

# Mi Alma

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - April 2012  
音乐: Mi Alma Se Muere (Chosen Few Remix) (feat. Pitbull & Omega) - Fuego



**Intro : 16 Counts After Beat Kicks In.**

**Side R, Together, Side R, Jump, Side L, Together, Side L, Jump**

1-2-3-4      Rf Step To Right, Lf Step Together, Rf Step To Right, Bf Jump On The Spot  
5-6-7-8      Lf Step To Left, Rf Step Together, Lf Step To Left, BF Jump On The Spot

**Touch Side R, Cross, Touch Side L, Cross, Monterey With 1/2 Turn R, Hitch**

1-2      Rf Touch To Right, Rf Step In Front Of Lf  
3-4      Lf Touch To Left, Lf Step In Front Of Rf  
5-6      Rf Touch To Right, Make 1/2 Turn Right Stepping Rf Together (6 O'clock)  
7-8      Lf Touch To Left, Hitch Left Knee In Front Of Right Leg

**Heel/Toe/Heel Swivel To Left, Heel/Toe/Heel Swivel To Right**

1-2-3-4      Bf Swivel Heels To Left, Bf Swivel Toes To Left, Bf Swivel Heels To Left, Bent Both Knees  
5-6-7-8      Bf Swivel Heels To Right, Bf Swivel Toes To Right, Bf Swivel Heels To Right, Stretch Both Knees

**(Weight Should End On Rf)**

**Stationery Step/Touches In Diagonal(With Shoulder Shimmies), 1/4 Turn R With Scuff**

1-2      Lf Step Diagonally Forward Left, Rf Touch Back On The Spot  
3-4      Rf Step Diagonal Back Right, Lf Touch Heel Diagonal Forward Left  
5-6      Lf Step Diagonally Forward Left, Rf Touch Back On The Spot  
7-8      Make 1/4 Turn Right Stepping Rf Forward, Lf Scuff Next To Rf (9 O'clock)

**(Optional: Shimmy Shoulders On Counts 1-6)**

**Rock/Recover L, Shuffle With 1/2 Turn L, Rock/Recover R, Shuffle With 1/2 Turn R**

1-2      Lf Rock Forward, Recover Onto Rf  
3&4      Shuffle L/R/L With 1/2 Turn Left (3 O'clock)  
5-6      Rf Rock Forward, Recover Onto Lf  
7&8      Shuffle R/L/R With 1/2 Turn Right (9 O'clock)

**Step L With 1/4 Turn R, Stomp L/R (2X)**

1-2      Lf Step Forward, Make 1/4 Turn Right Step Rf On The Spot (12 O'clock)  
3-4      Lf Stomp Next To Rf, Rf Stomp Next To Lf  
5-6      Lf Step Forward, Make 1/4 Turn Right Step Rf On The Spot (3 O'clock)  
7-8      Lf Stomp Next To Rf, Rf Stomp Next To Lf

**Step L Forward, Hold, 1/4 Turn R, Hold, Walk L/R/L, Touch Together**

1-2      Lf Step Forward, Hold  
3-4      Make 1/4 Turn Right Step Rf On The Spot , Hold (6 O'clock)  
5-6      Lf Step Forward, Rf Step Forward  
7-8      Lf Step Forward, Rf Touch Next To Lf

**Rock R Side/Recover, Cross Behind, Rock L/Recover, Cross In Front, Claps(2X)**

1-2      Rf Rock To Right, Recover Onto Lf  
3      Rf Cross Behind Lf  
4-5      Lf Rock To Left, Recover Onto Rf  
6      Lf Cross In Front Of Rf

