

Como Estas My Lady

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - January 2011
音樂: Como Estas? - Pachanga



Intro: 16 Counts (11 Sec)

[1-8] Syncopated Hip bumps R-L-R, 1/4 Turn L, Lock step Fwd, Stomp, Out, Out, Cross & Heel

1&2 Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right with 1/4 turn to left (9)
3&4 Step forward on Lf, lock Rf behind Lf, step Lf forward weight onto Lf (lock step)
5&6 Stomp Rf beside Lf, step Lf out to left, step Rf out to right take ending weight onto Rf
7&8 Cross Lf over Rf, step Rf to the right, touch R heel diagonally forward (Heel Tap) (9:00)

[9-16] & Cross, 1/4 Turn R, Back, Kick Ball Step, Twist & Twist, Twist 1/2 Turn L, Kick & Point

&1-2 Step Lf back in place, cross Rf over Lf, making a 1/4 turn to right (12) stepping back on Lf
3&4 Kick forward on Rf, step Rf back in place on ball, step forward on Lf weight onto both feet
5&6 Twist both heels forward, twist both heels back in place, twist both heels forward with 1/2 turn right ending weight onto Lf (6:00)
7&8 Kick forward on Rf, step Rf back in place, point Lf out to left holding weight onto Rf (6:00)
Restart

Restart Here WALL 5 after 16 count (Lf step together) (Facing 6 o'clock)

[17-24] Together, Side Rock / Recover, Behind, Side, Cross, 3/4 Unwind L, Lock Step Fwd

&1-2 Step Lf beside Rf, rock Rf to the right, recover on Lf (6)
3&4 Cross Rf behind Lf, step Lf to side, cross Rf over Lf weight onto both feet (sailor cross)
5-6 Hold, Unwind 3/4 left (9) take weight onto Rf
7&8 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (lock step) (9:00)

[25-32] 1/2 Pivot L, L Full Turn Forward, Cross Mambo Right, 1/4 Turn R, Side, Cross Mambo Left

1-2 Step forward on Rf, making a 1/2 turn to left (3) take weight onto Lf
3-4 Turning 1/2 left step R back (6), turning 1/2 left step L forward (3)
5&6 Rock forward on Rf, recover on Lf, making a 1/4 turn to right (6) step Rf to the right
7&8 Rock forward on Lf, recover Rf, Lf next to Rf weight onto both feet (6:00)

[33-40] Jump Both Feet Apart, Hold, & Cross, Hold, Lock Step (3/4 Turn L Arch)

&1-2 Jump both feet apart (&1), HOLD weight onto both feet (6)
&3-4 Step Rf beside Lf, cross Lf over Rf, HOLD take weight onto Lf
a 5 Step Rf slightly to the right, cross Lf over Rf
a 6 a7 a 8 Lock Rf behind, step Lf forward, lock Rf behind, step Lf forward (9:00)

(Making a 3/4 Turn arch to the left with the above steps)

[41-48] Fwd Rock / Recover, 1/4 Turn R, Side, & Cross, Dig Kick Fwd, 1/4 Cross Samba (right), Lock Step Fwd

1-2 Rock forward on Rf, recover on Lf
&3-4 Making a 1/4 turn to right (12) step Rf to the right, cross Lf over Rf, kick Rf diagonal forward
5&6 Cross step Rf over Lf, making a 1/4 turn right (3) step Lf to the left side slightly forward, step Rf to the right side slightly forward (1/4 cross samba right)
7&8 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (lock step) (3:00)
Tag

Tag Here WALL 6 after 48 count (Facing 12 o'clock)

Tag: Out, Out (Fwd, Fwd), Big step back, Together

1-2 Step Rf forward out, step Lf forward out
3-4 Big step back on Rf, step Lf beside Rf take weight onto Lf
Start again and have fun!

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