

La Dieta

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Andrico Yusran , d'ULD Pusat - Jakarta, Indonesia (January 2020)

Music: Sharlene - La Dieta (Lyric Video)

Restart : On 3 , 5 , 7 after 16 count

Tag : 2 count On wall 5 after 16 count

Start Dance ♥ after Intro Music 16 counts

S1# FORWARD SHUFFLE - MAMBO FORWARD - BACK LOCK SHUFFLE - BACK MAMBO

1&2 Step R forward , L close beside R , R forward

3&4L forward , R in place , L close beside R

5&6R back , L cross back over R , R back

7&8L back , R in place , L close beside R

S2# SIDE MAMBO CROSS - SIDE CHASSE - CROSS ROCK 1/4 TURN - LOCK SHUFFLE

1&2 Step R to side , L in place , R cross over L

3&4L side , R close beside L , L side

5&6R cross over L , L recover , R 1/4 turn to R

7&8L forward , R lock behind L , L forward

(Restart here on wall 3 , 5 , 7)

Note* On 5 after 16 counts - tag 2 count

S3# SIDE CHASSE - CROSS ROCK - CROSS SHUFFLE - SIDE MAMBO

1&2 Step R to side , L close beside R , R side

3&4L cross over R , R recover , L side

5&6R cross over L , L side , R cross over L

7&8L side , R in place , L close beside R

S4# SIDE - CLOSE TOUCH - SIDE - CLOSE TOUCH - BACK LOCK - BACK MAMBO

1-4 Step R side , L close touch beside R , L side , R close touch beside L

5&6R back , L back cross over R , R back

7&8L back , R in place , L close beside R

TAG 2 COUNT

SIDE TOUCH - CLOSE TOUCH

1-2R side touch , R close touch beside L

Enjoy The Dance

E-mail: ricoyusran@yahoo.com.