

Como Duele El Silencio (How The Silence Hurts)

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32 Count 4 Wall Low Intermediate Level Dance.
Choreographed by: Christina Yang (KOR) Mar 2021
Choreographed to: Como Duele El Silencio by Lesile Grace
Intro: 32 Counts. Start on vocal at approx 14 secs

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SEC 1 SIDE BASIC, BACK MAMBO, ½ TURN TO L WITH DRAG AND TOE TOUCH

- 1-2 Step LF to side, closed RF next to LF
- 3-4 Step LF to side, touch RF toe beside LF doing little hip bump(up and down)
- 5-6 Rock RF backward, recover on LF
- 7-8 Step RF forward, turn ½ to L while doing drag LF to RF and touch LF toe beside RF(6:00)

SEC 2 ROCK WITH HIP ROLLING, RECOVER, BACK, TOUCH, FORWARD, ½ TURN TOGETHER, ¼ TURN SIDE, TOUCH

- 1-2 Rock LF forward and rolling hip to counter clockwise, recover on RF
- 3-4 Step LF backward, touch RF toe beside LF
- 5-6 Step RF forward, turn ½ to R and closed LF next to RF (12:00)
- 7-8 Turn ¼ to R stepping RF side, touch LF toe beside RF (3:00)

SEC 3 SIDE WITH HIP SWAY, TOUCH X 2, HEEL TOUCH, TOE TOUCH, SIDE, SAILOR STEP

- 1-2 Step LF side doing sway hip to L, touch RF toe next to LF
- 3-4 Step RF side doing sway hip to R, touch LF toe next to RF
- 5&6 Touch LF heel to L side, touch LF toe in front of RF, step LF to side
- 7&8 Cross RF behind LF, closed LF next to RF, step RF to R diagonal direction(face toward front)

SEC 4 FORWARD, FULL TURN TO L, TOGETHER AND BENDING OF BOTH KNEES, BACKWARD WALKS x 4

- 1-2 Step LF forward, turn ½ to L and closed RF next to LF (9:00)
- 3-4 Turn ½ to L stepping LF forward, RF closed next to LF and bending of both knees (weight on RF) (3:00)
- 5-6 Step LF back slightly, step RF back slightly
- 7-8 Step LF back slightly, step RF back slightly