

La Noche Mia

拍数: 32 墙数: 4 级数: High Improver
编舞者: Arisps (INA) & Roosamekto Mamek (INA) - March 2025
音乐: La Noche Es Mia - Cancion de Fuego y Pasion



Intro : 16 count (approximately 00:09 secs)

TAG (4 COUNT) : End of wall 4

S1. DIAGONAL FORWARD LOCK SHUFFLE (R & L), DIAMOND SHAPE TURN 1/4 RIGHT

1&2 Step R diagonal forward – Lock L behind R – Step R diagonal forward (12:00)
3&4 Step L diagonal forward – Lock R behind L – Step L diagonal forward
5&6& Cross R over L – Turn 1/8 right step L back – Step R back – Hitch L knee up (1:30)
7&8 Step L back – Turn 1/8 right step R to side – Step L to side (3:00)

S2. SAMBA CROSS (R & L), BACK LOCK SHUFFLE, COASTER STEPS

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

S3. WALK FORWARD (R & L), FORWARD LOCK SHUFFLE, VOLTA 3/4 TURN LEFT

1-2 Step R forward – Step L forward (3:00)
3&4 Step R forward – Lock L behind R – Step R forward
5 a Turn 1/4 left cross L over R – Step R to side (12:00)
6 a Turn 1/4 left cross L over R – Step R to side (9:00)
7 a8 Turn 1/4 left cross L over R – Step R to side – Cross L over R (6:00)

S4. SAMBA WHISK (R & L), FORWARD LOCK SHUFFLE, FORWARD MAMBO

1 a2 Steps R to side – Rock L back – Recover on R (6:00)
3 a4 Step L to side – Rock R back – Recover on L
5&6 Step R forward – Lock L behind R – Step R forward
7&8 Rock L forward – Recover on R – Step L together (6:00)

REPEAT

TAG (4 COUNT) : End of wall 4

SIDE MAMBO (R & L)

1&2 Rock R to side – Recover on L – Step R together
3&4 Rock L to side – Recover on R – Step L together

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

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