Contigo Tengo Feeling



Compte: 32 Mur: 4 Niveau: Beginner

Chorégraphe: Bente Lindtner (NOR) - September 2020

Musique: Contigo Tengo Feeling - GABIFUEGO & Astrid S



Section1: R toe, L heel, R toe, L heel, rock to right, rock to left

1&2&	Touch R toe next to LF, step RF in place, touch L heel fw, step LR next to RF
3&4&	Touch R toe next to LF, step RF in place, touch L heel fw, step LR next to RF

5-6 & Rock RF to right, recover weight on LF, ball step RF next to LF 7-8 & Rock LF to left, recover weight on RF, ball step LF next to RF

Section2: Rock right recover, behind side cross, Rock left recover, ¼ Sailor turn

1-2 Rock RF right, recover weight on LF

3&4 Cross RF behind LF, step LF left, Cross RF in front of LF

5-6 Rock LF left, recover weight on RF

7&8 Turn ¼ left stepping LF back, Step RF next to LF, Step FW on LF

Section3: Step 1/4 turn L with flick, Rocking chair, Repeat

1-2 Step FW on RF, turn ¼ L on ball of LF while flicking RF behind

3&4& Rock RF diagonally forward left, recover weight on LF, Rock RF diagonally back to right

5-8 repeat 1-4& **(easier option - skip flick)**

Section4: Walk half circle left, mambo right mambo left

1-4 Step RF forward, turn 1/4 left stepping LF forward, step RF forward, turn 1/4 left stepping LF

forward (try to make this seem like walking a half circle)

Rock RF to R, Recover weight on LF, Step RF next to LF
Rock LF to L, Recover weight on RF, Step LF next to RF

Repeat and enjoy.