

# Suéltala

拍數: 32      牆數: 4      級數: Improver  
編舞者: Paul Steinborn (DE) - May 2025  
音樂: Suéltala (feat. Samy Hawk) - Jorge Luis Chacín



## 1 Tag

### Section 1: MAMBO FORWARD / MAMBO BACKWARDS / MAMBO SIDE R+L

- 1 & 2      Step RF forward, Recover on LF, Step RF next to LF
- 3 & 4      Step LF backwards, Recover on RF, Step LF next to RF
- 5 & 6      Step RF to side, Recover on LF, Step RF next to LF
- 7 & 8      Step LF to side, Recover on RF, Step LF next to RF

### Section 2: MAMBO CROSS BACKWARDS R + L / CROSS / 1/4 TURN L / OUT-OUT / CLAP-CLAP

- 1 & 2      Cross RF behind LF, Recover on LF, Step RF to side
- 3 & 4      Cross LF behind RF, Recover on RF, Step LF to side
- 5, 6      Cross RF behind LF, Make 1/4 turn L stepping LF forward
- & 7 & 8      Step RF next to LF, Step LF next to RF, clap both hand together twice

### Section 3: POINT R+L+R / SHIMMY'S / TOGETHER / POINT L+R+L / SHIMMY'S / TOGETHER

- 1 & 2 &      Point RF to side, Step together on RF, Point LF to side, Step together on LF
- 3 & 4 &      Point RF to side, Shake your shoulders twice, Step together on RF
- 5 & 6 &      Point LF to side, Step together on LF, Point RF to side, Step together on RF
- 7 & 8 &      Point LF to side, Shake your shoulders twice, Step together on LF

### Section 4: WALK R+L / SHUFFLE FORWARD / WALK L+R / VOLTA FULL TURN

- 1, 2      Step RF forward, Step LF forward
- 3 & 4      Step RF forward, LF next to RF, Step RF forward
- 5 & 6 & 1      1/4 Turn L step LF forward, Step together on RF, 1/4 Turn L step LF forward, Step together on RF
- 7 & 8 & 1      1/4 Turn L step LF forward, Step together on RF, 1/4 Turn L step LF forward, Step together on RF

### \*Option for Count 5-8: WALK L+R / SHUFFLE FORWARD

- 1, 2      Step LF forward, Step RF forward
- 3 & 4      Step LF forward, RF next to LF, Step LF forward

### \*Tag (after wall 9)

#### Tag: HIP AND ARM MOVEMENT

- 1, 2      Touch RF diagonal forward while bend both knees and start rotating the hip (from right diagonal forward to left diagonal backward) bring the right arm to the right diagonal and „grab“ something slowly
- 3, 4      finish hip rotation with touch together on RF (from left diagonal backwards to right side) bring the right arm back to the body