Me Gusta Paloma

Mur: 4 Niveau: Novice Cuban Cha Cha

Chorégraphe: Franziska Dratwa (DE) & Carsten Oliass (DE) - June 2015 Musique: "Me Gusta Estar Viva" by Paloma San Basilio

* Album: Paloma - "De Mil Amores" (1992) / CD: Casa Musica Vol.11 – "The Latin Challenge" (1997)□

Intro: 16 Counts

Compte: 32

Restarts: In Wall 2 und 7, after Count 24, Tag with Restart: After Wall 6

[1-9]: Side Step Right, Rock Fwd, Recover, Chassé L, Hold, Together, "Syncopated Side-Together-Side" L, 1/4 Turn L

- 1 RF Side Step right
- 2.3 LF Rock forward, RF Recover
- 4&5 LF Side Step left, RF Step next to LF, LF Side Step left
- Hold, RF Step next to LF, LF Side Step left 6&7
- Hold, RF Step next to LF, 1/4 Turn left to 9:00, LF Step forward 8&1

[10-17]: 1/2 Step Turn L, 3x Lock Step Fwd ("Three ChaChas")

- RF Step forward, 1/2 Turn left and transfer weight on LF (face 3:00) 2.3
- RF Step forward, LF lock behind RF, RF Step forward 4&5
- 6&7 LF Step forward, RF lock behind LF, LF Step forward
- 8&1 RF Step forward, LF lock behind RF, RF Step forward

[18-25]: ¼ Step Turn R, Cross Shuffle, Sweep Fwd Cross, Chassé L

- 2, 3 LF Step forward, ¹/₄ Turn right and transfer weight on RF (face 6:00)
- 4&5 LF Cross in front of RF, RF Step next to LF, LF Cross in front of RF
- 6, 7 RF Sweep from behind to forward, RF Cross in front of LF
- 8&1 LF Side Step left, RF Step next to LF, LF Side Step left
- In wall 2 and 7: Restart after count 24

[26-32]: ¼ Rock Turn R, Recover fwd, Lock Step Fwd, Step fwd, "Sweep Turn", Cross together side

- RF Back Rock with 1/4 Turn, Recover forward (face 9:00) 2, 3
- RF Step forward, LF Lock behind RF, RF Step forward 4&5
- 6.7 LF Step forward, RF Sweep from behind to forward with 1/2 turn left (face 3:00)
- 8&1 RF Cross in front of LF, LF Step next to RF, RF Side Step right...

After wall 6: Tag, then Restart

Again from the beginning

Tag: [](2-17): Hold, Together, "Syncopated Side-Together-Side" R, Side Step R, Rock fwd, Recover, Chassé left, Hold, Together, "Syncopated Side-Together-Side"L, sway R, sway L, Chassé Right

- 2&3 ...Hold, LF Step next to RF, RF Side Step right
- 4&5 Hold, LF Step next to RF, RF Side Step right
- 6.7 LF Rock forward, RF Recover
- LF Side Step left, RF Step next to LF, LF Side Step left 8&1
- 2&3 Hold, RF Step next to LF, LF Side Step left
- 4&5 Hold, RF Step next to LF, LF Side Step left
- 6, 7 RF Sway right, LF Sway left
- 8&1 RF Side Step right, LF Step next to RF, RF Side Step right...

Contact: car.ol@gmx.de



