

Esa Mujer

拍數: 128 牆數: 4 級數: Phrased Improver
編舞者: Vicky Gómez Solé (ES) - September 2020
音樂: Esa Mujer - Diego Torres



Sequence: A,B,C restart 16 counts, A,B,C,B,B

** Restart in wall 3 after part C-16 counts

PART A: 48 counts

(1-8) SIDE ROCK R TOGETHER, LOCK STEP FORWARD, SIDE ROCK R TOGETHER, LOCK STEP FORWARD

1&2 Rock R to right side (1), recover L (&), step R together L (2),
3&4 Step L forward (3), R cross behind R (&), step L forward (4)
5&6 Rock R to right side (5), recover L (&), step R together L (6),
7&8 Step L forward (7), R cross behind R (&), step L forward (8),

(9-16) ROCK FORWARD , RECOVER, STEP BACK, COASTER STEP, FULLTURN R JAZZ BOX

1&2 Rock step R forward (1), recover to L (&), rock step R back (2)
3&4 Step L back (3), step R next left (&), step L forward (4)
5,6 Cross R over(5), turn R ¼ Step L back(6)
7,8 ¼ turn R Step R forward (7), step L forward (8)

(17-24) SIDE ROCK R TOGETHER, LOCK STEP FORWARD, SIDE ROCK R TOGETHER, LOCK STEP FORWARD

1&2 Rock R to right side (1), recover L (&), step R together L (2),
3&4 Step L forward (3), R cross behind R (&), step L forward (4)
5&6 Rock R to right side (5), recover L (&), step R together L (6),
7&8 Step L forward (7), R cross behind R (&), step L forward (8),

(25-32) MAMBO FORWARD, MAMBO BACK, ¼ TURN R JAZZ BOX

1&2 Step R forward (1), recover L (&), step R back (2)
3&4 Step L back(3), recover R (&), step forward(4)
5,6 Cross R over L(5), turn R ¼ step L back (6)
7,8 Step R side R (7), Step L forward (8), (9:00)

(33-40) SIDE ROCK, BEHIND, SIDE, CROSS (R-L)

1,2 Rock R to right side (1), recover L (2),
3&4 Step R behind (3), step R to left side (&), cross R over L (4)
5,6 Rock L to left side (5), recover R (6)
7&8 Step L behind (7), step R to right side (&), cross L over R (8)

(41-48) SKATE (x4) , MAMBO FORWARD, ½ TURN L, TOUCH

1,2 Skate right (1), skate left (2)
3,4 Skate right (3), skate left (4)
5&6 Step R forward (5), recover L (&), step R back (6)
7,8 ½ turn L Step L forward (7), Touch R near

PART B: 32 counts

(1-8) SIDE ROCK R TOGETHER (R-L), TRIPLE STEP WITH 1/4 TURN R (X2) FORWARD

1&2 Rock R to right side (1), recover L (&), step R together L (2),
3&4 Rock L to left side (3), recover R (&), step L together R(4)
5&6 Step R ¼ turn R (5), step L together R (&), step R ¼ turn R & step forward (6), (9:00)

7&8 Step L ¼ turn R (7), step R together L (&), step L ¼ turn R & step back (8), (3:00)

(9-16) COASTER STEP, HEEL CROSS ROCK (L-R), TRIPLE STEP FORWARD

1&2 Step R back (1), step L next right (&), step R forward (2)
3&4 Rock L cross over R (3), recover R (&), step L together R (4)
5&6 Rock R cross over L (5), recover L (&), step R together L (6)
7&8 Step L forward (7), step R behind L (&), step L forward (8)

(17-24) STEP R, TOGETHER, ¼ TURN R FORWARD, STEP L, TOGETHER, ¼ TURN R BACK, STEP R, TOGETHER, TRIPLE STEP FORWARD

1&2 Step R to right (1), step L together R (&), ¼ turn to right & step R forward (2)
3&4 Step L to left (3), step R together L (&), ¼ turn to right & step L back (4)
5&6 Step R to right (5), step L together R (&), step R side right (6)
7&8 Step L forward (7), step R behind L (&), step L forward (8)

