

# La Recette

拍數: 32      牆數: 2      級數: Improver  
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音樂: La recette - Slimane



No tags – No Restarts.  
Introduction : 16 counts

## S1 – STEP FWD, TURN ½ TRIPLE STEP FWD, PRESS FWD RECOVER, STEP BACK TOUCH L/R DIAGONALY

1, 2            Step RF forward, turn 1/2  
3 & 4           Step RF forward, make LF next RF, Step RF forward,  
5, 6            Step LF forward, recover on RF, (option : body roll),  
&7,&8          Step LF back on L diagonally, touch RF next LF, Step RF back on R diagonally, touch LF next RF

## S2 – OUT OUT KNEE POP BALL CROSS, KNEE POP, BOUNCE X2 WITH TURN ½ , BALL HEEL BALL STEP

&1 &2           (&)Out (1)Out, (&2)Knee pop,  
&3 &4           (&)Ball LF back (3)cross RF over LF (&4)Knee pop,  
5, 6            Bounce X2 with ½ turn L,  
&7&8           Ball LF next RF, Heel R Forward, ball RF Together LF, Step LF forward,

## S3 – CROSS RECOVER SIDE ROCK CROSS SAMBA R, CROSS ¼ TURN CHASSE L

1&2&           (1)Cross RF over LF, (&)recover on LF, (2)Step RF on R side, (&)recover on LF,  
3&4            Cross RF over LF, Step LF on L side, Step RF on R,  
5 6            (5)Cross LF over RF, (6)¼ turn on L, make RF back  
7&8            (7)Step LF on L, (&) together, (8)Step LF on L,

## S4 – CROSS RECOVER SWEEP SAILOR STEP CROSS SIDE SAILOR ¼ TURN

1 2            Cross RF on L side, recover on LF with sweep RF,  
3 & 4           Cross RF behind LF, make LF on L side, make RF on R side,  
5 6            Cross LF over RF, Make RF on R side, Sweep LF,  
7&8            ¼ turn on L Cross LF behind RF, make RF on R side, make LF forward,

Final : Wall 9 : after 16 counts (Heel ball step) : OUT OUT to 12:00

Last Update: 1 Nov 2022