

La Plena

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Vee Trias (INA) - May 2025

Musique: La Plena (W Sound 05) - W Sound, Beéle & Ovy On the Drums

Intro: 48 Counts (Approximately 00:29)

NO TAG - NO RESTART

S1. SIDE, TOUCH, SIDE, KICK, BEHIND, SIDE, CROSS, SIDE, TOUCH, SIDE, KICK, BEHIND, FORWARD TURN 1/4 RIGHT, FORWARD

1&2&	Step R to side - Touch L together - Step L to side - Kick R to side
3&4	Cross R behind L - Step L to side - Cross R over L
5&6&	Step L to side - Touch R together - Step R to side - Kick L to side
7&8	Cross L behind R - Turn 1/4 right step R forward - Step L forward

S2. FORWARD MAMBO, COASTER STEP, SIDE MAMBO (R&L)

1&2	Rock R forward - Recover on L - Step R back
3&4	Step L back - Step R together - Step L forward
5&6	Rock R to side - Recover on L - Step R together
7&8	Rock L to side - Recover on R - Step L together

S3. CHUG, TURN 1/4 RIGHT CHUG, SAILOR STEP, SWITCH TOUCHES, SAILOR STEP

1&2&	Chug R to side - Recover on L - Turn 1/4 right chug R to side - Recover on L
3&4	Cross R behind L - Step L to side - Step R to side
5-6	Touch L cross over R - Touch L to side
7&8	Cross L behind R - Step R to side - Step L to side

S4. CROSS SAMBA, FORWARD ROCK, TURN 1/4 RIGHT, SIDE, CROSS SHUFFLE

1&2	Cross R over L - Rock L to side - Recover on R
3&4	Cross L over R - Rock R to side - Recover on L
5&6	Rock R forward - Recover on L - Turn 1/4 right step R to side
7&8	Cross L over R - Step R to side - Cross L over R

Have fun and happy dancing!