

La Movidita

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Stella Kim (KOR) - September 2016
音乐: La Movidita - Thalia



Intro: 32 counts (Whether you dance salsa style or Zumba style, let's just enjoy dance what you like)

SEC 1: (SIDE WITH SWIVEL, TOUCH, SIDE WITH SWIVEL, TOUCH, SIDE WITH SWIVEL, TOGETHER, SIDE WITH SWIVEL, TOUCH) X 2

1&2& RF side with LF swivel to R, LF beside RF with toe touch, LF side with RF swivel to L, RF beside LF with toe touch
3&4& RF side with LF swivel to R, LF together, RF side with LF swivel to R, LF beside RF with toe touch
5&6& LF side with RF swivel to L, RF beside LF with toe touch, RF side with LF swivel to R, LF beside RF with toe touch
7&8 LF side with RF swivel to L, RF together, LF side with RF swivel to L

SEC 2: DIAGONAL ROCKING CHAIR, SAMBA STEP, (DIAGONAL HEEL GRIND, RECOVER, DIAGONAL BACK, FORWARD) X 2

1&2& RF cross rock over LF, LF recover, RF diagonal back rock, LF recover(12:00)
3&4 RF cross over LF, LF side rock, RF recover
5&6& LF cross heel grind over RF, RF recover, LF diagonal back, RF forward(12:00)
7&8& Repeat upper step(12:00)

SEC 3: 1/4 TURN R WITH SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SIDE ROCK, RECOVER, 1/4 TURN L WITH SIDE ROCK, RECOVER, SIDE ROCK, RECOVER

1-2 1/4 turn R with LF side rock, RF recover
3&4 LF cross behind RF, RF side, LF cross over RF
5&6& RF side rock, LF recover, RF side rock, LF recover
7&8& 1/4 turn L with RF side rock, LF recover, RF side rock, LF recover(12:00)

(NOTE: 5-8&: Push your hip in the same direction as the foot on each beat)

SEC 4 : FORWARD MAMBO, BACKWARD MAMBO, PIVOT 1/4 TURN L, CROSS, SIDE MAMBO, TOUCH

1&2 RF forward rock, LF recover, RF back
3&4 LF back rock, RF recover, LF forward
5&6 RF forward, pivot 1/4 turn L(weight LF), RF cross over LF
7&8& LF side rock, RF recover, LF together, RF beside LF with toe touch(9:00)

RESTARTS:-

On the 5th wall, you should dance until 16 counts and start again

On the 9th wall, you should dance until 24 counts and start again

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