance ♥☐