

La Tenga

拍数: 60 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK)
音乐: Que la Detengan - David Civera



ROCK STEP, COASTER STEP, PIVOT ½ TURN, SHUFFLE

- 1-2 Rock forward on right, rock back on left
- 3&4 Step back on right, step left next to right, step forward on right
- 5-6 Step forward on left, pivot ½ turn right
- 7&8 Step forward on left, step right next to left, step forward on left

ROCK STEP, COASTER STEP, PIVOT ½ TURN, SHUFFLE

- 1-8 Repeat the above 8 counts

TOUCH BALL STEP, SIDE TOGETHER, CHASSE ¼ TURN, PIVOT ¾ TURN

- 1&2 Touch right toe next to left instep, step back on ball of right, step forward on left
- 3-4 Step right to right side, step left next to right
- 5&6 Step right to right side, step left next to right, step right to right side with ¼ turn right
- 7-8 Step forward on left, pivot ¾ turn right

SIDE TOGETHER, CHASSE, TOUCH BALL STEP, PIVOT ½ TURN

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, step right next to left, step left to left side
- 5&6 Touch right toe next to left instep, step back on ball of right, step forward on left
- 7-8 Step forward on right, pivot ½ turn left

STEP, SIDE TOUCH, STEP, KICK BALL STEP, STEP, TOUCH BEHIND, SHUFFLE BACK

- 1-2 Step forward on right, touch left toe out to left side
- 3 Step forward on left
- 4&5 Kick right out to right side, step ball of right behind left, step forward on left
- 6-7 Step forward on right, touch left toe behind right
- 8&1 Step back on left, step right next to left, step back on left

ROCK BACK, SIDE ROCK & CROSS, TURN ½ RIGHT, CROSS ROCK

- 2-3 Rock back on right, rock forward on left
- 4&5 Rock right out to right side, step left in place, cross step right over left
- 6-7 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side
- 8-1 Cross rock left over right, rock right in place

CHASSE ¼ TURN, FULL TURN LEFT, PIVOT ¼ TURN LEFT, HEEL GRIND ¼ TURN RIGHT

- 2&3 Step left to left side, step right next to left, step left to left side with ¼ turn left
- 4-5 Turn ½ left stepping back on right, turn ½ left stepping forward on left
- 6-7 Step forward on right, pivot ¼ turn left
- 8-1 Dig right heel next to left and grind heel turning ¼ right, (now facing 9:00)

COASTER STEP, STEP FORWARD

- 2&3 Step back on right, step left next to right, step forward on right
- 4 Step forward on left

REPEAT

