

# Mueve' La Cadena (Move Your Body)

**COPPER** KNOB  
BY STEPHENETS

Count: 40

Wall: 4

Level: Intermediate/Advanced

Choreographer: Levi J. Hubbard (USA)

Music: Mueve La Cadena - Reel to Real



**CROSS ROCK-  
RECOVER,  
BASIC SIDE  
CHA, CROSS  
ROCK-  
RECOVER,  
BASIC SIDE  
CHA**

1 Cross (rock)  
right foot in front  
of left foot  
(slightly bending  
right knee,  
keeping left leg  
straight)

2 Shift weight  
back to left foot  
(standing back  
up)

3&4 Triple right  
stepping (right-  
left-right) using  
hip motion  
(cuban)

5 Cross (rock)  
left foot in front  
of right foot  
(slightly bending  
left knee,  
keeping right  
leg straight)

6 Shift weight  
back to right  
foot (standing  
back up)

7&8 Triple left  
stepping (left-  
right-left) using  
hip motion  
(cuban)

*NOTE: On the  
cha-cha steps  
move slightly to  
the side turning  
slightly to face  
at an angle, be  
sure to take  
small steps*

**FORWARD  
ROCK-  
RECOVER,  
TRIPLE STEP,  
FORWARD  
ROCK-  
RECOVER,  
TRIPLE STEP**

9 Step (rock)  
right foot  
forward, slightly  
lifting left foot off  
floor (while  
bumping right  
hip forward)

10 Lower left  
foot back to  
floor (while  
bumping left hip  
back)

11 Step right  
foot in place  
(bump right)  
& Step left foot  
in place (bump  
left)

12 Step right  
foot in place  
(bump right)

13 Step (rock)  
left foot forward,  
slightly lifting  
right foot off  
floor (while  
bumping left hip  
forward)

14 Lower right  
foot back to  
floor (while  
bumping right  
hip back)

15 Step left foot  
in place (bump  
left)  
& Step right foot  
in place (bump  
right)

16 Step left foot  
in place (bump  
left)

*NOTE: You can  
also in turn use  
coaster steps  
for the triple  
steps.*

**SIDE STEP,  
TOGETHER,  
BASIC SIDE  
CHA, CROSS  
ROCK-  
RECOVER, 1/4  
TURNING CHA  
(LEFT)**

17 Step right  
foot to side  
(bump right hip  
to right)

18 Step left foot  
together (bump  
left hip to left)

19&20 Side  
triple stepping  
(right-left-right)  
using hip motion  
(cuban)

21 Cross step  
(rock) left foot in  
front of right foot  
(slightly bending  
right knee  
keeping left leg  
straight)

22 Shift weight  
back to right  
foot (while  
standing back  
up)

23&24 Triple  
step 1/4 turn left  
stepping (left-  
right-left) using  
hip motion  
(cuban)

**BASIC MAMBO  
FORWARD,  
BASIC MAMBO  
BACK**

25 Step slightly  
forward on (ball  
of) right foot  
(while rocking  
hips forward)

& Shift weight  
back to left foot  
(while rocking  
hips backward)

26 Step right  
foot back in  
place (returning  
hips back to  
center)

27 Step left foot  
slightly  
backward on  
(ball of) foot  
(while rocking  
hips back)  
& Shift weight  
back to right  
foot (while  
rocking hips  
forward)  
28 Step left foot  
back in place  
(returning hips  
back to center)  
29-32 Repeat  
counts 25-28

**SAMBA  
CROSSOVERS  
MOVING  
FORWARD,  
BASIC MAMBO  
FORWARD, 1/2  
TURNING CHA  
(LEFT)**

33 Step (rock)  
right foot  
slightly out to  
side  
& Shift weight  
back to left foot  
34 Cross step  
right foot over  
left foot  
35 Step (rock)  
left foot slightly  
out to side  
& Shift weight  
back to right  
foot  
36 Cross step  
left foot over  
right foot  
37 Step right  
foot slightly  
forward on (ball  
of) foot (while  
rocking hips  
forward)  
& Shift weight  
back to left foot  
(while rocking  
hips back to  
center)  
38 Step right  
foot backward in  
place (returning  
hips back to  
center)

39&40 Triple  
step 1/2 turn left  
stepping (left-  
right-left)

*CHOREOGRAP*

*HERS NOTE:*

*Music has a  
latin beat so  
remember to  
"Shake those  
hips"! also this  
dance is listed  
as*

a

Intermediate/Ad  
vanced

linedance only

because the

music has a

very fast high

energy latin

beat but I'm

pretty sure

that there is

music out there

that you can

slow down the

dance to feel

free to do so

and Good

Luck..

---