

<b>La Tenga</b>	
Choreographer:	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.
Suggested Music:	'You Look Good In My Shirt' by Keith Urban (118 bpm) from Golden Road album.
Type:	4 Wall, 60 Counts.
Level:	Intermediate.

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