

Suelta

拍数: 32 墙数: 4 级数: Improver
编舞者: Detty Dee (INA), Swesty Budianingsih (INA), lin Setiaji (INA) & Roosamekto
Mamek (INA) - March 2022
音乐: Suelta (feat. Mr. Vegas, Maria Becerra & Fatman Scoop) - Dímel Flow, Rauw
Alejandro & Farruko



Intro: 16 count – NO TAG, NO RESTART

S1. FORWARD MAMBO, BACK MAMBO, CROSS SHUFFLE

1&2 Rock R forward – Recover on L – Step R back (12:00)
3&4 Rock L back – Recover on R – Step L forward
5&6 Cross R over L – Step L to side – Cross R over L
7&8 Cross L over R – Step R to side – Cross L over R (12:00)

S2. SHUFFLE TURN 1/4 RIGHT, CHASE TURN 1/2 RIGHT, SKATE R-L-R-L

1&2 Step R to side – Step L together – Turn 1/4 right step R forward (3:00)
3&4 Step L forward – Turn 1/2 right weight on R – Step L forward (9:00)
5-8 Skate R forward – Skate L forward – Skate R forward – Skate L forward (9:00)

Note: When doing the Skate Forward, the toes point out and moving slightly diagonal forward

S3. BOTAFOGOS, DIAMOND SHAPE FALLAWAY TURN 1/4 RIGHT

1 a2 Cross R over L – Rock L to side – Recover on R (9:00)
3 a4 Cross L over R - Rock R to side – Recover on L
5&6& Cross R over L – Turn 1/8 right step L to side – Step R back – Hitch L knee up (10:30)
7&8 Step L back – Turn 1/8 right step R to side – Cross L over R (12:00)

S4. MODIFIED CONTINUOUS SYNCOPATIONS WEAVE TURN 1/4 LEFT, SYNCOPATION MONTEREY, RUN FORWARD R-L

&1-2 Step R to side – Cross L behind R – Hold (12:00)
&3&4 Step R to side – Turn 1/8 left cross L over R (1:30) – Step R to side – Cross L behind R (1:30)
&5 Turn 1/8 left step R to side (9:00) – Cross L over R
6&7& Touch R to side – Step R together – Touch L to side – Step L together
8& Step R forward – Step L forward (9:00)

REPEAT

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

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