

# El Colesterol

拍數: 56      牆數: 4      級數: Phrased High Beginner  
編舞者: Uli Elfrida (INA) - July 2023  
音樂: El Colesterol - Cumbia Makers



Sequence : A A tag B B A16 A tag B B A16 ending

## Part A

### Section 1 : Walk forward R - L, forward mambo, walk back, coaster step

1 2 3 & 4      Step R - L forward , rock R forward, recover on L, step R back  
5 6 7 & 8      Step L - R back , step L back, step R together, step L forward

### Section 2 : Cross rock - rec - side rock - recover - cross samba ( R - L )

1 & 2 &      Cross rock R over L, recover on L, rock R to right side, recover on L  
3 & 4      Cross R over L, rock L slightly to left side, recover on R  
5 & 6 &      Cross rock L over R, recover on R, rock L to left side, recover on R  
7 & 8      Cross L over R, rock R slightly to right side, recover on L

### Section 3 : Forward shuffle R - L, back - touch (x4)

1 & 2      Step R forward, step L next to R, step R forward  
3 & 4      Step L forward, step R next to L, step L forward  
& 5 & 6      Step R back, touch L toe forward, step L back, touch R toe forward  
& 7 & 8      Repeat count & 5 & 6

## Part B

### Section 1 : Volta step x4 making a full turn right, rocking chair, fwd mambo

1 & 2 &      1/4 turn right stepping R forward, ball step L next to R, 1/4 turn right stepping R forward, ball step L next to R  
3 & 4      1/4 turn right stepping R forward, ball step L next to R, 1/4 turn right stepping R forward  
5 & 6 &      Rock L forward, recover on R, rock L back, recover on R  
7 & 8      Rock L forward, recover on R, step L next to R

### Section 2 : Step side - step together ( x3 ) - step side ( R - L )

1 & 2 &      Step R to right side, ball step L next to R, step R to right side, ball step L next to R  
3 & 4      Step R to right side, ball step L next to R, step R to right side  
5 & 6 &      Step L to left side, ball step R next to L, step L to left side, ball step R next to L  
7 & 8      Step L to left side, ball step R next to L, step L to left side

### Section 3 : Mambo step ( Forward mambo, back mambo, side mambo R - L )

1 & 2      Rock R forward, recover on L, step R back  
3 & 4      Rock L back, recover on R, step L forward  
5 & 6      Rock R to right side, recover on L, step R next to L  
7 & 8      Rock L to left side, recover on R, step L next to R

### Section 4 : Pivot 1/2L (x2), samba whisk R - L

1 2 3 4      Step R forward, pivot 1/2 turn left, step R fwd, pivot 1/2 turn left  
5 6 &      Step R to right side, rock L behind R, recover on R  
7 8 &      Step L to left side, rock R behind L, recover on L

## Tag

1 2      Stomp R next to L, hold

## Ending

1 2 Walk forward R - L & pose

Happy dancing!

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