

# Mi Paloma

拍數: 32      牆數: 4      級數: Improver  
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音樂: Paloma (feat. Anitta) - Fred De Palma



## I. SAMBA PRESS X2 - BASIC SAMBA FWD

1a2      Press ball of R into floor next to L , Step back on L , Recover on R  
3a4      Press ball of L into floor next to R , Step back on R , Recover on L  
5a6      Step R press fwd , Recover on L , Step R in place  
7a8      Step L press fwd , Recover on R , Step L in place

\*\*\*Restart here on wall 3

## II. 1/4 DIAMOND STEP - HIPS SWAY X4

1&2      Cross R over L , Step L to side , 1/8 turn left step R back  
3&4      Step L back diagonal , Step R to side , Cross L over R  
5678      Hips Sway RLRL (3.00)

## III. STEP PRESS - HOOK - LOCK SHUFFLE FWD

1-2      Step press R fwd , Step hook on R behind L  
3&4      Step R fwd , Step lock on L behind R , Step R fwd  
5-6      Step press L fwd , Step hook on L behind R  
7&8      Step L fwd , Step lock on R behind L , Step L fwd

## IV. STEP ROCK - TRIPLE STEP 3/4 TURN RIGHT - STEP ROCK - SAILOR TURN 1/4 LEFT

1- 2      Step R fwd , Recover on L  
3&4      Triple 3/4 turn right with R,L,R (12.00)  
5-6      Step L fwd , Recover on R  
7&8      Sailor 1/4 left , step L fwd (9.00)

Restart on Wall 3 after 8 Count (6.00)

Tag : 4 Count , Ending on wall 6

Step side out - step in centre

&1-2      Step out to side on R , L - Hold  
&3-4      Step to centre on R , L - Hold

Freeze on wall 7 after 24 Count and Continue on Sec 2

Ending do a Coaster Step on front wall (12.00)

Last Update - 20 Nov. 2020