

Le Spin!

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Elle-Jay (UK)

Musique: The Cup of Life - Ricky Martin

KICK, BALL, TOUCH, TOUCH, TOUCH, TOE, TOE SWITCHES ¼ TURN SAILOR STEP

- 1&2 Kick forward right, step right beside left, touch left toe to left side
- 3&4 Touch left twice next to right, step left in place touching right toe to right side
- 5& Step right beside left, touch left toe to left side
- 6& Step left beside right, touch right to right side
- 7&8 Cross right behind left, step left ¼ turn right, step forward right

ROCK STEP, SCOOT HITCH FULL TURN LEFT, ROCK STEP, SHUFFLE FORWARD

- 9-10 Rock forward on left, rock back on right
- &11 Scoot back on right ½ turning left, hitching left knee, step left forward
- &12 Scoot forward on left ½ turning left hitching right knee, step right back
- 13-14 Rock back on left, rock forward on right
- 15&16 Step forward left, close right beside left, step forward left

HIP BUMPS RIGHT, DIAGONAL SHUFFLE, HIP BUMPS LEFT, DIAGONAL SHUFFLE

- 17&18 Place ball of right foot forward keep weight on left, bump hips right, left, right
- 19&20 Shuffle forward diagonal (1:00) right, left, right,
- 21&22 Place ball of left foot forward keep weight on right, bump hips left, right, left
- 23&24 Shuffle forward diagonal (11:00) left, right, left

ROCK STEP, TRIPLE STEP ¾ TURN RIGHT, ROCK STEP, COASTER STEP

- 25-26 Rock forward on right, rock back on left
- 27&28 Triple step right, left, right, making a ¾ turn right
- 29-30 Rock forward on left, rock back on right
- 31&32 Step back left, step right beside left, step forward left

ROCK STEP, TRIPLE STEP ½ TURN RIGHT, FULL TURN RIGHT, SHUFFLE FORWARD

- 33-34 Rock forward on right, rock back on left
- 35&36 Triple step right, left, right, making a ½ turn right
- 37-38 On ball of right ½ turn right step back left, on ball of left ½ turn right, step forward right
- 39&40 Shuffle forward left, right, left

FOUR ¼ TOUCH TURNS LEFT, ROCK STEPS FORWARD & BACK & ¼ LEFT

- 41&42& Touch right forward & pivot ¼ turn left, repeat
- 43&44& Touch right forward & pivot ¼ turn left, repeat
- 45& Rock forward on right, rock back on left
- 46& Rock back on right, rock forward on left
- 47-48 Step forward on right, pivot ¼ turn left

REPEAT
