

La Resaca (a.k.a. The Hangover)

LINEDANCE.COM

Count: 48

Wall: 2

Level: Phrased Intermediate

Choreographer: José miguel Belloque Vane, (NL) Sébastien BONNIER (FR) & Sebastiaan Holtland, (NL)
December 2018

Music: Alex Duvall - La Rasaca. (Latin Hits 2018). (Track on iTunes & other mp3 sites) (approx 3:30 mins)

Introduction: 32 counts, start on approx. 19 sec.

Sequence: A, B, A, A 16, Restart, A, B, A, A, B, A, A, A.

PART A: 32 counts.

A[1-8] Walk Fwd R, L, Mambo Side R with $\frac{1}{4}$ Turn R, $\frac{1}{2}$ Unwind R Across, & Cross L, Side.

1,2 Walk R fwd (1), Walk L Fwd (2).

3&4 Mambo R fwd (3), Recover back Into L (&), Make $\frac{1}{4}$ turn R (3.00) step R to R (4).

5,6 Step L across R (5), Unwind $\frac{1}{2}$ R (9.00) weight onto L (6).

&7,8 Step R beside L (&), Step L across R (7), Step R to R (8).

A[9-16] $\frac{3}{4}$ Volta Turn L, Full Volta Turn R with Touch R.

1&2& Step L forward (1), Small Step R to R (&), Step L across R (2), Small Step R to R (&).

3&4 Step L across R (3), Small Step R to R (&), Step L across R squaring up at (12:00) weight onto L (4).

5&6&(Full) Step R forward (5), Small Step L to L (&), Step R across L (6), Small Step L to L (&).

7&8 Step R across L (7), Step L slightly fwd (&), Touch R beside L squaring up at (12:00) weight onto R (8).

(NB: Restart here in WALL 4 after 16 counts, after start again).

A[17-24] Step R Fwd with $\frac{1}{8}$ Turn R, Samba Diamond Making A Full Turn Left.

1 Make $\frac{1}{8}$ turn R (1.30) step R fwd (1).

2&3 Step L across R (2), Make $\frac{1}{8}$ turn L step R to R (&), Make $\frac{1}{8}$ turn L (10.30) step L back (3).

4&5 Step R back (4), Make $\frac{1}{8}$ turn L (9.00) step L to L (&), Make $\frac{1}{8}$ turn L (7.30) step R fwd (5).

6&7 Step L across R (6), Make 1/8 turn L step R to R (&), Make 1/8 turn L (4.30) step L back (7).

&8 Step R back (&), Make 3/8 turn L (12.00) step L slightly to L (8).

A[25-32] Fwd & Side Mambo R, Coaster Step R, Fwd & Side Point L, ½ Sailor Turn L.

1&2& Mambo R fwd (1), Recover back onto L (&), Mambo R to L (2), Recover back onto L (&).

3&4 Step R back (3), Step L beside R (&), Step R fwd (4).

5,6 Point L fwd (5), Point L out to L (6).

7&8 Step L behind R (7), Make ½ L (6.00) step R to R (&), Step L to L (8).

PART B: 16 counts.

B[1-8] Syncopated Jazz Box R Across, Back & Side, Syncopated Rocking Chair R, Runs Fwd L, R.

1,2&3 Step R across L (1), Step L back (2), Step R to R (&), Step L across R (3).

4& Step R back (4), Step L to L (&).

5&6&7 Rock R fwd (5), Recover back onto L (&), Rock R back (6), Recover back onto L (&), Step R fwd (7).

8& Stepping L fwd (8), Stepping R fwd (&).

B[9-16] Mambo Step Fwd L, Coaster Step R, Side, Hold, Shimmy Shoulders, Heel Flick R.

1&2 Mambo L fwd (1), Recover back onto R (&), Step L back (2).

3&4 Step R back (3), Step L beside R (&), Step R fwd (4).

5,6 Step L out to L (5), HOLD (6).

7 Shimmy shoulders long (7).

8 Heel Flick R (8).

REPEAT THIS DANCE AND HAVE FUN!!