

Mueve La Cintura

COPPER **KNOB**
BY STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Winda Dendi (INA), Ira Barie (INA), Tomi Andriansyah (INA) & Julian Syah (INA)
- April 2020
音乐: Mueve la Cintura - Pitbull, Tito El Bambino & Guru Randhawa



Start dancing after 32 count, NO tag, NO restart

I. MAMBO FORWARD – V STEP - SWIVEL

1&2 Step Rf forward, step LF in place, step RF beside LF
3&4 Step LF forward, step RF in place, step LF beside RF
5&6& Step RF diagonally forward, step LF diagonally forward, step RF back to the middle, step LF beside RF
7-8 Swivel both heels to R, swivel both heels to L

II. SYNCOPATED CROSS SHUFFLE – CROSS ¼ TURN L HITCH – POINT – TOUCH (9 O’CLOCK)

1&2& Step RF cross over LF, step LF to side, step RF cross over LF, step LF to side
3&4 Step RF cross over LF, step LF to side, step RF cross over LF
5-6 Step LF cross over RF, ¼ turn L while doing hitch
7-8 Step RF touch side, step RF touch in beside LF (9 o’clock)

III. MAMBO FORWARD (9 O’CLOCK) – ¼ PIVOT R (12 O’CLOCK) – SIDE STEP TOGETHER – SIDE ROCK (WITH HIP ROLLS) – RECOVER - TOUCH

1&2 Step RF forward, recover on LF, step RF beside LF
3&4 Step LF forward, ¼ turn R by stepping RF in place, step LF beside RF
5-6 Step RF to side, step LF together
7&8 Step RF to side (with hip rolls), recover on LF, step touch RF beside LF

IV. ¼ TURN R COASTER STEP WITH SWEEP (3 O’CLOCK), ¼ PIVOT R (6 O’CLOCK) – SIDE MAMBO

1&2 Sweep ¼ turn R by stepping RF backward, step LF beside RF, step RF forward (3 o’clock)
3&4 Step LF forward, ¼ turn R by stepping RF in place, step LF cross over RF (6 o’clock)
5&6 Step RF to side, step LF in place, step RF beside LF
7&8 Step LF to side, step RF in place, step LF beside RF

Optional for higher level dancers

5-8 Syncopated Mambo
5&6 Step RF to side, recover on LF, step RF beside LF
&7&8 Step LF to side, recover on RF, step LF beside RF, step touch RF beside LF

ENJOY THE DANCE !!!

Contacts:

windadendi@gmail.com
ira.140289@gmail.com
tomi.andriansyah@yahoo.com
joeljoel120784@gmail.com