

Tena Reta lung

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Roosamekto Mamek (INA) - July 2024

Musique: Tena Reta lung - Alfred Gare



Intro: 28 count (approximately 00:18)

Tag (6 count) : End of wall 1, 2 & 6

Restart : On wall 3 after 60 count & on wall 4 after 32 count

S1. SIDE, TOUCH BEHIND. V STEP

- 1-4 Step R to side – Touch L behind R – Step L to side – Touch R behind L (12:00)
5-8 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together

S2. STEP LOCK, DIAGONAL FORWARD LOCK SHUFFLE

- 1-2 Step R diagonal forward – Lock L behind R
3&4 Step R diagonal forward – Lock L behind R – Step R diagonal forward
5-6 Step L diagonal forward – Lock R behind L
7&8 Step L diagonal forward – Lock R behind L – Step L diagonal forward

S3. DIAGONAL BACK, TOUCH, COASTER STEP

- 1-4 Step R diagonal back – Touch L together – Step L diagonal back – Touch R together
5-6 Step R diagonal back – Touch L together
7&8 Step L back – Step R together – Step L forward

S4. SIDE, TOGETHER, SIDE, TOUCH

- 1-4 Step R to side – Step L together – Step R to side – Touch L together
5-8 Step L to side – Step R together – Step L to side – Touch R together

S5. MONTEREY TURN 1/4 RIGHT, MONTEREY, ROCKING CHAIR

- 1-4 Touch R to side – Turn ¼ right step R together – Touch L to side – Step L together (3:00)
5-8 Rock R forward – Recover on L – Rock R back – Recover on L

S6. WALK FORWARD, KICK, WALK BACK, TOUCH

- 1-4 Step R forward – Step L forward – Step R forward – Kick L forward
5-8 Step L back – Step R back – Step L back – Touch R together

S7. REVERSE COASTER STEP TURN 1/4 RIGHT, SIDE, TOGETHER, SIDE, TOUCH

- 1-4 Step R forward – Step L together – Turn ¼ right step R to side – Touch L together (6:00)
5-8 Step L to side – Step R together – Step L to side – Touch ketika together

S8. VINE RIGHT, SIDE, TOUCH

- 1-4 Step R to side – Cross L behind R – Step R to side – Cross L over R
5-8 Step R to side – Touch L together – Step L to side – Touch R together (6:00)

REPEAT

Tag (6 count) : End of wall 1, 2 & 6

- 1-4 Rock R forward – Recover on L – Rock R back – Recover on L
5-6 Step R together – Step L in place

RESTART : On wall 3 after 60 count & on wall 4 after 32 count

For more info about step sheet & song, please contact:

Mamek : Roosamekto.Nugroho@gmail.com
