Nena



Compte: 64 Mur: 2 Niveau: Intermediate

Chorégraphe: Roy Hoeben (NL) - June 2020

Musique: Nena - Mamacita, Roy Paci & Didy



Restart on wall 2 after 16 counts

Intro: 16 counts.

(1-8) Mambo back ½ turn, mambo back, mambo right, mambo left.

1&2 RF mambo back, LF recover weight ½ turn left, RF step back.

LF mambo back, RF recover weight, LF step next RF.
 RF mambo right, LF recover weight, RF step next LF.
 LF mambo left, RF recover weight, LF step next RF.

(9-16) Lock step forward, out-out, in-in, knee pop.

1-2 RF step forward, LF lock behind RF.

3&4 RF step forward, LF lock behind RF, RF step forward.

5&6 LF step heel out forward, RF step heel out forward, LF step in.

7&8 RF step in, Right elbow to right side of chest, LF knee pop weight transfer, look left.

(17-24) Snap right, sailor step, cross, cross, hitch.

1-2 Snap right hand right, look forward.

3&4 LF cross behind RF, RF step right, LF step left.
 5&6 RF cross behind LF, LF step left, RF cross over LF.

&78 LF step left, RF cross behind LF LF hitch, LF cross behind RF.

(25-32) Side rock, side rock, paddle turn full.

1&2 RF side rock, LF recover weight, RF cross behind LF.3&4 LF side rock, RF recover weight, LF cross over RF.

RF ½ turn left paddle right, RF ½ turn left paddle right, RF ½ turn left paddle right.

RF ½ turn left paddle right, RF ½ turn left paddle right, RF ½ turn left paddle right.

(33-40) Step turn, step sweep, rock forward, hitch ¼ turn.

1-2 RF step forward, LF ½ turn left step forward.

3-4 RF step forward, LF ¼ turn right sweep forward.

5-6 LF rock forward, RF recover weight.7-8 LF step forward, RF hitch ¼ turn left.

(41-48) Out-out, hip swing, 3/4 turn.

1-2 RF step out forward, LF step out forward.

3-4 RF hip swing right, LF hip swing left.

5-6 RF ¼ turn left step right, LF ¼ turn left step left.

7-8 RF ¼ turn left step right, LF step next RF.

(49-56) Rumba box.

1-2 RF step right, LF step next RF.

3&4 RF step forward, LF step next RF, RF step forward.

5-6 LF step left, RF step next RF.

7&8 LF step back, RF step next LF, LF step back.

(57-64) Rock back, ½ turn, rock back, ¼ turn slide.

1-2 RF rock back, LF recover weight.

3-4 RF ½ turn left step back, LF step back.

RF rock back, LF recover weight.

7-8 RF ¼ turn left step right, LF step next RF.

5-6