

Muevete

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Muevete - David Civera



LOCK SHUFFLES FORWARD, ½ PIVOT TURN, TURN & SWEEP, RIGHT KNEE POP

1&2 Step forward on right, lock left behind right, step forward on right
3&4 Step forward on left, lock right behind left, step forward on left
5-6 Step forward on right, turn ½ to left
7 Turn ½ to left stepping right back and sweeping left behind right (weight is on right)
8 Step left behind right and pop right knee forward

CROSS ROCK, SIDE ROCK, SAILOR STEP, CROSS STEPS

1& Rock right across left, recover weight on left
2& Rock right to right side, recover weight on left
3&4 Step right behind left, step left to side, step right slightly diagonally forward
5& Step left across right, step right to side
6& Step left across right, step right to side
7& Step left across right, step right to side
8 Step left across right

SIDE ROCK, RECOVER, ¾ RIGHT TURNING SHUFFLE, ROCK STEP, COASTER STEP

1-2 Rock right to side, recover weight on left
3&4 Turn ¾ to right while shuffling right-left-right
5-6 Rock forward on left, recover weight on right
7&8 Step back on left, step right next to left, step forward on left

To make the ¾ turn easier, turn ¼ to right on recover-step (count 2). That way you only need to turn ½ to the right on counts 3&4

MAMBO STEPS, SLIDE, HIP BUMPS

1&2 Rock right to side, recover weight on left, step right next to left
3&4 Rock left to side, recover weight on right, step left next to right
5-6 Take a big step to right, slide left next to right
7&8 Step left next to right and bump hips left, right, left (weight is on left)

On counts 7&8 shake those hips

REPEAT