(25-32) HEEL CROSS ROCK (R-L), ROCKING CHAIR, POINT R, TOUCH R

1&2 Rock R cross over L (3), recover L (&), step R together L (4)
3&4 Rock L cross over R (3), recover R (&), step L together R (4)
5&6& Rock R forward (5), recover L (&), rock R back (6), recover L (&)
7,8 Point R to side right (7), touch R near L (8)

PART C: 48 counts

(1-8) TRIPLE STEP FORWARD, ½ TURN R TRIPLE STEP (X2), TRIPLE STEP FORWARD

1&2 Step R forward (1), step L behind R (&), step R forward
3&4 ¼ turn R, step L to left (3), step R together L (&), ¼ turn R, step L back (4)
5&6 ¼ turn R, step R to right (5), step L together R (&), ¼ turn R, step R forward (6)
7&8 Step L forward (7), step R behind L (&), step L forward (8)

(9-16) MAMBO FORWARD R, ½ TURN L TRIPLE STEP (X2), COASTER STEP

1&2 Rock step R forward (1), recover to L (&), step R back (2)
3&4 ¼ turn L, step L to left (3), step R together L (&), ¼ turn L, step L forward (4)
5&6 ¼ turn L, step R to right (5), step L together R (&), ¼ turn L, step R back (6)
7&8 Step L back (7), step R near L (&), step L forward (8)

+Restart count 16

(17-24) TRIPLE STEP FORWARD DIAGONALY (R-L), STEP DIAGONALLY-TOUCH (X4),

1&2 Step R forward diagonally (1) step L together R (&), step R forward diagonally
3&4 Step L forward diagonally (3), step R together L (&), step L forward diagonally (4)
5&6& Step R forward to the right diagonal (5), step L touch near R (&), step L back to the left diagonal (6), step R touch near L (&)
7&8& Step R back to the right diagonal (7), step L touch near R (&), step L forward to the left diagonal (8), step R touch near L (&)

(25-32) TRIPLE STEP BACK DIAGONALY (R-L), STEP DIAGONALLY-TOUCH (X4)

1&2 Step R back diagonally (1), step L together R (&), step R back diagonally (2)
3&4 Step L back diagonally (3), step R together L (&), step L back diagonally (4)
5&6& Step R forward to the right diagonal (5), step L touch near R (&), step L back to the left diagonal (6), step R touch near L (&)
7&8& Step R back to the right diagonal (7), step L touch near R (&), step L forward to the left diagonal (8), step R touch near L (&)

(33-40) TRIPLE STEP FORWARD DIAGONALY (R-L), STEP DIAGONALLY-TOUCH (X4),

1&2 Step R forward diagonally (1) step L together R (&), step R forward diagonally
3&4 Step L forward diagonally (3), step R together L (&), step L forward diagonally (4)
5&6& Step R forward to the right diagonal (5), step L touch near R (&), step L back to the left diagonal (6), step R touch near L (&)

7&8& Step R back to the right diagonal (7), step L touch near R (&), step L forward to the left diagonal (8), step R touch near L (&)

(41-48) TRIPLE STEP BACK DIAGONALY (R-L), STEP DIAGONALLY-TOUCH (X4)

1&2 Step R back diagonally (1), step L together R (&), step R back diagonally (2)

3&4 Step L back diagonally(3), step R together L (&), step L back diagonally (4)

5&6& Step R forward to the right diagonal (5), step L touch near R (&), step L back to the left diagonal(6), step R touch near L (&)

7&8& Step R back to the right diagonal (7), step L touch near R (&), step L forward to the left diagonal (8), step R touch near L (&)

Contact: totballvicky@gmail.com
