

Como Estas My Lady 48 Count, 4 Wall, Improver

Choreographer: Sebastiaan Holtland (NL) Jan 11 Choreographed to: Como Estas by Pachanga

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Intro:	16	Counts	(11	Sec)
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1-8 1&2 3&4 5&6 7&8	Syncopated Hip Bumps R-L-R, 1/4 Turn L, Lock step Fwd, Stomp, Out, Out, Cross & Heel Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right with 1/4 turn to left (9:00) Step forward on Lf, lock Rf behind Lf, step Lf forward weight onto Lf (lock step) Stomp Rf beside Lf, step Lf out to left, step Rf out to right take ending weight onto Rf Cross Lf over Rf, step Rf to the right, touch R heel diagonally forward (Heel Tap) (9:00)
&1-2 3&4 5&6 7&8	Cross, 1/4 Turn R, Back, Kick Ball Step, Twist & Twist, Twist 1/2 Turn L, Kick & Point Step Lf back in place, cross Rf over Lf, making a 1/4 turn to right (12:00) stepping back on Lf Kick forward on Rf, step Rf back in place on ball, step forward on Lf weight onto both feet Twist both heels forward, twist both heels back in place, twist heels forward with 1/2 turn right ending weight onto Lf (6:00) Kick forward on Rf, step Rf back in place, point Lf out to left holding weight onto Rf (6:00) T:Here WALL 5 after 16 count (Lf step together) (Facing 6 o'clock)
<b>17-24</b> &1-2 3&4 5-6 7&8	Together, Side Rock / Recover, Behind, Side, Cross, 3/4 Unwind L, Lock Step Fwd Step Lf beside Rf, rock Rf to the right, recover on Lf (6:00) Cross Rf behind Lf, step Lf to side, cross Rf over Lf weight onto both feet (sailor cross) Hold, Unwind 3/4 left (9:00) take weight onto Rf Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (lock step) (9:00)
25-32 1-2 3-4 5&6 7&8	1/2 Pivot L, L Full Turn Forward, Cross Mambo Right, 1/4 Turn R, Side, Cross Mambo Left Step forward on Rf, making a 1/2 turn to left (3:00) take weight onto Lf Turning 1/2 left step R back (6:00), turning 1/2 left step L forward (3:00) Rock forward on Rf, recover on Lf, making a 1/4 turn to right (6:00) step Rf to the right Rock forward on Lf, recover Rf, Lf next to Rf weight onto both feet (6:00)
<b>33-40</b> &1-2 &3-4 a5 a6a7a 8	Jump Both Feet Apart, Hold, & Cross, Hold, Lock Step (3/4 Turn L Arch) Jump both feet apart (&1), HOLD weight onto both feet (6:00) Step Rf beside Lf, cross Lf over Rf, HOLD take weight onto Lf Step Rf slightly to the right, cross Lf over Rf Lock Rf behind, step Lf forward, lock Rf behind, step Lf forward (9:00) (Making a 3/4 Turn arch to the left with the above steps)
<b>41-48</b> 1-2 &3-4 5&6 7&8	Fwd Rock / Recover, 1/4 Turn R, Side, & Cross, Dig Kick Fwd, 1/4 Cross Samba (right), Lock Step Fwd Rock forward on Rf, recover on Lf Making a 1/4 turn to right (12:00) step Rf to the right, cross Lf over Rf, kick Rf diagonal forward Cross step Rf over Lf, making a 1/4 turn right (3:00) step Lf to the left side slightly forward, step Rf to the right side slightly forward (1/4 cross samba right) Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (lock step) (3:00)
<b>TAG:</b> 1-2 3-4	WALL 6 after 48 count (Facing 12 o'clock)  Out, Out (Fwd, Fwd), Big step back, Together  Step Rf forward out, step Lf forward out  Big step back on Rf, step Lf beside Rf take weight onto Lf
3-4	