

Step Choreographie

Name: Insertion-Step
Beschreibung: Leicht (zum Schneiden)
Ausführung: STEP horizontal
Choreographie: ISA aus Tuttlingen

0163 – 40 33 66 2

Counts **Schritt**

Aufbau aus

BLOCK 1

1 x 8 baby mambo re, li / up re, up li
 1 x 8 baby mambo down re, li / down re, down li (home)

1 & 2 (Blick west) chacha (re TOP – li FLOOR – re TOP)
 3 – 4 straddle down li, re
 5 & 6 (nord) chacha zurück (li TOP – re FLOOR – li TOP)
 7 – 8 straddle down re, li
 1 & 2 (Blick west) chacha (re TOP – li FLOOR – re TOP)

(Warm Up)

3 – 4 li stomp FLOOR, re stomp TOP
 5 – 6 li stomp hinter re (TOP), re stomp (TOP)
 7 – 8 down li, down re (home)

= Wiegeschritt

4 x 8 **BLOCK 1** komplett mit li beginnend wiederholen

BLOCK 2

4er Repeater (10ct.):
 1 – 4 re L-step knee lift
 5 – 6 Elvis-knee (re knee = in, out)
 7 – 10 re L-step knee lift (home)

4er Repeater

1 – 2 step curl (li hoch west, re curl)
 3 – 4 step curl (re Schritt on Top – ost, li curl)
 5 – 6 down home li, re

2er repeater curl

4 basic around:
 1 – 2 up li, up re (Blick nord)
 3 – 4 down li, down re (west – Blick ost)
 5 – 8 up li, up re / down li, down re (nord – Blick süd)
 1 x 8 wh (down ost – Blick west / down home – Blick nord)

4 basic

4 x 8 **BLOCK 2** komplett mit li beginnend wiederholen

BLOCK 3

1 – 6 travel re 2er Repeater kick
 1 – 6 travel li 2er Repeater kick

1 – 4 OTT re (Blick west) (ct. 4 = heel dig li)
 5 – 8 OTT li (nach Hause)
 1 x 8 wh OTT li, re (Blick ost)

4 basic

1 – 4 re step kick

4 x 8 **BLOCK 3** komplett mit li beginnend wiederholen