

# En La Cama

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  
3 LF 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  
3 LF 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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