Mi Cama



编舞者: Yvonne (Krause) Halsey (USA) - May 2025

音乐: Mi Cama Huele a Ti - Tito El Bambino



Intro: 16 Counts: 1 Tag & Restart

[1-8] SYNCOPATED LOCK STEPS RIGHT & LEFT

1-2 Step forward on right, lock left behind right.

3&4 Step forward on right, step left next to right, step forward on right.

5-6 Step forward on left, lock right behind left.

7&8 Step forward on left, step right next to left, step forward on left.

[9-16] ROCK RECOVER, LOCK BACK, SHUFFLE ½, SHUFFLE FORWARD

1-2 Rock forward on right, recover onto left.

3&4 Step back on right, cross left over right, step back on right.

5&6 Make a ½ turn over your left shoulder as you shuffle stepping left, right, left. (6:00)

7&8 Shuffle forward by stepping right, left, right.

[17-24] CROSS ROCK RECOVER, SHUFFLE LEFT, JAZZ BOX w/1/4 RIGHT

1-2 Cross left over right, step back on right.3&4 Shuffle left by stepping left, right, left.

5-8 Cross right over left, step back on left, turning ¼ right, step forward on left. (9:00)

[25-32] SAMBA STEPS x4 w/1/4 TURN LEFT (As You Samba Slowly Turn 1/4 Left)

Cross right over left, rock to left side on ball of left foot, recover onto right.
Cross left over right, rock to right side on ball of right foot, recover onto left.
Cross right over left, rock to left side on ball of left foot, recover onto right.
Cross left over right, rock to right side on ball of right foot, recover onto left.

Tag & Restart: At the end of the first wall there is a 4-count tag. Simply sway RLRL, then restart.

May You Always Dance Like No One Is Watching

Contact: yhalsey5678@gmail.com