

# Como Esta

拍數: 32      牆數: 4      級數: Improver  
編舞者: Stuart Collier (UK)  
音樂: Tragedia - Marc Anthony



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## BACK CROSS ROCK, SIDE SHUFFLE, FRONT CROSS ROCK, SIDE SHUFFLE

1-2      Rock left behind right, rock forward onto right  
3&4      Side shuffle to the left stepping left, right, left  
5-6      Rock right over left, rock back on left  
7&8      Side shuffle to the right stepping right, left, right

## FORWARD SHUFFLE, FORWARD ROCK, TOE BACK ½ TURN, SHUFFLE

1&2      Forward shuffle stepping left, right, left  
3-4      Rock forward onto right, rock back onto left  
5-6      Point toe back, turning ½ over right shoulder step weight forward on right  
7&8      Forward shuffle stepping left, right, left

## MAMBOS - RIGHT, LEFT, FORWARD AND BACK

1&2      Step right to right side, back on left, step right next to left  
3&4      Step left to left side, rock back on right, step left next to right  
5&6      Step forward on right, rock back on left, step right next to left  
7&8      Step back on left, rock back on right, step left next to right

## FORWARD SHUFFLE, FORWARD ROCK, ¾ SHUFFLE TURN, SIDE SHUFFLE

1&2      Forward shuffle stepping right, left, right  
3-4      Rock forward onto left, rock back onto right  
5&6      ¾ shuffle turn over left shoulder stepping left, right, left  
7&8      Side shuffle to the right stepping right, left, right

**REPEAT**

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