

En La Cama

拍數: 32 牆數: 4 級數: Novice
編舞者: Joran van der Noll (NL) - January 2020
音樂: En La Cama (feat. Daddy Yankee) - Nicky Jam



Chasse touch 2x, ½ paddle 4x turn R.

1 Rf step to side
& Lf close to Rf
2 Rf step to side
& Lf touch next Rf
3 LF step to side
& Rf close to Lf
4 Lf step to side
& Rf touch next Lf
5 Rf paddle 1/8 turn R
6 Rf paddle 1/8 turn R
7 Rf paddle 1/8 turn R
8 Rf paddle 1/8 turn R

Chasse touch 2x, ½ paddle 4x turn R.

1 Rf step to side
& Lf close to Rf
2 Rf step to side
& Lf touch next Rf
3 LF step to side
& Rf close to Lf
4 Lf step to side
& Rf touch next Lf
5 Rf paddle 1/8 turn R
6 Rf paddle 1/8 turn R
7 Rf paddle 1/8 turn R
8 Rf paddle 1/8 turn R

Sailor step 2x, traveling touches fwd 4x.

1 Rf step behind Lf
& Lf step left
2 Rf step right
3 Lf step behind Rf
& Rf step right
4 Lf step left
& Rf touch fwd
5 Rf step slightly back
& Lf touch fwd
6 Lf step slightly back
& Rf touch fwd
7 Rf step slightly back
& Lf touch fwd
8 Lf step slightly back

Out-out in-in 2x, side close side kick, ¼ step close step fwd.

1 Rf step diagonal fwd

& Lf step diagonal fwd
2 Rf step back
& Lf step back
3 Rf step diagonal fwd
& Lf step diagonal fwd
4 Rf step back
& Lf step back
5 Rf step to side
& Lf close to Rf
6 Rf step to side
& Lf kick diagonal to left
7 Lf ¼ step left
& Rf step next Lf
8 Lf step fwd

Options : Do the dance with your knees bent and swivel your feet and use your hips.

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