

La Chica De Cuba

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced Salsa
编舞者: Kate (KOR) - November 2021
音乐: La Chica de Cuba (Samba / 50 Bpm) - Georgie Musheev & The Seven Winds



Sequence : 64-64-Bridge 32-64-64-40

Introduction : 16 Counts

(Sec 1) Fwd, Back mambo X2

1&2 Step Lf fwd(1), Recover Rf(&), Step Lf next to Rf(2)
3&4 Step Rf back(3), Recover Lf(&), Step Rf next to Lf(4)
5&6 Step Lf fwd(5), Recover Rf(&), Step Lf next Rf(6)
7&8 Step Rf back(7), Recover Lf(&), Step Rf next to Lf(8)

(Sec 2) Side (L, R) mambo x2

1&2 Step Lf side L(1), Recover Rf(&), Step Lf next to Rf(2)
3&4 Step Rf side to R(3), Recover Lf(&), Step Rf next to Lf(4)
5&6 Step Lf side to L(1), Recover Rf(&), Step Lf next to Rf(2)
7&8 Step Rf side to R(3), Recover Lf(&), Step Rf next to Lf(4)

(Sec 3) Fwd mambo, Back, Recover, Side Touch, Side Touch - X4

1&2 Step Lf fwd(1), Recover Rf(&), Step Lf next to Rf(2)
3&4& Step Rf back(3), Recover Lf(&), Step Rf side to R(4) Touch Lf next to Rf(&)
5&6& Step Lf side to Lf(5), Touch Rf next to Lf(&), Step Rf side to R(6) Touch Lf next to Rf(&)
7&8& Step Lf side to L(7), Touch Rf next to Lf(&), Step Rf side to R(8) Touch Lf next to Rf(&)

(Sec 4) Fwd mambo, Back, Recover Cross, Suzy-Q X2

1&2 Step Lf fwd(1), Recover Rf(&), Step Lf next to Rf(2)
3&4 Step Rf back(3), Recover Lf(&), Cross Rf over Lf(4)
5&6 Cross Lf over Rf(5), Close Rf ball next to Lf(&), Cross Lf over Rf(6) 1:30
7&8 Cross Rf over Lf(7), Close Lf ball next to Rf(&), Cross Rf over Lf(8) 10:30

(Sec 5) Kick, Hook, Back, Back, Recover, Fwd, Cross, 1/8 L Side, Tap, Back Tap, Back, Small fwd x2

1&2 Kick Lf diag L[^](1), Hook Lf behind Rf(&), Step Lf back(2) 10:30
3&4 Step Rf back(3), Inplace Lf(&), Step Rf fwd(4)
5&6& Cross Lf over Rf(5), 1/8 Turn L Step Rf side to R(&) 9:00 Tap Lf fwd(6), Step Lf back(&)
7&8& Tap Rf fwd(7), Step Rf back (&), Small step Lf fwd(8), Small step Rf fwd(&)
6&7& Shoulder Shimmy

(Sec 6) Fwd mambo, Back, Recover, L turning Lock step, Tap, Back lock step, Small fwd X2

1&2 Step Lf fwd(1), Recover Rf(&), Step Lf next to Rf(2)
3&4& Step Rf back(3), Recover Lf(&), Making 1/4 Turn L turning Close Rf ball next to Lf(4) Inplace Lf(&)
5&6& Close Rf ball next to Lf(5), In place Lf(&), Tap Rf cross behind Lf(6)12:00 Step Rf back(&)
7&8& Cross Lf over Rf(7), Step Rf slightly back(&), Small step Lf ball fwd(8) Small step Rf ball fwd(&)

(Sec 7) Fwd mambo, Back, Recover, Fwd, Cross, Together, Cross, Together R diag Kick, Side, Together, Recover

1&2 Step Lf fwd(1) Recover Rf(&), Step Lf next to Rf(2)
3&4 Step Rf back(3), Recover Lf(&), Step Rf fwd(4)
5&6& Cross Lf over Rf(5), Close Rf ball next to Lf(&), Cross Lf over Rf(6) Close Rf ball next to Lf(&)
1:30

7&8& Kick Lf R diag(7), Step Lf to L side(&), Step Rf next to Lf(8), Inplace L(&) 12:00

(Sec 8) Kick, Side, Together, Recover, Kick, Side, Together, Recover Touch, Together, Touch, Jump, Jump and Twist, 1/2 R Turn

1&2& Kick Rf L diag 10:30(1), Step Rf to R side(&), Step Lf next to Rf(2), Inplace R(&) 12:00

3&4& Kick Lf R diag 1:30(3), Step Lf to L side(&), Step Rf next to Lf(4) Inplace Lf(&) 12:00

5&6 Touch Rf to R side(5), Step Rf next to Lf(&), Touch Lf to L side(6)

7&8 Jump and spread your legs to both sides(7) Jump and twist your Lf fwd and Rf back (&), 1/2 R turn(8) 6:00 weight onto R

Bridge : 32 Counts 12:00

(Sec 1) Cross, Touch, Back, Touch, Cross, Touch, Back High Touch

1-2 Cross Lf over Rf,with shimmy shoulders (1) Touch Rf to R side(2) with Point your index finger th the front

3-4 Step Rf back, with shimmy shoulders(3), Touch Lf to L side with your palms on pelvis(4)

5-6 Cross Lf over Rf,with shimmy shoulders (5) Touch Rf to R side(6) with Point your index finger th the front

7&8 Step Rf back(7), Hich Lf with slap your left thigh R hand(&) Touch Lf fwd weight onto R, (with hand motion) (8)

(Sec 2) Hip roll (LRLR), Back, Together, Fwd, Suzy -Q with Hich

1234 Hip roll L-R-L-R with hand motion

5&6 Step Lf back(5), Step Rf next to Lf(&), Step Lf to L diag fwd(6)↖ 10:30

7&8 Step Rf fwd(7), Close Lf ball next to Rf(7), Step Rf fwd with Lf hich(8)

(Sec 3) Back, Together, Cross with hich, Back, Together, Cross with hitch Back, Together, Cross with hich, Back, Together, Cross with hitch Cross tap, Unwind 1/2 R

1&2 Step Lf back(1), Step Rf next to Lf(&), Cross Lf over Rf R diag ↗ 1:30 with Rf hitch

3&4 Step Rf back(3), Step Lf next to Rf(&), Cross Rf over Lf L diag ↖ 10:30 with Lf hitch(4)

5&6 Step Lf back(5), Step Rf next to Lf(&), Cross Lf over Rf L diag ↗ 1:30 with Rf hitch(6)

7-8 Cross tap Rf behind Lf(7), Unwind 1/2 R weight onto R(8)

(Sec 4) Sweep X2, Jump, Clap, Hold

1-2 Sweep Lf from back to front(1-2)

3-4 Sweep Lf from front to side(3-4)

5-6 Jump both feet with L hip up(5), Twice clap (6)

7-8 Hold

Hope everyone enjoy my salsa dance !!
