

# Sesión 53

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Andrés de la Rubia Albertí (ES) - January 2023  
音乐: Shakira: Bzrp Music Sessions, Vol. 53 - Bizarrap & Shakira



---

## [1-8] Steps forward, rock, recover, back, steps back, coaster step

1-4      Rf forward, Lf forward, Rf forward, return weight Lf, Rf back  
5-8      Lf back, Rf back, Lf back, Rf next Lf, Lf forward (restart 4 wall)

## [9-16] Side, hold, close, side, hold, rock, recover, coaster step ¼ turn right

9-12      Rf to the right, hold, Lf next Rf (&), Rf to the right, hold  
13-16      Lf forward, return weight Rf, Lf back ¼ turn right, Rf next Lf, Lf forward

## [17-24] Diagonal step forward, touch, shuffle back, rock back, hip bumps (R&L&R)

17-20      Rf diagonal forward, touch Lf next Rf, Lf diagonal back, Rf next Lf, Lf back  
21-24      Rf back, recover weight Lf, hip bumps R&L&R (weight to the right)

## [25-32] Out, Out, coaster cross, Out, Out, coaster touch

25-28      Lf diagonal left forward, Rf diagonal right forward, Lf back, Rf next Lf, Lf cross Rf  
29-32      Rf diagonal R forward, Lf diagonal L forward, Rf back, Lf next Rf, touch Rf next Lf

---