

El Empuje

拍数: 32 墙数: 4 级数: Improver
编舞者: Rissa Miura (INA) & Tya Paw (INA) - March 2020
音乐: El Empuje by Daddy Yankee (Bonus track version) (Audio Official)



Restart after wall 6 (16 Count)

Start on 16 Count

S1. K STEP - ROCKING CHAIR - SIDE TOUCH - CLOSE TOUCH - SIDE TOUCH

1&2& Step R diagonal forward , Touch L together , Step L diagonal back , Touch R together
3&4& Step R diagonal back, Touch L together , Step L diagonal Forward , Touch L together
5&6& Rock R forward, Recover on L, Rock R back, Recover on L
7&8 Touch R to side, Touch R together, Touch R to side

S2. CROSS SHUFFLE (RIGHT/LEFT) - SAMBA WHISK RIGHT - SAMBA WHISK LEFT

1 & 2 Cross R over L, Step L to side , Cross R over L
3 & 4 Cross L over R , Step L to side, Cross L over R
5 & 6 Step R to side, Step L behind R, Recover on R
7 & 8 Step L to side, Step R behind L, Recover on L.

S3. JAZZ BOX MODIFIED - HOLD - SIDE - CROSS SHUFFLE - ROCK SIDE TOUCH

1-2&3 Cross R over L, Step L back , Step R to side , Cross L over R
4 & Hold, Step R to side
5&6 Cross L over R, Step R to side, Cross L over R
7&8 Step R to side, Recover on L , Touch R beside L

S4. FORWARD SHUFFLE (RIGHT/ LEFT) - DIAMOND SHAPE 1/4 TURN RIGHT

1 & 2 Step R forward, Step L together, Step R forward
3 & 4 Step L forward, Step R together, step L forward
5 & 6 Cross R over L, 1/8 turn right step L to side, Step R back
7 & 8 ; Step L back , 1/8 turn right step R to side, Step L forward

Enjoy the dance

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