

Mi Mala

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Choregraphie par : Ria Vos

Description : 32 temps, 4 murs, Novice, Avril 2019

Musique : « Mi Mala [Remix] (feat. Becky G, Leslie Grace & Lali) » Mau y Ricky & Karol G



Intro: 16 Counts

Cross Rock-Side, Cross Rock, Side Rock, Back w/Sweep, Behind-Side, Step Lock Step

- 1&2 Cross Rock R Over L, Recover on L, Step R to R Side
- 3& Cross Rock L Over R, Recover on R
- 4& Rock L to L Side, Recover on R
- 5 Step L Behind R Sweeping R from Front to Back
- 6& Step R Behind L, Step L to L Side
- 7&8 Step Fwd on R, Lock L Behind R, Step Fwd on R

Mambo Fwd, Back, ¼ L, Cross Shuffle, & Side-Together, Cross, & Side-Together

- 1&2 Rock Fwd on L, Recover on R, Step Back L
- 3& Step Back on R, ¼ Turn L Step L to L Side
- 4&5 Cross R Over L, Step L to L Side, Cross R Over L
- &6 Step L to L Side, Step R Next to L
- 7&8 Cross L Over R, Step R to R Side, Step L Next to R

Cross w/Sweep, Point Across, Step Fwd, ½ L, Together, Cross Side Rock, Cross Side Rock, Touch

- 1-2 Cross R Over L Sweeping L from Back to Front, Point L Fwd slightly Across R
- 3&4 Step Fwd on L, ½ Turn L Step Back on R, Step L Next to R
- 5&6 Cross R Over L, Rock L to L Side, Recover on R
- &7& Cross L Over R, Rock R to R Side, Recover on L
- 8 Touch R Next to L with Knee Turned In

Knee Pops, Ball-Step Fwd, Together, Swivels

- 1-2 Pop L Knee Across R, Pop R Knee Across L
- &3-4 Step on Ball of R slightly Back, Step L Big step Fwd, Step R Next to L
- 5&6 Swivel R Toe Out to R Side, Swivel R Heel to R, Swivel Toe to R
- 7&8 Swivel R Toe to L, Swivel R Heel to L, Swivel R Toe Back to Center (weight L)

Restart: On wall 1 After count 24 (3:00)

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