

Mi Condena

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Gudrun Schneider (DE) & Dirk Osterloh - December 2011

Musique: Mi Condena - Marcos Llunas



Samba Step R, Rock Forward, Back L + R, ¼ Turn L, Cross, Side

- 1&2 Cross Right Over Left – Step Left Side And Weight To Right
- 3-4 Rock Left Forward, Recover (Weight To Right)
- 5-6 Walk Back Left - Right
- &7-8 ¼ Turn Left And Step Left – Cross Right Over Left And Step Left Side

Sailor Step, Behind - ½ Turn L, Jazz Box

- 1&2 Cross Step Right Behind Left, Step Left Side, Step Right Side
- 3-4 Cross Step Left Behind Right – ½ Turn Left On Place
- 5-6 Cross Right Over Left, Step Back Left
- 7-8 Step Right To Right, Step Left Forward

Walk R + L, Close , Side Rock L , Walk L + R, Close, Side Rock R

- 1-2 Walk Right - Left
- &3-4 Right Together – Side Rock Left, Weight To Right
- 5-6 Walk Left - Right
- &7-8 Left Together – Side Rock Right, Weight To Left

Rock Forward , Coaster Step R + L

- 1-2 Rock Right Forward, Recover To Left
- 3&4 Back Right, Close, Step Right
- 5-6 Rock Left Forward, Recover To Right
- 7&8 Back Left, Close, Step Left

Side Touch R + L , ¼ Turn R –Step, ¼ Turn-Close, ¼ Turn R-Close, ¼ Turn R

- 1-2 Step Right, Touch Left Together
- 3-4 Step Left, Touch Right Together
- 5& ¼ Turn Right With Step Forward – Left Behind Close Right (3.00)
- 6& ¼ Turn Right With Step Forward – Left Behind Close Right (6.00)
- 7& ¼ Turn Right With Step Forward – Left Behind Close Right (9.00)
- 8 ¼ Turn Right With Step Forward (12.00)

Side Touch L + R, Step With ¼ Turn L , ½ Turn L , ½ Turn L

- 1-2 Step Left, Touch Right Together
- 3-4 Step Right, Touch Left Together
- 5-6 ¼ Turn Left With Step Forward – ½ Turn Left With Step Back
- 7-8 ½ Turn Left With Step Left Forward – Step Right

Mambo Step, Back R + L, ½ Turn R, ¼ Turn R, Sailor Step

- 1&2 Rock Forward Left, Rock Back Right, Step Back Left
- 3-4 Walk Back Right - Left
- 5-6 ½ Turn Right With Step Right Forward – ¼ Turn Right With Step Left Side
- 7&8 Cross Step Right Behind Left, Step Left Side, Step Right Side

Rock Forward , Shuffle In Place Turning Full L, Step, ½ Turn R, ½ Turn R

- 1-2 Rock Left Forward, Recover (Weight To Right)
- 3&4 Triple Turn On Place (Left - Right – Left)

5-6 Step Right, ½ Turn Right With Step Back
7-8 ½ Turn Right With Step Forward, Step Left

Keep Smiling And Have Fun!
