Lo Nuestro Vale Más



拍數: 32 牆數: 4 級數: High Improver

編舞者: Karine Moya (FR) - March 2020 音樂: Lo Nuestro Vale Más - Jesse & Joy



Intro: Start after «Me Niego a» (+1 sec)

**Choreography specially created for the workshop March 14 in Villeneuve de la Raho

SIDE TOUCH, SIDE TOUCH, R CHASSE, SIDE TOUCH, SIDE TOUCH, L CHASSE

1&2& Step R to the R side, L Touch beside R, Step L to the L side, R Touch beside L

3&4 Step R to the R side, Step L next to R, Step R to the R side

5&6& Step L to the L side, R Touch beside L, Step R to the R side, L Touch beside R

7&8 Step L to the L side, Step R next to L, Step L to the L side (12:00)

CROSS SAMBA 1/4 TURN, CROSS SAMBA FWD, CROSS ROCK, SIDE ROCK, BEHIND, SIDE ROCK, BEHIND

1&2	Cross R over L, Turn ¼ R Rock L to the Lside, Recover weight on to R (3h00)
3&4	Cross L over R, Rock R to the R side, Recover weight on to L (advancing slightly)
5&6&	Cross Rock step R , Recover weight on to L, Rock R to R side, Recover weight on to L
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7&8& Cross R behind L, Rock L to L side, Recover weight on to R, Cross L behind R

*RESTARTS and TAGS and ENDING

SAMBA WHISK, CHASSE 1/4 TURN, SAMBA WHISK, CHASSE 1/4 TURN,

3&4 Step L to the L side, Step R next to L, Turn ¼ L stepping L forward (12:00)

5 6& Step R to the R side, Rock L slightly back, Recover on to R

7&8 L to the L side, Step R next to L, Turn ¼ L stepping L forward (9:00)

CROSS SAMBA, TRAVELING VOLTA, 1/2 TURNING VOLTA, STEP FWD, TOUCH CLAP & CLAP

1&2 Cross R over L, Rock L to the Lside, Recover weight on to R

3&4 Cross L over R, Step R to the R side, Cross L over R

5&6 Turn 1/4 R stepping R forward, Turn 1/4 R Step L to the L side, Step R forward, (3:00)

7&8 Step L forward (7), Touch R beside L with Clap (&), and Clap (8), (During Claps both hands

on the left side)

*RESTARTS: After 16 Counts during Wall 2 facing (6h00), Wall 4 facing (12h00), After the first TAG Wall 7 (12:00), Wall 8 facing (3:00)

*TAGS: Wall 7 after 16 counts facing (9:00) Repeat the first 16 counts of the dance & RESTART (12:00) Wall 10 after 16 counts facing (9:00) Repeat the first 16 counts of the dance & ENDING (12:00)

*ENDING: After 2nd TAG Wall 11 facing (12:00) WALK R, L, R, L, Open your arms outstretched on each side

ride them slowly (4 counts) Bend your elbows and slowly lower your arms alongside your body (4 counts)

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