

Sexy La Movidita

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Anthony Kusanagi (INA) - June 2016
音乐: La Movidita - Thalia : (Album: Latina)



PATTERN: AA – BB – TAG – ABB – A(1-24) BB – A(1-8)

SESSION A: 32 Counts

A1: FORWARD WALK – FORWARD MAMBO STEP – BACKWARD WALK - COASTER STEP

1-2 walk forward on: R, L
3&4 R step forward, recover to L, R step backward
5-6 walk backward on: L,R
7&8 L step backward, R step next to L, L step forward

A2: CHARLESTON – TOE TWIST FORWARD – TOE TWIST BACKWARD

1-2 R touch forward with sweep action, R step backward with sweep action
3-4 L touch backward with sweep action, L step forward with sweep action
5&6 R touch forward and swivel the heel inward, R swivel heel outward, R swivel heel inward
7&8 R touch backward and swivel heel inward, R swivel heel outward, R swivel heel inward

A3: BACKWARD TOE STRUT – CHEST PUSH – CUMBIA STEPS

1&2 R step backward on ball with chest push forward, chest pull backward, step on R and chest push forward
3&4 L step backward on ball with chest push forward, chest pull backward, step on L and chest push forward
5&6 R step behind L, recover to L, R step to right side
7&8 L step behind R, recover to R, L step to left side

A4: MODIFIED TWIST – HIP ROLL – BODY RIPPLE

1&2& R step to right side on ball swiveled outward, R swivel on ball inward, R swivel on ball outward, step on R
3&4& L step to left side on ball swiveled outward, L swivel on ball inward, L swivel on ball outward, step on L
5&6 bend down on both knee and make a counter clock wise hip roll
7-8 body ripple forward diagonally to left for two counts

(Note: for a better movement, use shoulder-blade pistons while you are moving on count: 5&6)

SESSION B : 32 Counts

B1: SKATES – TOUCH – TOUCH – HITCH – TURN ¼ TO RIGHT – SIDE STEP

1-2 R skate to right, L skate to left
3-4 R skate to right, L skate to left
5-6 R touch forward, R touch to right side
7-8 turn ¼ to right and R hitch (03.00), R step to right side

B2: UPPER HIP TORQUE – HIP ROLL – LOOPING HAND ACTION

1-2 upper body turn 1/8 to left (01.30), upper body turn ¼ to right (04.30)
3-4 upper body turn ¼ to left (01.30), upper body turn ¼ to right (04.30)
5-6-7-8 upper body turn 1/8 to left (03.00) for 4 (four) counts with R arm moves from right side to left shoulder and L arm moves from right side to back while the lower hip rolls for 4 (four) counts to counter clock wise direction

B3: MODIFIED OPEN STEP – SHOOTING HAND ACTION – HEEL JACK

- 1-2 R step to right side on ball (bended R knee), step on R and throw head to right side with shooting action on L hand onto left forehead
- 3-4 L step to left side on ball (bended L knee), step on L and throw head to left side with shooting action on R hand onto right forehead
- 5& R cross slightly in front of L, L step to left side
- 6& R touch forward diagonally to right on heel, R step next to L
- 7& L cross slightly in front of R, R step to right side
- 8& L touch forward diagonally to left on heel, L step next to R

B4: JAZZ BOX – PIVOT ¼ - CROSS – THREE STEPS TURN

- 1-2 R cross over L, L step backward
- 3-4 R step to right side, L cross over R
- 5&6 R step forward, turn ¼ to left and recover to L (12.00), R cross in front of L
- 7&8 turn ¼ to left then L step slightly backward (03.00), turn ½ to right then R step slightly forward (09.00), turn ½ to right then L step slightly backward (03.00)

TAG: There is a TAG in this dance. Do the Choreography below for a nice TAG, then Restart the Dance.

FORWARD WALK – FORWARD MAMBO STEP – BACKWARD WALK – COASTER STEP

- 1-2 walk forward on: R, L
- 3&4 R step forward, recover to L, R step backward
- 5-6 walk backward on: L,R
- 7&8 L step backward, R step next to L, L step forward

CRISS-CROSS VOLTA – WALK AROUND

- 1a2 turn ¼ to left then R step to right side (03.00), L cross slightly in front of R, R step to right side
- 3a4 turn ½ to right then L step slightly to left side (09.00), R slightly cross in front of L, L step to left side
- 5-6-7-8 walk around forward directing to 12.00 on : R, L, R, L

RESTART: The short wall will be on Session A (see the Pattern above). Dance normally until count 24, then Restart the dance

ENJOY THE DANCE

For more Information, please contact me on: dancetemptations.anthony@gmail.com

Last site update – 14th Dec 2016
