Astaga

Count: 64

Wand: 4

Ebene: Phrased High Beginner

Choreograf/in: Arra (INA) - July 2020 Musik: Astaga - Ruth Sahanaya

Tag: 8 count

Sequence : AA B(16) TAG A B A A (16) B (16) B B B Intro: 32 count / on lyric

PART A

A1: BACK WALK - COASTER STEP - MAMBO CROSS L/R

- 1-2 step RF back - step LF back
- 3&4 step RF back - step LF beside RF - step RF forward
- 5&6 step LF to L side - recover on RF - cross LF over RF
- step RF to R side recover on LF cross RF over LF 7&8

A2: FORWARD SHUFFLE - MAMBO TURN 1/4 L - RHUMBA BOX

- 1&2 step LF forward - step RF behind LF - step LF forward
- 3&4 step RF forward – turn 1/4 L weight on LF – cross RF over LF
- step LF to L side step RF beside LF step LF forward 5&6
- 7&8 step RF to R side - step LF beside RF - step RF back

A3: BACK MAMBO – R CHASSE – DOUBLE TOUCH – SAILOR TURN L

- 1&2 step LF back – recover on RF – step LF forward
- step RF to R side step LF beside RF step RF to R side 3&4
- &5&6 touch LF beside RF - touch LF to L side - touch LF beside RF - touch LF to L side
- cross LF behind RF ¼ turn L step RF to R side step LF in place (facing: 06.00) 7&8

A4: FORWARD MAMBO - BACK MAMBO - V STEP

- 1&2 step RF forward – recover on LF – step RF back
- 3&4 step LF back - recover on RF - step LF forward
- 5-6 step RF diagonal out - step LF diagonal out
- 7-8 step RF diagonal in - step LF diagonal in

PART B

B1 : TOE STRUT – HEEL JACK STEP

- RF point beside LF drop RF LF point beside RF drop LF RF point beside LF drop RF 1&2&3&4& - LF point beside RF - drop LF
- 5&6&7&8& cross RF over LF – step LF to L side – heel RF – step RF to R side – cross LF over RF – step RF to R side – heel LF – step RF to R side

B2 : REPEAT B1

B3: CHASEE R/L – SAILOR STEP R/L

- 1&2& step RF to R side – step LF beside RF – step RF to R side – touch LF beside RF
- 3&4 step LF to L side - step RF beside LF - step LF to L side
- cross RF behind LF step LF to L side step RF in place 5&6
- 7&8 cross LF behind - step RF to R side - step LF in place

B4: CHASSE R/L - PIVOT ¾ TURN L

- 1&2& step RF to R side – step LF beside RF – step RF to R side – touch LF beside RF
- 3&4 step LF to L side - step RF beside LF - step LF to L side
- 5-6 step RF forward - 1/2 turn L weight on L

7-8 step RF forward – ¼ turn L weight on L

TAG

FORWARD MAMBO - BACK MAMBO - PIVOT ½ TURN L

- 1&2 step RF forward recover on LF step LF back
- 3&4 step LF back recover on RF step LF forward
- 5678 step RF forward ½ turn I weight on LF step RF forward ½ turn I weight on LF

Note : Part A (16) at 8 count : touch RF beside LF

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