

Dancing The Cumbia

COPPER KNOB
STEPPERS

拍数: 0 墙数: 1 级数: Intermediate/Advanced
编舞者: Abby Mina (CAN) & Kip Lo (CAN)
音乐: Piel Morena - Thalía



Sequence: AA, AB, AC, AD and repeat again until the end of music

PART A

MAMBO PROGRESSIVE SMALL STEPS (2 STEPS AND TRIPLE STEPS)

1-2-3&4 Small step right forward (bend right knee inward), small step left (bend left knee inward), small triple steps forward right-left-right (bend knees)

5-6-7&8 Small step left forward (bend left knee inward), small step right (bend right knee inward), small triple steps forward left-right-left (bend knees)

Styling: bring both arms up and bend from elbows just little lower than the ear level with forearms facing parallel to front. Both hands are kind of close fist but not hold close tight, sort of slightly loose

RIGHT SIDE SHUFFLE, TURN ¼ BODY LEFT WITH LEFT SIDE SHUFFLE, RIGHT SIDE SHUFFLE, TURN ¼ BODY WITH LEFT SIDE

1&2-3&4 Step right to right side, close step left to right and change weight, step right to right side (right hand going in to the right motion as if wiping a small window bend from the elbow and up just slightly chest height level), turn body ¼ to left (9:00) as you step left to left side, close step right to left and change weight, step left to left side (left hand going in to the left motion as if wiping a small window, bend from the elbow and up just slightly chest height level)

5&6-7&8 Repeat same as in counts (on 7&8, you should be facing back wall - 6:00)

Repeat the whole sequence A again and you should be facing back to the original wall(12:00)

Repeat Basic Cumbia (16 counts)

PART B

¼ TURN BODY TO LEFT, RIGHT SIDE SHUFFLE, ½ TURN BODY TO RIGHT, LEFT SIDE SHUFFLE

1&2&3&4 ¼ turn body to left as you step right to right side, close step left beside right and change weight, step right to right side, ½ turn body to right (&) as you step left to left side, close step right beside left and change weight, step left to left side

RIGHT FOOT FORWARD STEP, ½ TURN TO LEFT, RECOVER LEFT (3XS), ¼ TURN TO LEFT, RIGHT STEP TO RIGHT

5&6&7&8 Step right forward (12:00), ½ turn body to left (6:00), recover weight onto left, step right forward, ½ turn body to left (12:00), recover weight onto left, step right forward, ½ turn body to left (6:00), recover weight onto left, and ¼ body (3:00) to left as you touch right toe beside left foot

RIGHT SIDE SHUFFLE, ½ TURN BODY TO RIGHT AND LEFT SIDE SHUFFLE

1&2&3&4 Step right to right side, close step left beside right and change weight, step right to right side, ½ turn body to right (&) as you step left to left side, close step right beside left and change weight, step left to left side

RIGHT FOOT FORWARD STEP, ½ TURN TO LEFT, RECOVER LEFT (3XS), ¼ TURN TO LEFT, RIGHT STEP TO RIGHT

5&6&7&8 Step right forward (6:00), ½ turn body to left (12:00), recover weight onto left, step right forward, ½ turn body to left (6:00), recover weight onto left, step right forward, ½ turn body to left (12:00), recover weight onto left and close touch right toe beside left

Styling: Same as 1st bar of Sequence A

Repeat Basic Cumbia (16 counts)

PART C

CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT SIDE, DOUBLE CROSS SIDE SHUFFLE TO LEFT

- 1-2-3&4 Cross step right over left, step ball of left to back and slightly to left side, cross step right over left, step ball of left to back and slightly to left side, cross step right over left
- 5-6-7&8 ½ turn body to left as you cross step left over right (facing 6:00), step ball of right to back and slightly to right side, cross step left over right, step ball of right to back and slightly to right side, cross step left over right

CROSS LEFT OVER RIGHT WITH ½ BODY TURN TO LEFT, STEP RIGHT TO RIGHT SIDE, DOUBLE CROSS SIDE SHUFFLE TO RIGHT

- 1-2-3&4 Small ronde cross step right over left, step ball of left to back and slightly to left side, cross step right over left, step ball of left to back and slightly to left side, cross step right over left
- 5-6-7&8 ½ turn body to left as you cross step left over right (facing 6:00), step ball of right to back and slightly to right side, cross step left over right, step ball of right to back and slightly to right side, cross step left over right

Styling: as you travel to left side and right side doing all these cross step shuffles, just bring in both arms into the center of body (leave a space) and slowly open both arms slowly to both sides as you dance the series of cross steps shuffles

Repeat Basic Cumbia (16 counts)

PART D

DOUBLE CUBAN BREAKS ON RIGHT, SYNCOPATED MODIFIED LATIN JAZZ BOX WITH ROCK STEP, RIGHT SIDE LARGE STEP, TOUCH LEFT TO RIGHT

- 1&2&3&4& Cross rock right over left, recover weight onto left, step right to right side, recover weight onto left, cross rock right over left, recover weight onto left, step right to right side and recover weight one more time onto left
- 5&6&7-8 Cross step right over left, back step left, cross step right behind left, rock recover weight onto left, take a big step to right with right foot, drag left to right and end up touching left beside right

DOUBLE CUBAN BREAKS ON RIGHT, SYNCOPATED MODIFIED LATIN JAZZ BOX WITH ROCK STEP, RIGHT SIDE LARGE STEP, TOUCH LEFT TO RIGHT

- 1&2&3&4& Cross rock left over right, recover weight onto right, step left to left side, recover weight onto right, cross rock left over right, recover weight onto right, step left to left side and recover weight one more time onto right
- 5&6&7-8 Cross step left over right, back step right, cross step left behind right, rock recover weight onto right, take a big step to left with left foot, drag right to left and end up touching right beside left

PART E: BASIC CUMBIA

RIGHT FORWARD MAMBO, RECOVER LEFT, CLOSE STEP RIGHT, STEP LEFT IN PLACE, RIGHT SIDE MAMBO, RECOVER LEFT, CLOSE STEP RIGHT TO LEFT

- 1&2&3&4 Step right forward, rock weight onto left, close step right beside left, step left in place, step right to right side, step left in place, close right to left and change weight onto right
- 5&6&7&8 Repeat on the left side left forward mambo, recover right, close step left, step right in place, left side mambo, recover right, close step left to right
- 1&2&3&4 Step left forward, rock weight onto right, close step left beside right, step right in place, step left to left side, step right in place, close left to right and change weight onto left
- 5&6&7&8 Repeat on the right side

Styling:

1&2&3&4: bring both arms to front with palms facing opposite sides, bend from elbows, turn palms up and lower both arms down and slowly bring them out to the side

5&6&7&8: extend both arms to sides bend from elbows with palms face down and then bring them in the front (center) one more time as you finish the count. Repeat on left side
