

La Tenga



Kate Sala

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Forward Rock, Coaster Step, Step 1/2 Pivot, Left Shuffle Forward. Rock forward on right. Rock back onto left. Step back right. Step left beside right. Step forward right. Step forward left. Pivot 1/2 turn right. Step forward left. Step right beside left. Step forward left.	Forward Rock Coaster Step Step Pivot Left Shuffle	On the spot Turning right Forward
Section 2 1 - 8	Forward Rock, Coaster Step, Step 1/2 Pivot, Left Shuffle Forward. Repeat steps 1 - 8 of Section 1.		
Section 3 1 & 2 3 - 4 5 & 6 7 - 8	Touch Ball Step, Side Together, Chasse 1/4 Turn, Step 3/4 Pivot. Touch right toe next to left. Step back on ball of right. Step forward left. Step right to right side. Step left beside right. Step right to right side. Close left beside right. Step right 1/4 turn right. Step forward left. Pivot 3/4 turn right.	Touch Ball Step Side Together Side Close Turn Step Pivot	On the spot Right Turning right Turning right
Section 4 1 - 2 3 & 4 5 & 6 7 - 8	Side Together, Chasse Left, Touch Ball Step, Step 1/2 Pivot. Step left to left side. Step right beside left. Step left to left side. Step right beside left. Step left to left side. Touch right toe next to left. Step back on ball of right. Step forward left. Step forward right. Pivot 1/2 turn left.	Side Together Side Close Side Touch Ball Step Step Pivot	Left On the spot Turning left
Section 5 1 - 3 4 & 5 6 - 7 8 & 1	Forward, Touch, Forward, Kick Ball Step, Forward, Touch, Back Shuffle. Step forward right. Touch left toe out to left side. Step forward left. Kick right out to right side. Step ball of right behind left. Step forward left. Step forward right. Touch left toe behind right. Step back left. Step right beside left. Step back left.	Forward Touch Step Kick Ball Step Step Touch Back Shuffle	Forward Back
Section 6 2 - 3 4 & 5 6 7 8 - 1	Back Rock, Right Rock Cross, 2 x 1/4 Turn Right, Cross Rock. Rock back on right. Rock forward onto left. Rock to right side on right. Rock onto left in place. Cross right over left. Make 1/4 turn right stepping back onto left. Make 1/4 turn right stepping right to right side. Cross rock left over right. Rock back onto right.	Back Rock Right Rock Cross Turn Turn Cross Rock	On the spot Left Turning right On the spot
Section 7 2 & 3 4 5 6 - 7 8 - 1	Chasse 1/4 Turn Left, Full Turn, Step 1/4 Pivot, Heel Grind 1/4 Turn. Step left to left side. Close right beside left. Step left 1/4 turn left. Make 1/2 turn left stepping back onto right. Make 1/2 turn left stepping forward onto left. Step forward right. Pivot 1/4 turn left. Dig right heel beside left. Grind heel 1/4 turn right, weight ends back on left.	Side Close Turn Turn Turn Step Pivot Heel Turn	Turning left Turning left Turning left Turning left Turning right
Section 8 2 & 3 4	Coaster Step, Step Forward Left. Step back right. Step left beside right. Step forward right. Step forward left.	Coaster Step Step	On the spot Forward

INTERMEDIATE

4 Wall Line Dance:- 60 Counts. Intermediate.

Choreographed by:- Kate Sala (UK), April 2003.

Choreographed to:- 'Que La Detengan' by Alejandro Abad (130 bpm) on Playa Total 7 album (start on vocals);
Or by David Civera from 'En Cuerpo Y Alma Enhanced' import album.

Music Suggestion:- 'You Look Good In My Shirt' by Keith Urban (118 bpm) from Golden Road album.