

# Lupe Lu

Count: 48

Wand: 4

Ebene: Beginner

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Musik: Little Latin Lupe Lu - Bill Medley : (iTunes)



## GRAPEVINE RIGHT WITH TWISTS

1,2,3,4 Step R foot to side, Step L behind R, Step R foot to side, Step L together  
5,6,7,8 Twist heels to Right, Twist heels back to center, twist heels to Right, Twist heels back to center

**\*\*On count 8 make sure to take or shift weight to Left foot in preparation of next move.\*\***

## PONY STEPS WITH ¼ TURN

&1,2 Slight hop onto R foot (&), Touch L beside R (knee bent weight on R )(1), Hold (2)  
&3,4 Turning ¼ to left, Slightly hop onto L foot (&), Touch R beside L (knee bent weight on L )(3), Hold (4)  
&5,6 Slight hop onto R foot (&), Touch L beside R (knee bent weight on R )(5), Hold (6)  
&7,8 Slightly hop onto L foot (&), Touch R beside L (knee bent weight on L )(7), Hold (8)

## SHUFFLES & ROCK-STEPS (LINDY STEPS)

1&2 R step to right, L step beside R, R step to right  
3,4 Rock back onto L, Recover weight onto R  
5&6 L step to left, R step beside L, L step to left  
7,8 Rock back onto R, Recover weight onto L

## CHARLESTON STEPS

1,2,3,4 Step R forward, Kick L forward, Step back on L, Touch R toe back  
5,6,7,8 Repeat 1-4 (this section)

## GROOVY BUMPS WITH ARM MOVEMENTS

1,2 Step side right bumping hips to right, Bump hips right again.  
**Right arm is up at chest level palm forward, drawing elbow to right. Elbow follows hip movement.**  
3,4 Bump hips to left, Bump hips left again  
**Left arm is up at chest level palm forward, drawing elbow to left. Elbow follows hip movement**  
5,6 Bump hips to right, Bump hips right again  
**Right arm is up elbow bent at 90° angle hand in a fist with palm facing left. Left fist is down**  
7,8 Bump hips to left, Bump hips left again  
**Left arm is up elbow bent at 90° angle hand in a fist with palm facing right. Right fist is down**

## STEP, HOLD, ½ TURN, HOLD, STEP, HOLD, ½ TURN, HOLD

1,2,3,4 Step forward on R, Hold, Pivot ½ turn left (transfer weight to L foot), Hold  
5,6,7,8 Repeat 1 - 4 (this section)

**Begin Again!**

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