

En La Cama

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Count: 32 **Wall:** 4 **Level:** Novice

Choreographer: Joran van der Noll (NL) January 2020

Music: "En La Cama" Nicky Jam Ft. Daddy Yankee

Chasse touch 2x, ½ paddle 4x turn R.

- 1 Rf step to side
- & Lf close to Rf
- 2 Rf step to side
- & Lf touch next Rf

3LF step to side

- & Rf close to Lf
- 4 Lf step to side
- & Rf touch next Lf
- 5 Rf paddle 1/8 turn R
- 6 Rf paddle 1/8 turn R
- 7 Rf paddle 1/8 turn R
- 8 Rf paddle 1/8 turn R

Chasse touch 2x, ½ paddle 4x turn R.

- 1 Rf step to side
- & Lf close to Rf
- 2 Rf step to side
- & Lf touch next Rf

3LF step to side

- & Rf close to Lf
- 4 Lf step to side
- & Rf touch next Lf
- 5 Rf paddle 1/8 turn R
- 6 Rf paddle 1/8 turn R

7 Rf paddle 1/8 turn R

8 Rf paddle 1/8 turn R

Sailor step 2x, traveling touches fwd 4x.

1 Rf step behind Lf

& Lf step left

2 Rf step right

3 Lf step behind Rf

& Rf step right

4 Lf step left

& Rf touch fwd

5 Rf step slightly back

& Lf touch fwd

6 Lf step slightly back

& Rf touch fwd

7 Rf step slightly back

& Lf touch fwd

8 Lf step slightly back

Out-out in-in 2x, side close side kick, ¼ step close step fwd.

1 Rf step diagonal fwd

& Lf step diagonal fwd

2 Rf step back

& Lf step back

3 Rf step diagonal fwd

& Lf step diagonal fwd

4 Rf step back

& Lf step back

5 Rf step to side

& Lf close to Rf

6 Rf step to side

- & Lf kick diagonal to left
- 7 Lf ¼ step left
- & Rf step next Lf
- 8 Lf step fwd

Options : Do the dance with your knees bent and swivel your feet and use your hips.

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