

La Casa de Papel EZ

Count : 80

Mur : 0

Niveau : Beginner/Beginner+

Choreographer : Maryse - Angéline FOURMAGE (Angel'Line) (FR - 10 September 2018)

Music : My life is going on by Cécilia Krull

Sequence : A-A-A-B-C-C-D-A-A-B-C-C-D(16)-D Start : 16 counts

A : 8 counts

1-8 : Basic Night-Club, Basic Night-Club, Step, Sweep, Cross, Back 1/4 L, Slide, Together, Hold

1-2& LF to L side, RF behind LF, Cross LF over RF

3-4& RF to R Side, LF behind RF, RF FW LF

5-6& L Sweep from back to front, Cross LF over RF, Make 1/4 L with RF back

7-8& Slide LF to L side with Drag R, RF next to LF, Hold (For the last A : Touch RF next to LF)

B : 32 counts

1-8 : Mambo Back, Mambo Back, Mambo Side, Mambo Side

1&2 RF back, Recover LF, RF next to LF

3&4 LF back, Recover RF, LF next to RF

5&6 RF to R Side, Recover LF, RF next to LF

7&8 LF to L side, Recover RF, LF next to RF

9-16 : Step to R diagonal, Drag, Touch, Step to L diagonal, Drag, Touch

1-2 RF to R diagonal , Drag LF

3-4 Continue le drag, Touch LF next to RF

5-6 LF to L diagonal, Drag RF

7-8 Continue the drag, Touch RF next to LF

17-24 : Mambo Back, Mambo Back, Mambo Side, Mambo Side

1&2 RF back, Recover LF, RF next to LF

3&4 LF back, Recover RF, LF next to RF

5&6 RF to R Side, Recover LF, RF next to LF

7&8 LF to L side, Recover RF, LF next to RF

25-32 : Step to R diagonal Back, Drag, Touch, Step to L diagonal Back, Drag, Touch

1-2 RF to R diagonal back, Drag LF

3-4 Continue le drag, Touch LF next to RF

5-6 LF to L diagonal back, Drag RF

7-8 Continue the drag, Touch RF next to LF

C : 16 counts

1-8 : Chassé, Stomp, Stomp, Chassé, Stomp, Stomp

1&2 Chassé D (RF to R Side, LF next to RF, RF to R Side)

3-4 Stomp LF next to RF, Stomp RF next to LF

5&6 Chassé G (LF to L side, RF next to LF, LF to L side)

7-8 Stomp RF next to LF, Stomp LF next to RF

9-16 : Step R, Step together, Step L, Step together, Step together, Step together, Vine 1/4 R, Step

1-2& RF to R Side, LF next to RF, Step RF next to LF

3-4& LF to L side, RF next to LF, Step LF next to RF

5-6 RF to R Side, LF behind RF

7-8 Faire 1/4 D avec RF to R Side, LF FW

D : 24 counts

1-8 : Walk, Walk, Mambo, Mambo, Step turn 1/2 L

1-2 RF FW, LF FW

3&4 RF FW, Recover LF, RF back

5&6 LF back, Recover RF, LF FW

7-8 RF FW, Tourné 1/2 G (weight is on LF)

9-16 : Walk, Walk, Mambo, Mambo, Step turn 1/4 L

1-2 RF FW, LF FW

3&4 RF FW, Recover LF, RF back

5&6 LF back, Recover RF, LF FW

7-8 RF FW, Turn 1/4 L (weight is on LF) **Restart**

17-24 : Jazz-Box, Arm, Step Back

1-2 Cross RF over LF, LF back

3-4 RF to R Side, LF next to RF

5-6 Arm R hand FW, L Hand FW

&7-8 Turn your arm with RF back, Push your arm FW, LF next to RF

NOTA :

(RF = Right Foot ; LF = Left Foot)

Watch the video for arms

Smile and enjoy the dance

Contact : maellynedance@gmail.com