

Como Estas

48 count, 2 wall, intermediate level

Choreographer: Stephen Rutter (UK) Sept 2006
Choreographed to: Maria by US5, CD Single Popstar
soundtrack (100 bpm)

48 Count Intro'

Section 1-Cross, Toe Touch, Vaudeville Step, Hip Bumps, Vaudeville Step.

- 1-2 Cross right over left, touch left toe to left side.
3&4 Cross left over right, step right to right side, touch left heel to left diagonal.
5-6 Replace weight onto left bumping hips left twice.
& Replace weight onto right.
7&8 Cross left behind right, step right-to-right side, touch left heel to left diagonal.

Section 2-Lock Step, Mambo Rock With ½ Turn Right, Side Rock, Sailor ½ Turn Left.

- 9&10 Step left forward to left diagonal, lock right behind left, step left forward to left diagonal.
11&12 Still facing corner rock forward on right, recover weight back onto left, make a half turn right stepping forward on right.
13-14 Straightening up to face 6 o'clock rock left-to-left side, recover weight onto right.
15&16 Cross left behind right, make a quarter turn left stepping right beside left (taking weight), make a quarter turn left stepping left slightly forward.

Section 3-Kick x2, Weave, Kick x2, Cross Behind, ¼ Turn Right, Side Step.

- 17-18 Kick right foot forward to right diagonal and at same time with palms of hand out in front of you press palms forward in conjunction with the kicks as if pushing something.
19&20 Cross right behind left, step left to left side, cross right over left.
Restart: When dancing wall 5 add an & count here by stepping left to left side and then restart dance here.
21-22 Kick left foot forward to left diagonal and at same time with palms of hand out in front of you press palms forward in conjunction with the kicks as if pushing something.
23&24 Cross left behind right, make a quarter turn right stepping forward on right, step left to left side.

Section 4-Coaster Step, Hip Rock, Close, Cross, Unwind ¾ Turn, Toe Touch x2, Side Step, Drag.

- 25&26 Step back on right, close left beside right, step forward on right.
27-28 Rock left forward to left diagonal pushing hips left, recover weight onto right.
& Close left beside right.
29-30 Cross right over left, unwind a three-quarter-turn left (weight ending on left).
&31 Touch right toe beside left, touch right toe a little bit further out from left.
32 Step right a big step to right dragging left up towards right.

Section 5-Back Rock, Side Step, Back Rock, Side Step, Back Rock, Triple Full Turn Right.

- 33&34 Rock back on left, recover weight onto right, step left-to-left side.
35&36 Rock back on right, recover weight onto left, step right-to-right side.
37-38 Rock back on left, recover weight onto right.
39&40 Make a full turn right stepping on left, right, and left.

Section 6-Rock & Touch, Coaster Cross, Side Step, Toe Touch, Ball-Cross, Side Step, Close.

- 41&42 Rock right-to-right side, recover weight onto left, touch right toe beside left.
43&44 Step back on right, close left beside right, cross right over left.
45 Step left to left side.
46&47 Touch right toe beside left, step weight down onto right, cross left over right.
48& Step right-to-right side, close left beside right.

Restart.

When dancing wall 5, only dance up as far as count 20 (Behind, Side, Cross) then add an & count by stepping left to left side and then restart dance again (You'll be facing 12 o'clock when you do this).

A Special Thank You to Mike & Mary Parkinson of "M 'n' M'z Linedance Fun" for bringing this music to my attention.

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