

En La Cama

Count: 32

Wall: 4

Level: Novice

Choreographer: Joran van der Noll (NL) - January 2020

Music: En La Cama (feat. Daddy Yankee) - Nicky Jam



Chasse touch 2x, ½ paddle 4x turn R.

- | | |
|---|----------------------|
| 1 | Rf step to side |
| & | Lf close to Rf |
| 2 | Rf step to side |
| & | Lf touch next Rf |
| 3 | LF step to side |
| & | Rf close to Lf |
| 4 | Lf step to side |
| & | Rf touch next Lf |
| 5 | Rf paddle 1/8 turn R |
| 6 | Rf paddle 1/8 turn R |
| 7 | Rf paddle 1/8 turn R |
| 8 | Rf paddle 1/8 turn R |

Chasse touch 2x, ½ paddle 4x turn R.

- | | |
|---|----------------------|
| 1 | Rf step to side |
| & | Lf close to Rf |
| 2 | Rf step to side |
| & | Lf touch next Rf |
| 3 | LF step to side |
| & | Rf close to Lf |
| 4 | Lf step to side |
| & | Rf touch next Lf |
| 5 | Rf paddle 1/8 turn R |
| 6 | Rf paddle 1/8 turn R |
| 7 | Rf paddle 1/8 turn R |
| 8 | Rf paddle 1/8 turn R |

Sailor step 2x, traveling touches fwd 4x.

- | | |
|---|-----------------------|
| 1 | Rf step behind Lf |
| & | Lf step left |
| 2 | Rf step right |
| 3 | Lf step behind Rf |
| & | Rf step right |
| 4 | Lf step left |
| & | Rf touch fwd |
| 5 | Rf step slightly back |
| & | Lf touch fwd |
| 6 | Lf step slightly back |
| & | Rf touch fwd |
| 7 | Rf step slightly back |
| & | Lf touch fwd |
| 8 | Lf step slightly back |

Out-out in-in 2x, side close side kick, ¼ step close step fwd.

- | | |
|---|----------------------|
| 1 | Rf step diagonal fwd |
|---|----------------------|

&	Lf step diagonal fwd
2	Rf step back
&	Lf step back
3	Rf step diagonal fwd
&	Lf step diagonal fwd
4	Rf step back
&	Lf step back
5	Rf step to side
&	Lf close to Rf
6	Rf step to side
&	Lf kick diagonal to left
7	Lf ¼ step left
&	Rf step next Lf
8	Lf step fwd

Options : Do the dance with your knees bent and swivel your feet and use your hips.

Contact: info@studiot2ld.com
