

Mango Smoothie

Compte: 64

Mur: 4

Niveau: Improver Cha

Chorégraphe: Sherry Palencia (USA) - January 2010

Musique: El Rey Tiburón - Maná



(Don't be afraid to move those hips!)

LEFT FORWARD BACK cha cha cha RIGHT BACK FORWARD cha cha cha

1-2 3&4 Left rock forward, R back, - in place LRL (cha cha cha)

5-6 7&8 Right rock back, L forward, - in place RLR (cha cha cha)

LEFT SIDE cha cha SIDE, RIGHT SIDE cha cha

1-2 3&4 Left rock side return R - moving forward LRL (cha cha cha)

5-6 7&8 Right rock side return L - moving forward RLR (cha cha cha)

FULL TURN RIGHT, Cha Cha, BACK R,L CROSS R, R cha cha cha

1-2 3&4 Full turn R stepping back L, R, in place step LRL (cha cha cha)

5-6 7&8 Step back R (angle) cross L over R, step RLR (cha cha cha)

L BACK, R CROSS L, L cha cha R, ROCK BACK RECOVER, R cha cha

1-2 3&4 Step back L (angle) cross R over L, step LRL (cha cha cha)

5-6 7&8 R Rock back, recover L, step RLR (cha cha cha)

LEFT cha cha cha, step RIGHT, LEFT - RIGHT cha cha cha ,step LEFT RIGHT

1&2 3-4 Step LRL (cha cha cha) Right rock back recover L

5&6 7-8 Step RLR (cha cha cha) Left rock back, recover R

BOOGIE WALK FORWARD

1-2 3&4 Walk L,R with attitude, LRL (cha cha cha) (full turn can be a variation)

5-6 7&8 Walk R,L with attitude, RLR (cha cha cha) (full turn can be a variation)

(ROCKS, ON-THE-SPOT TRIPLES) x2

1-2 3&4 Rock L forward & recover (cha cha cha),

5-6-7&8 Rock R forward & recover, (cha cha cha)

SHUFFLE LEFT, RIGHT BEHIND LEFT, STEP LEFT, SHUFFLE MOVING LEFT, STEP LEFT ¼ TURN RIGHT

1&2,3-4 Shuffle LRL, Step Right behind Left step Left

5&6,7-8 Moving to Left, Shuffle RLR over Left, Step L turn ¼ Right

Repeat and Enjoy!