

Baila Esta Cumbia (Dance This Cumbia)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Roger Neff (USA) - January 2015
音樂: Baila Esta Cumbia - Selena



Intro: 32 counts as used in this dance

[1-8] Side Together, Side Together Forward, Side Together, Side Together Back

1-2,3&4 Step R, Step L together, Step to R, Step L together, Step fwd on R
5-6,7&8 Step L, Step R together, Step to L, Step R together, Step back on L

[9-16] Back Rock Side, Back Rock Side, 1/4 Turn R with R Coaster Step, Lock Steps

1&2 Rock back on R turning body slightly to 1:30 diagonal, Recover on L, Step R to side
3&4 Rock back on L, Recover on R, Step L to side
5&6,7&8 Pivot body to face 3:00 and step back on R, Step L beside R, Step fwd on R, Step fwd on L,
Lock R behind L, Step fwd on L

[17-24] Rocking Chair, 1/4 Turn, Rocking Chair, 1/4 Turn

1&2&,3-4 R Rocking chair, Step fwd on R, 1/4 turn to L and step on L (9:00)
5&6&,7-8 R Rocking chair, Step fwd on R, 1/4 turn to L and step on L (6:00)

[25-32] Back Rock Side, Back Rock Side, Jazz Box With Cross

1&2,3&4 Rock back on R, Recover on L, Step R to side, Rock back on L, Recover on R, Step L to side
(as in counts 1&2,3&4 in section 2)
5-6-7-8 Jazz box: Step R over L, Step back on L, Step R to side, Step L over R

Note: Jazz box can be done with toe struts (5&6&7&8&).

To give the dance a little more cumbia/salsa flavor, you can give a low forward flick with the free foot as an & after counts 2 and 4 in sections 2 and 4.

Contact Roger at: lingofun@sbcglobal.net

Last Update - 17 Oct. 2021