

The Cowboy Cumbia

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Carmel Hutchinson (USA)
音乐: Cowboy Cumbia - Jody Jenkins



'Cumbia' is a Latin-American music genre (like Salsa or Merengue) that originated in Colombia with heavy Mexican influences. Popular 'cumbian' dance bands fuse Mexican and Caribbean rhythms using the organ as well as bongo drums, steel guitar and guacharacas to create their unique sound. Try this dance 'cumbian' style with lots of hip movement (i.e. in the paddle turn)!

HIPS RIGHT, LEFT, FORWARD RIGHT; HIPS LEFT, RIGHT, FORWARD LEFT - HIPS RIGHT, LEFT, BACK RIGHT COASTER :

1&2 Step right and rock hips to right side; step left and rock hips to left side; step forward on right
3&4 Step left and rock hips to left side; step right and rock hips to right side; step forward on left
5-6 Step right and rock hips to right side; step left and rock hips to left side
7&8 Step back on right; step left back next to right; step forward on right

BRUSH LEFT, FORWARD LEFT, TOGETHER RIGHT; LEFT HEEL, TOGETHER RIGHT, LEFT HEEL - SIDE RIGHT - HIPS LEFT, RIGHT, LEFT COASTER:

1&2 Brush left heel forward; step forward on left; step right forward next to left
3&4 Step forward on left heel; step right forward next to left heel; step forward on left heel
& Step right to right side
5-6 Step left and rock hips to left side; step right and rock hips to right side
7&8 Step back on left; step right back next to left; step forward on left

SHUFFLE BACK RIGHT-LEFT-RIGHT; BACK LEFT, FORWARD RIGHT - FULL PADDLE TURN RIGHT:

1&2 Shuffle back right-left-right
3-4 Step back on left; step forward on right
5 Step forward on ball of left foot, turning 1/3 right and start right paddle turn
& Replace weight to right foot, continuing right turn
6 Step forward on ball of left foot, turning 1/3 right and continue right paddle turn
& Replace weight to right foot continuing right turn
7 Step forward on ball of left foot, turning 1/3 right and continue right paddle turn
&8 Replace weight to right foot, completing full turn right; step left foot next to right

SIDE RIGHT, LEFT BEHIND, ¼ TURN RIGHT - HIPS LEFT, RIGHT, CROSS LEFT OVER RIGHT - REPEAT:

1&2 Step to right side on right; cross left behind right; step right to right side into ¼ turn right
3&4 Step left to left side and rock hips left; rock hips to right side; cross left over right (weight left)
5&6 Step to right side on right; cross left behind right; step right to right side into ¼ turn right
7&8 Step left to left side and rock hips left; rock hips to right side; cross left over right (weight left)

REPEAT