|  |  |
| --- | --- |
| Lima |  |

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| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Gabi Ibáñez (ES) & Paqui Monroy (ES) - January 2019 |
| **Music:** | One More Won’t Hurt - Randall King |
| . |

**Abbreviations:-**

**R= Right L= Left RF = right foot**

**LF = left foot - fwd = forward**

**[1-8] SLOW COASTER STEP R (fwd), SLOW COASTER STEP L (back)**

|  |  |
| --- | --- |
| 1 - 2 | Step RF forward, Step LF next to RF |

|  |  |
| --- | --- |
| 3 - 4 | Step RF back, Hold |

|  |  |
| --- | --- |
| 5 - 6 | Step LF back, Step RF next to LF |

|  |  |
| --- | --- |
| 7 - 8 | Step LF forward, Hold |

**[9-16] RUMBA BOX R (ending with Hook)**

|  |  |
| --- | --- |
| 1 - 2 | Step RF to right, Step LF next to RF |

|  |  |
| --- | --- |
| 3 - 4 | Step RF forward, Hold |

|  |  |
| --- | --- |
| 5 - 6 | Step LF to left, Step RF next to LF |

|  |  |
| --- | --- |
| 7 - 8 | Step LF back, Hook RF forward (\*Here, there is restart in 4th wall looking 12 h) |

**[17-24] ROCKING CHAIR (right), ROCK STEP R (fwd), ½ TURN R, HOLD**

|  |  |
| --- | --- |
| 1 - 2 | Rock RF forward, Recover weight on to the left |

|  |  |
| --- | --- |
| 3 - 4 | Rock RF back, Recover weight on to the left |

|  |  |
| --- | --- |
| 5 – 6 | Rock RF forward, Recover weight on to the left |

|  |  |
| --- | --- |
| 7 - 8 | ½ turn to right step RF forward, Hold (6h) |

**[25-32] SLOW SHUFFLE ½ TURN R, HOLD, ROCK STEP R (jumping back), STOMP UP R, HOLD**

|  |  |
| --- | --- |
| 1 – 2 | ¼ turn to right step LF to left, ¼ turn to right Step RF forward (12h) |

|  |  |
| --- | --- |
| 5 – 4 | Step LF next to RF, Hold |

|  |  |
| --- | --- |
| 5 – 6 | Rock RF back, Recover weight on to the left (jumping) |

|  |  |
| --- | --- |
| 7 – 8 | Stomp Up RF next to LF, Hold (\*Here, there is restart in 8th wall looking 12 h) |

**[33-40] HOOK COMBINATION R, TOE, HEEL, HEEL, TOE**

|  |  |
| --- | --- |
| 1 – 2 | Kick RF forward, Hook RF forward |

|  |  |
| --- | --- |
| 3 – 4 | KickRF forward, Step RF next to LF(without weight) |

|  |  |
| --- | --- |
| 5 – 6 | Move right toe to right, Move right heel to right |

|  |  |
| --- | --- |
| 7 – 8 | Move right heel to left, Move right toe to centre |

**[41-48] HOOK COMBINATION R, SWIWET R, SWIWET ½ L, HOLD**

|  |  |
| --- | --- |
| 1 – 2 | Kick RF forward, Hook RF forward |

|  |  |
| --- | --- |
| 3 – 4 | Kick RF forward, Step RF next to LF |

|  |  |
| --- | --- |
| 5 – 6 | Turn toes to right ( weight in right heel and left toe), Return toes to centre |

|  |  |
| --- | --- |
| 7 – 8 | ½ turn to left doing swiwet to left (weight in left hell and right toe), Hold (6h) |

**(\*Here, there is restart in 2th and 6th wall looking 3h)**

**[49-56] WAVE R, SLOW SCISSOR R**

|  |  |
| --- | --- |
| 1 – 2 | Step RF to right, Cross LF behind RF |

|  |  |
| --- | --- |
| 3 – 4 | Step RF to right, Cross LF over RF |

|  |  |
| --- | --- |
| 5 – 6 | Rock RF to right, Step LF next to RF |

|  |  |
| --- | --- |
| 7 – 8 | Cross RF over LF, Hold |

**[57-64] WAVE L, ROCK STEP L with ¼ R, STEP, HOLD**

|  |  |
| --- | --- |
| 1 – 2 | Step LF to left, Cross RF behind LF |

|  |  |
| --- | --- |
| 3 – 4 | Step LF to left, Cross RF over LF |

|  |  |
| --- | --- |
| 5 – 6 | Rock LF to left, Recover weight on to right with ¼ turn to right (9h) |

|  |  |
| --- | --- |
| 7 – 8 | Step LF forward, Hold |

|  |
| --- |
|   |

**REPEAT**

**RESTARTS:-**

**In the 2th wall we dance until count 48 (looking 3h)**

**In the 4th wall we dance until count 16 (looking 12h)**

**In the 6th wall we dance until count 48 (looking 3h)**

**In the 8th wall we dance until count 32 (looking 12h)**

**END OF THE DANCE:**

**In the 11th wall we dance until count 48 and we add STOMP with RF forward (looking 12h)**

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**youtube : Gabi Ibañez**