

Si No Estás

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Mike Liadouze (FR) - December 2023
音乐: Si No Estás - Iñigo Quintero



Introduction: 16 counts

Dedicated to my other half for finding the music <3

[1-8] ROCK BACK, STEP LOCK STEP STEP, ROCK FWD, BALL STEP ½ TURN

1-2 Rock step RF back, Recover on LF forward
3&4& Step RF forward, Lock LF behind RF, Step RF forward, Step LF forward
5-6 Rock step RF forward, Recover on LF back
&7-8 Step RF together, Step LF forward, ½ turn R... Step RF forward (6:00)

[9-16] ¼ BALL CROSS, SIDE, BEHIND, ROCK & BEHIND, ROCK & BEHIND SIDE CROSS IN ¼ CIRCLE

&1-2 ¼ turn R... Step LF side, Cross RF over LF, Step LF side (9:00)
3-4& Cross RF behind LF, Rock step LF side, Recover on RF side
5-6& Cross LF behind RF, Rock step RF side, Recover on LF side
7&8 ⅛ turn R... Cross RF behind LF, ⅛ turn R... Step LF side, Cross RF over LF (12:00)

[17-24] HITCH, BIG STEP SIDE, SYNCHOPATED WEAVE, ⅛ TOGETHER, WALK, STEP LOCK STEP

&1-2 Hitch L knee, Big step LF side, Drag RF in
3&4 Cross RF behind LF, Step LF side, Cross RF over LF
&5-6 Step LF side, ⅛ turn R... Step RF together, Step LF forward (1:30)
7&8 Step RF forward, Lock LF behind RF, Step RF forward

[25-32] ROCK FWD, ⅝ TOGETHER, ROCK FWD, TOGETHER, STEP ½ TURN, STEP, LOCK STEP ½

1-2 Rock step LF forward, Recover on RF back
&3-4 ⅝ turn L... Step LF together, Rock step RF forward, Recover on LF back (9:00)
&5-6 Step RF together, Step LF forward, ½ turn R... Step RF forward (3:00)
7-8& Step LF forward angling body to R diagonal (4:30), ¼ turn R... Lock RF over LF, ¼ turn R...
Step LF back (9:00)

NO TAG NO RESTART
HAVE FUN !!! ☐