La Mitad



Count: 32

Wall: 4

Level: Improver

Choreographer: Julaeha Pangngulu (INA) & Roosamekto Mamek (INA) - October 2022 Music: La Mitad - Nacho, Carlos Vives & Mike Bahía



Intro: 48 count (approximately 00:31)

S1. SAMBA CROSS, DIAMOND SHAPE TURN 1/4 RIGHT WITH HITCH

- 1&2 Cross R over L Rock L to side Recover on R (12:00)
- 3&4 Cross L over R Rock R to side Recover on L
- 5&6& Cross R over L Turn 1/8 right step L to side (1:30) Step R back Hitch L knee up
- 7&8 Step L back Turn 1/8 right step R to side (3:00) Step L forward slightly cross over R

S2. SAMBA WHISK, FORWARD WITH HIPS SWAY, HIPS SWAYS, TURN 1/2 LEFT WITH FLICK

- 1 a2 Step R to side Rock L back Recover on R (3:00)
- 3 a4 Step L to side Rock R back Recover on L
- 5-8 Step R forward sway hips forward Sway hips back Sway hips forward Turn 1/2 left flick R back (9:00)

S3. FORWARD MAMBO, COASTER STEP, JAZZBOX TURN 1/4 RIGHT

- 1&2 Rock R forward Recover on L Step R back (9:00)
- 3&4 Step L back Step R together Step L forward
- 5-8 Cross R over L Turn 1/4 right step L back (12:00) Step R to side Step L forward slightly cross over R

S4.SIDE ROCK, TOGETHER, PADDLE TURN 1/2 LEFT, PADDLE TURN 1/4 LEFT

- 1-2& Rock R to side Recover on L Step R together (12:00)
- 3-4& Rock L to side Recover on R Step L together
- 5-8 Step R forward Turn 1/2 left weight on L and make a hips move (6:00) Step R forward Turn 1/4 left weight on L and make a hips move (3:00)

REPEAT

RESTART: On wall 4 after 16 count

TAG : On wall 1 after 16 count and at the end of wall 6 STEP WITH BODY ROLLED

1-4 Step R to side make body rolled to right – Rolled body to left – Rolled body forward - Rolled body back and weight on L

ENDING: On wall 9 after 16 count

For more info about step sheet & song, please contact: Lulu : julaehapangngulu@gmail.com Mamek : Roosamekto.Nugroho@gmail.com