Y Ahorrate

Count: 60

Ebene: Phrased Improver

Choreograf/in: Nena Matela (USA) - November 2011 Musik: Infiel - Rocío Dúrcal

Intro: 2 counts - Sequence: ABBCB-ABBCB-BB

A. ROCK-AND-ROCK, WEAVE RIGHT, VINE LEFT, HIP BUMPS

- Rock L forward, recover to R, rock L forward, hold 1-4
- 5-8 Rock R forward, recover to L, rock R forward, hold
- 9-16 Repeat 1-8
- 17-18 Cross L over R, step R to side
- 19-20 Cross L behind R, touch R to side
- 21-22 Cross R behind L, step L to side
- 23-24 Cross R over L, touch L to side
- 25-32 Repeat 17-24
- 33-36 Step down on L bumping hips left, right, left, right

B. BOX STEPS, SIDE-AND-SIDE, MAMBO STEPS, FULL TURN

- 1-4 Step L to side, slide R together, step L forward, touch R together 5-8 Step R ro side, slide L together, step R back, touch L together
- 9-12 Step L to side, slide R together, step L forward, touch R together
- Step R to side , slide L together, step R to side, hold 13-16
- 17-18 Turn to left diagonal and rock L back, recover to R
- 19-20 Square up front and step L to side, hold
- 21-22 Turn to right diagonal and rock R back, recover to L
- 23-24 Square up front and step R to side, hold
- 25-26 Cross L over turning 1/2 right, Step R forward turning 1/4 right
- 27-28 Step L forward turning 1/4 right, step R together

C. EXTENDED WEAVES, SLOW PRISSY WALK, ANGLED SLIDE-STEPS

- 1-4 Cross L over R, step R to side, cross L behind R, step R to side 5-6 Cross L over R, touch R to side
- 7-10 Cross R over L, step L to side, cross R behind L, step L to side
- 11-12 Cross R over L, touch L to side
- Step L in front of R, hold, step R in front of L, hold 13-16

17-18 Step L forward, touch R next to L

- 19-20 Drag R back diagonally to right, touch L together
- 21-22 Drag L back diagonally to left, touch R together
- 23-24 Drag R back diagonally to right, touch L together





Wand: 1