

# La Mucura

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Margaret Barnes-Golden (UK)

**Music:** La Mucara - The Mavericks



To give the dance a Latin style sway hips from beats 9-32

## RIGHT AND LEFT HEEL SWITCHES

- 1& Touch right heel forward, step right beside left
- 2& Touch left heel forward, step left beside right
- 3&4 Touch right heel forward twice, step right beside left
- 5& Touch left heel forward, step left beside right
- 6& Touch right heel forward, step right beside left
- 7&8 Touch left heel forward twice, touch left beside right

## LEFT & RIGHT SIDE SHUFFLES & ROCK BACK

- 9&10 Shuffle side left on left, right, left
- 11 Rock back on right
- 12 Rock forward on left
- 13&14 Shuffle side right on right, left, right
- 15 Rock back on left
- 16 Rock forward on right

## FORWARD SHUFFLES ROCK ½ TURN LEFT SHUFFLE

- 17&18 Shuffle forward left on left, right, left
- 19&20 Shuffle forward right on right, left, right
- 21 Left rock forward
- 22 Step back and ½ turn left
- 23&24 Shuffle in place on left, right, left

## CROSS SHUFFLES AND CHUG FULL TURN LEFT

- 25 Cross step right over left, putting weight on right foot
- & Step left foot to left and shift weight to left (you are now uncrossed)
- 26 Step right in place (beside left)
- 27&28 Repeat 25&26 but reversed.

**You end standing on both feet facing forward, but shift your weight predominantly onto the left**

- 29-32 Right toe forward and turn left foot ¼ turn left 4 times

**REPEAT**

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