

La Cumbia

拍数: 32 墙数: 4 级数: Intermediate
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音乐: La Cumbia - Sailor



MAMBO RIGHT, MAMBO LEFT, CROSS AND POINT, CROSS AND POINT

1 Right foot to right
&
2 Weight change to left foot
3 Right foot next to left foot
4 Left foot to left
&
5 Weight change to right foot
6 Left foot next to right foot
7 Cross right foot over left foot
&
8 Left foot step out to left
9 Point right foot forward
10 Right foot next to left foot
11 Cross left foot over right foot
12 Right foot step out to right
13 Point left foot forward

BUCHACADAS, 4/4 TURN RIGHT CROSS SHUFFLE

&
1 Left foot next to right foot
2 Right foot point forward with bended leg (almost like pressure step but keep weight on left foot)
&
3 Right foot step backwards
4 Point left foot front (like count 1)
&
5 Left foot step backwards
6 Point right foot forward (like count 1 and 2)
&
7 Right foot step backwards
8 Point left foot forward
9 Change weight to left foot
10 Right foot cross over left foot and turn $\frac{1}{4}$ over right
11 Left foot next to right foot
12 Right foot cross over left foot and turn $\frac{1}{4}$ over right
13 Left foot next to right foot
14 Right foot cross over left foot and turn $\frac{1}{4}$ over right
15 Left foot next to right foot
16 Right foot cross over left foot and turn $\frac{1}{4}$ over right

TURN $\frac{3}{4}$ RIGHT, MAMBO STEP, MAMBO STEP, SAMBA BASIC

1 Turn $\frac{1}{2}$ over left step on place on left foot
&
2 Right foot next to left foot
3 Turn $\frac{1}{4}$ over left and left foot step forward
4 Right foot step forward
&
5 Recover on left foot
6 Right foot next to left foot
7 Left foot step backwards
&
8 Recover on right foot
9 Left foot next to right foot
10 Right foot step to right
11 Left foot crossed backwards right foot (5 position extended)

8 Right foot step on place

SAMBA BASIC, STEP TOGETHER, STEP TOGETHER, KICK ROCK STEP

1 Left foot step to left

& Right foot crossed backwards left foot (5 position extended)

2 Left foot step on place

3 Right foot step to right

4 Left foot next to right foot

5 Right foot step to right

6 Left foot next to right foot

7 Kick right foot forward

& Right foot step backwards, while doing this look backwards

8 Recover weight on left foot

Option: on counts 3-6, shake your hips or upper body or make meringue steps

REPEAT
