

# Latin Whirl

拍数: 64      墙数: 1      级数: Intermediate  
编舞者: Katherine Woods (UK)  
音乐: The Cup of Life - Ricky Martin



## HEEL BALL CROSS, ROCK, COASTER STEP, PIVOT ½ TURN

1&2      Right heel ball cross  
3-4      Rock on to right foot, recover onto left  
5&6      Right coaster step  
7-8      Step left forward, pivot ½ turn right

## HEEL BALL CROSS, ROCK, COASTER STEP, PIVOT ½ TURN

9&10      Left heel ball cross  
11-12      Rock onto left, recover weight on the right  
13&14      Left coaster step  
15-16      Step right forward, pivot ½ turn left

## SHUFFLES AND TURNS

17&18      Shuffle forward right, left, right  
19&20      Shuffle ½ turn right and step left, right, left  
21-22      Full turn right stepping right, left, right

**Note for extra styling put arms up straight above head during steps 21-22**

23&24      Make ½ turn right shuffling right, left, right

**Easy option, just shuffle forward instead of turning and do two walls forward instead of the turn**

## ROCK, ½ TURN, 2 HOLDS AND PELVIC PUSHES

25      Rock onto the left  
26      Push off that left foot and turn ½ over left shoulder on the right, finishing with left foot in front  
27&28      Hold for 2 beats (for extra style put arms up straight in the air)  
29-30      Step right forward and hold 1 beat. (for extra styling point arms down to the ground)  
31-32      Push hips forward twice from this position (for men not wanting to look girlie, they can interpret this however they like)

## SLOW SHUFFLES

33-36      Shuffle right, left, right, hitch left knee  
37-40      Shuffle left, right, left, touch left together

## SYNCOPATED ¼ MONTEREY TURNS

41&      Touch right toes to right, pivot ¼ turn to right on the left foot and step right together  
42&      Touch left toes to left, step left together  
43&      Touch right toes to right, pivot ¼ right on the left foot and step right together  
44      Touch left toes to the left

## SIDE STEPS WITH CUBAN HIPS, SYNCOPATED FORWARD AND BACK, HOLDS

45-46      Step left to left pushing out left hip and step right together  
47-48      Repeat steps 45 - 46  
&49-50      Jump forward right, left then hold a beat  
&51-52      Jump back right, left and hold a beat

## BIG STEP, SYNCOPATED JUMPS FORWARD & BACK, HOLDS, TOE POINTS KICK, FLICK

53-55      Take large step to right, drag left to right over 2  
&56      Stomp left heel twice next to right

&57-58      Jump forward left, right and hold 1 beat  
&59-60      Jump back left, right and hold 1 beat  
61-62        Point right foot forward then side  
63-64        Kick right foot forward and then flick that right foot up behind you

**REPEAT**

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