

Nena

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Roy Hoebe (NL) - June 2020

Musik: Nena - Mamacita, Roy Paci & Didy



Restart on wall 2 after 16 counts

Intro: 16 counts.

(1-8) Mambo back ½ turn, mambo back, mambo right, mambo left.

- 1&2 RF mambo back, LF recover weight ½ turn left, RF step back.
- 3&4 LF mambo back, RF recover weight, LF step next RF.
- 5&6 RF mambo right, LF recover weight, RF step next LF.
- 7&8 LF mambo left, RF recover weight, LF step next RF.

(9-16) Lock step forward, out-out, in-in, knee pop.

- 1-2 RF step forward, LF lock behind RF.
- 3&4 RF step forward, LF lock behind RF, RF step forward.
- 5&6 LF step heel out forward, RF step heel out forward, LF step in.
- 7&8 RF step in, Right elbow to right side of chest, LF knee pop weight transfer, look left.

(17-24) Snap right, sailor step, cross, cross, hitch.

- 1-2 Snap right hand right, look forward.
- 3&4 LF cross behind RF, RF step right, LF step left.
- 5&6 RF cross behind LF, LF step left, RF cross over LF.
- &78 LF step left, RF cross behind LF LF hitch, LF cross behind RF.

(25-32) Side rock, side rock, paddle turn full.

- 1&2 RF side rock, LF recover weight, RF cross behind LF.
- 3&4 LF side rock, RF recover weight, LF cross over RF.
- 5&6 RF ⅛ turn left paddle right, RF ⅛ turn left paddle right, RF ⅛ turn left paddle right.
- 7&8 RF ⅛ turn left paddle right, RF ⅛ turn left paddle right, RF ⅛ turn left paddle right.

(33-40) Step turn, step sweep, rock forward, hitch ¼ turn.

- 1-2 RF step forward, LF ½ turn left step forward.
- 3-4 RF step forward, LF ¼ turn right sweep forward.
- 5-6 LF rock forward, RF recover weight.
- 7-8 LF step forward, RF hitch ¼ turn left.

(41-48) Out-out, hip swing, ¾ turn.

- 1-2 RF step out forward, LF step out forward.
- 3-4 RF hip swing right, LF hip swing left.
- 5-6 RF ¼ turn left step right, LF ¼ turn left step left.
- 7-8 RF ¼ turn left step right, LF step next RF.

(49-56) Rumba box.

- 1-2 RF step right, LF step next RF.
- 3&4 RF step forward, LF step next RF, RF step forward.
- 5-6 LF step left, RF step next RF.
- 7&8 LF step back, RF step next LF, LF step back.

(57-64) Rock back, ½ turn, rock back, ¼ turn slide.

- 1-2 RF rock back, LF recover weight.
- 3-4 RF ½ turn left step back, LF step back.

5-6 RF rock back, LF recover weight.
7-8 RF ¼ turn left step right, LF step next RF.
