

# Como Estás

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Steve Rutter (UK)  
音樂: Maria - US5



A Special Thank You to Mike & Mary Parkinson of "M 'n' M'z Linedance Fun" for bringing this music to my attention

## CROSS, TOE TOUCH, VAUDEVILLE STEP, HIP BUMPS, VAUDEVILLE STEP

1-2            Cross right over left, touch left toe to side  
3&4           Cross left over right, step right to side, touch left heel diagonally forward  
5-6           Step left together and bump hips twice to left  
&              Step right in place  
7&8           Cross left behind right, step right to side, touch left heel diagonally forward

## LOCK STEP, MAMBO ROCK WITH ½ TURN RIGHT, SIDE ROCK, SAILOR ½ TURN LEFT

9&10           Turn 1/8 right and step left forward, lock right behind left, step left forward  
11&12          Rock right forward, recover onto left, turn ½ right and step right forward  
13-14          Turn 1/8 left and rock left to side, recover onto right (6:00)  
15&16          Cross left behind right, turn ¼ left and step right together, turn ¼ left and step left slightly forward

## KICK TWICE, WEAVE, KICK TWICE, CROSS BEHIND, ¼ TURN RIGHT, SIDE STEP

17-18           Kick right diagonally forward  
**With palms of hand out in front of you, press palms forward in conjunction with the kicks as if pushing something**  
19&20           Cross right behind left, step left to side, cross right over left  
**When dancing wall 5 add a & count here by stepping left to left side and then restart dance here**  
21-22           Kick left diagonally forward  
**With palms of hand out in front of you press palms forward in conjunction with the kicks as if pushing something**  
23&24           Cross left behind right, turn ¼ right and step right forward, step left to side

## COASTER STEP, HIP ROCK, CLOSE, CROSS, UNWIND ¾ TURN, TOE TOUCH TWICE, SIDE STEP, DRAG

25&26           Step right back, step left together, step right forward  
27-28           Rock left diagonally forward (pushing hips left), recover onto right  
&              Step left together  
29-30           Cross right over left, unwind ¾ left (weight to left)  
&31            Touch right toe together, touch right toe slightly side  
32              Step right (big step) to side

**Drag left toward right**

## BACK ROCK, SIDE STEP, BACK ROCK, SIDE STEP, BACK ROCK, TRIPLE FULL TURN RIGHT

33&34           Rock left back, recover onto right, step left to side  
35&36           Rock right back, recover onto left, step right to side  
37-38           Rock left back, recover onto right  
39&40           Triple in place turning a full turn right stepping left, right, left

## ROCK & TOUCH, COASTER CROSS, SIDE STEP, TOE TOUCH, BALL-CROSS, SIDE STEP, CLOSE

41&42           Rock right to side, recover onto left, touch right toe together  
43&44           Step right back, step left together, cross right over left

45 Step left to side  
46&47 Touch right toe together, step right in place, cross left over right  
48& Step right to side, step left together

**REPEAT**

**RESTART**

When dancing wall 5, only dance up as far as count 20 (behind, side, cross) then add an & count by stepping left to left side and then restart dance again (you'll be facing 12:00 when you do this)

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