

Dance This Cumbia

COPPER KNOB
STEPSHETS

拍数: 64
编舞者: Ruben Luna (USA) - May 2011
音乐: Baila Esta Cumbia - Selena

墙数: 2

级数: Easy Intermediate



Intro: 64 counts, start dancing on lyrics “Siento algo que me mueve...”

*1 Cumbia originated as a Colombian folk dance and has evolved into a variety of regional translations and interpretations (eg. Mexican Cumbia, Argentine Cumbia, Peruvian Cumbia, etc.).

This line dance uses a Salsa based Cumbia rhythm, where you step on counts 1, 2, 3 and either hold or “flick-kick” on count 4, and in fact, the first step of this dance is called the “Cumbia” in Salsa as a tribute to the influence Colombia has had on Salsa.

Steps should be small so there is lots of room for latin motion, raising the hip of the weighted leg with a straightened knee, and dropping the hip of the free leg with a bent knee, with each weight change. This gives you a “triple hip” motion for every 4 counts, though the optional “flick kick” on count 4 reduces some of that hip motion.

[1-8] L “Cumbia” (Diagonal Back Break), R Cumbia

- 1, 2, 3, 4 Step on ball of L foot behind R pivoting slightly to open body to front left diagonal [11:00]; Recover weight onto R; Step side L squaring body up to original wall [12:00]; Hold
- 5, 6, 7, 8 Step on ball of R foot behind L pivoting slightly to open body to front right diagonal [1:00]; Recover weight onto L; Step side R squaring body up to original wall [12:00]; Hold

[9-16] L Cumbia, R Cumbia with ¼ Turn Left

- 1, 2, 3, 4 Step on ball of L foot behind R pivoting slightly to open body to front left diagonal [11:00]; Recover weight onto R; Step side L squaring body up to original wall [12:00]; Hold
- 5, 6, 7, 8 Step on ball of R foot behind L pivoting slightly to open body to front right diagonal [1:00]; Recover weight onto L squaring up to original wall [12:00]; Turn ¼ left on ball of L and step side R [9:00]; Hold

[17-24] L Cumbia with ¼ Turn Right, R Cumbia with ½ Turn Left

- 1, 2, 3, 4 Step on ball of L foot behind R pivoting slightly to open body to front left diagonal [8:00]; Recover weight onto R; Turn ¼ right on ball of R and step side L [12:00]; Hold
- 5, 6, 7, 8 Step on ball of R foot behind L pivoting slightly to open body to front right diagonal [1:00]; Recover weight onto L squaring up to original wall [12:00]; Turn ½ left on ball of L and step back R [6:00]; Hold

[25-32] L Basic Back Break, R Basic Back Break

- 1 2 3 4 Rock back L; Recover weight forward on R; Step together L; Hold
- 5 6 7 8 Rock back R; Recover weight forward on L; Step together R; Hold (**)

****RESTART: On walls 3 and 6, this is where you go back to the beginning of the dance and start again from count 1.**

[33-40] L Side Mambo Hold, R Side Mambo Touch

- 1, 2, 3, 4 Rock side L; Recover weight on R; Step together L; Hold
- 5, 6, 7, 8 Rock side R; Recover weight on L; Touch together R; Hold

*2 Variation: During walls 2, 5 and 7, there is a highlight in the music on counts 33-36 where you have the option to replace the L Side Mambo with a 1) Stomp L; 2) Stomp R; 3) Clap; 4) Clap; ending with weight on L, then proceed with your R Side Mambo Touch at count 37.

[41-48] Hip Circle Push Turn (x4)

- 1, 2 Touch R forward pushing off ball of foot to rotate right hip from back to front (counter-clockwise) to make ¼ turn left [3:00]; Recover weight on L
- 3, 4, 5, 6, 7, 8 Repeat 3 more times to make full turn total [12:00, 9:00, 6:00], weight ending on L

[49-56] R Push Flick Side Step (x2), L Push Flick Side Step L (x2)

- &1, 2 Step in place R; Push off ball of R foot and step side L opening body to front left diagonal [5:00] as you push R hip up and release R foot into low flick-kick to side; Step together R
- 3, 4 Push off ball of R foot and step side L opening body to front left diagonal [5:00] as you push R hip up and release R foot into low flick-kick to side; Touch side R
- 5, 6 Push off ball of L foot and step side R opening body to front right diagonal [7:00] as you push L hip up and release L foot into low flick-kick to side; Step together L
- 7, 8 Push off ball of L foot and step side R opening body to front right diagonal [7:00] as you push L hip up and release L foot into low flick-kick to side; Touch side L

Easy Option for counts 49-56: 1) Step side L; 2) Step together R; 3) Step side L; 4) Touch side R; 5) Step side R; 6) Step together L; 7) Step side R; 8) Touch side L

[57-64] Side-Cross-Side, Side-Close-Side

- 1, 2, 3, 4 Step side L; Step R across L; Step side L; Small low flick-kick R to front right diagonal [7:00]
- 5, 6, 7, 8 Step side R; Step together L; Step side R; Small low flick-kick L to left front diagonal [5:00]

Let those hips and arms move and have fun!!

Contacts: www.n2linedance.net, - rsluna2@aol.com

Step Description: Provided by Debi Pancoast, www.FootNotesByDeb.com, - info@footnotesbydeb.com
