

Una Lady Como Tu

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Roosamekto Mamek (INA) - August 2020
音樂: MTZ Manuel Turizo - Una Lady Como Tu



Intro: 16 count

SEQUENCE : A, A, B, C, C, C 16 count, TAG1, C, TAG2, C, A, TAG2, C, C

PART A (16 COUNT)

A1. MODIFIED K STEP

1-2& Step R diagonal forward – Step L together – Step R in place (12:00)
3-4& Step L diagonal forward – Step R together – Step L in place
5-6& Step R diagonal back – Step L together – Step R in place
7-8& Step L diagonal back – Step R together – Step L in place (12:00)

A2. SAMBA WHISK OR NIGHT CLUB BASIC, SIDE MAMBO

1-2& Step R to side – Rock L behind R – Recover on R (12:00)
3-4& Step L to side – Rock R behind L – Recover on L
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together (12:00)

PART B (32 COUNT)

B1. CROSS ROCK, BOTA FOGO

1&2& Cross/Rock R over L – Recover on L – Rock R to side – Recover on L (12:00)
3&4 Cross R over L – Rock L to side – Recover on R
5&6& Cross/Rock L over R – Recover on R – Rock L to side - Recover on R
7&8 Cross L over R – Rock R to side – Recover on L (12:00)

B2. SYNCOPATED CROSS SHUFFLE, HITCH, SYNCOPATED CROSS SHUFFLE

1&2& Cross R over L – Step L to side – Cross R over L – Step L to side (12:00)
3&4& Cross R over L – Step L to side – Cross R over L – Hitch L knee up
5&6& Cross L over R – Step R to side – Cross L over R – Step R to side
7&8 Cross L over R – Step R to side – Cross L over R (12:00)

B3. SODE, TOUCH, SIDE, KICK, BEHIND, SIDE, CROSS

1&2& Step R to side – Touch L together – Step L to side – Kick R diagonal forward (12:00)
3&4 Cross R behind L – Step L to side – Cross R over L
5&6& Step L to side – Touch R together – Step R to side – Kick L diagonal forward
7&8 Cross L behind R – Step R to side – Cross L over R (12:00)

B4. VOLTA FULL TURN RIGHT, VOLTA FULL TURN LEFT

1&2& Turn 1/4 right cross R over L – Step L to side – Turn 1/4 right cross R over L – Step L to side
(6:00)
3&4 Turn 1/4 right cross R over L – Step L to side – Turn 1/4 right cross R over L (12:00)
5&6& Turn 1/4 left cross L over R – Step R to side – Turn 1/4 left cross L over R – Step R to side
(6:00)
7&8 Turn 1/4 left cross L over R – Step R to side – Turn 1/4 left cross L over R (12:00)

PART C. (32 COUNT)

C1. MAMBO TURN 1/4 LEFT, FORWARD LOCK SHUFFLE, FORWARD MAMBO, RUN BACK

1&2 Rock R to side – Turn 1/4 left – Step R forward (9:00)
3&4 Step L forward – Lock R behind L – Step L forward
5&6 Rock R forward – Recover on L – Step R back

7&8 Step L back – Step R back – Step L back (9:00)

C2. COASTER STEP, FORWARD LOCK SHUFFLE, CHUG TURN 1/4 LEFT (3X), TOGETHER

1&2 Step R back – Step L together – Step R forward (9:00)

3&4 Step L forward – Lock R behind L – Step L forward

5&6& Turn 1/4 left chug R to side (6:00)– Recover on L – Turn 1/4 left chug R to side (3:00) – Recover on L

7&8 Turn 1/4 left chug R to side (12:00) – Recover on L – Step R together (12:00)

C3. SIDE MAMBO, PADDLE TURN 1/4 RIGHT (2X), SIDE MAMBO

1&2 Rock L to side – Recover on R – Step L together (12:00)

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

5&6& Step L to side – Turn 1/4 right (3:00) – Step L to side - Turn 1/4 right (6:00)

7&8 Rock L to side – Recover on R – Step L together (6:00)

C4. K STEP, COASTER STEP, FORWARD LOCK SHUFFLE

1&2& Step R diagonal forward – Touch L together – Step L diagonal forward – Touch R together (6:00)

3&4& Step R diagonal back – Touch L together – Step L diagonal back – Touch R together (6:00)

5&6 Step R back – Step L together – Step R forward

7&8 Step L forward – Lock R behind L – Step L forward (6:00)

REPEAT

TAG1:

1-4 Step L to side – Step R in place – Step L together bend both knees – straighten knees and make a body wave bottom to up

TAG 2:

1-4 Step R to side – Step L in place – Step R together bend both knees – straighten knees and make a body wave bottom to up

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

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