

El Esta Por Mi

拍数: 64 墙数: 4 级数: Improver
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S (INA) & Susanty (INA) - December 2020
音乐: Loca - Shakira



#1. Rhumba Box

1-4 Step L side, Step R next to L, Step L forward, Hold

5-8 Step R side, Step L next to R, Step R back, Hold

Option for intermediate dancer: Step change for Section 1 on wall 3, 6, 9 (on chorus part)

1-2 Sway L, Hold

3-4 Sway R, Hold

5-6 Sway L, Hold

7-8 Sway R, Hold

#2. Coaster step, Mambo turn 1/2r

1-4 Step L back, step R next to L, Step L forward, Hold

5-8 Step R forward, Step L slightly forward, Turn 1/2 right step R back, Hold

#3. Back mambo, Cross, Recover, Side touch

1-4 Rock L back, Recover on R, Step L forward, Hold

5-8 Cross rock R over L, Recover on L, Touch R side, Hold

#4. Botafogo R L

1-4 cross R over, rock L side, recover on R, Hold

5-8 cross L over, rock R side, recover on L, Hold

#5. Voltas

1-2 cross R over L ,step L to side

3-4 cross R over L ,step L to side

5-6 turn 1/4 right cross R over L ,step L to side[9]

7-8 cross R over L, Hold

Optional: do the voltas in a quarter circle shape unto 9.00

#6. Mambo cross, Merengue

1-4 rock L side, recover on R ,cross L over, Hold

5-8 step R side ,step L together, step R side, Hold

#7. Cumbia L R

1-4 rock L ball behind, recover on R, step L side, Hold

5-8 rock R ball behind, recover on L, step R side, Hold

#8. Forward Mambo L R

1-4 Rock L forward, recover on R, step L next to R, Hold

5-8 rock R forward, recover on L, step R next to L, Hold