

Como Estás

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Steve Rutter (UK)
音乐: Maria - US5



A Special Thank You to Mike & Mary Parkinson of "M 'n' M'z Linedance Fun" for bringing this music to my attention

CROSS, TOE TOUCH, VAUDEVILLE STEP, HIP BUMPS, VAUDEVILLE STEP

1-2 Cross right over left, touch left toe to side
3&4 Cross left over right, step right to side, touch left heel diagonally forward
5-6 Step left together and bump hips twice to left
& Step right in place
7&8 Cross left behind right, step right to side, touch left heel diagonally forward

LOCK STEP, MAMBO ROCK WITH ½ TURN RIGHT, SIDE ROCK, SAILOR ½ TURN LEFT

9&10 Turn 1/8 right and step left forward, lock right behind left, step left forward
11&12 Rock right forward, recover onto left, turn ½ right and step right forward
13-14 Turn 1/8 left and rock left to side, recover onto right (6:00)
15&16 Cross left behind right, turn ¼ left and step right together, turn ¼ left and step left slightly forward

KICK TWICE, WEAVE, KICK TWICE, CROSS BEHIND, ¼ TURN RIGHT, SIDE STEP

17-18 Kick right diagonally forward
With palms of hand out in front of you, press palms forward in conjunction with the kicks as if pushing something
19&20 Cross right behind left, step left to side, cross right over left
When dancing wall 5 add a & count here by stepping left to left side and then restart dance here
21-22 Kick left diagonally forward
With palms of hand out in front of you press palms forward in conjunction with the kicks as if pushing something
23&24 Cross left behind right, turn ¼ right and step right forward, step left to side

COASTER STEP, HIP ROCK, CLOSE, CROSS, UNWIND ¾ TURN, TOE TOUCH TWICE, SIDE STEP, DRAG

25&26 Step right back, step left together, step right forward
27-28 Rock left diagonally forward (pushing hips left), recover onto right
& Step left together
29-30 Cross right over left, unwind ¾ left (weight to left)
&31 Touch right toe together, touch right toe slightly side
32 Step right (big step) to side

Drag left toward right

BACK ROCK, SIDE STEP, BACK ROCK, SIDE STEP, BACK ROCK, TRIPLE FULL TURN RIGHT

33&34 Rock left back, recover onto right, step left to side
35&36 Rock right back, recover onto left, step right to side
37-38 Rock left back, recover onto right
39&40 Triple in place turning a full turn right stepping left, right, left

ROCK & TOUCH, COASTER CROSS, SIDE STEP, TOE TOUCH, BALL-CROSS, SIDE STEP, CLOSE

41&42 Rock right to side, recover onto left, touch right toe together
43&44 Step right back, step left together, cross right over left

45 Step left to side
46&47 Touch right toe together, step right in place, cross left over right
48& Step right to side, step left together

REPEAT

RESTART

When dancing wall 5, only dance up as far as count 20 (behind, side, cross) then add an & count by stepping left to left side and then restart dance again (you'll be facing 12:00 when you do this)
