

Cuba

拍數: 32 牆數: 4 級數: Beginner
編舞者: Christiane FAVILLIER (FR) - April 2014
音樂: Represent, Cuba - The Latin Party Allstars : (Originally Recorded by Orishas & H.Headley)



Musical intro: 48 C (start on vocals!)

(1 à 8) STEP SIDE, CHASSE

1 2 Step right to right, step left beside right
3 & 4 Step right to right, step left beside right, step right to right
5 6 Step left to left, step right beside left
7 & 8 Step left to left, step right beside left, step left to left

(9 à 16) – MAMBO FORWARD R, MAMBO BACKWARD L, ½ STEP TURN L, TRIPLE STEP FORWARD

1 & 2 Step right forward (with weight) recover on left, back step R
3 & 4 Step left behind (with weight) recover on right, step forward on left
5 6 Step right forward and pivot 1/2 turn left
7 & 8 Step right, step left behind right, step right forward

(17 à 24) – MAMBO FORWARD L, MAMBO BACKWARD R, ¼ STEP TURN R, CROSS SHUFFLE

1 & 2 Step forward (with weight) recover on right, step back left
3 & 4 Step right behind (with weight) recover on left, step right forward
5 6 Step left forward, pivot 1/4 turn right
7 & 8 Cross left over right, step right to right, cross left over right

(25 à 32) – ROCK SIDE CROSS, ½ STEP TURN R, WALK X2, RUN X 3

1 & 2 Step right to right (with weight) and return on left crossing right over left
3 4 Step left forward and pivot 1/2 turn right,
5 6 Walking left, walking right
7 & 8 Running Left? Right, left (weight on left)

TAG late 4th Wall 8 time you are at Noon!

[1 à 8] – BEND KNEE L,R,L,R,L,R,L & STEP R NEX TO L

1 2 3 4 Bend knee left leg outstretched, bend left knee leg stretched D, bend knee left leg outstretched, bend left knee right leg stretched (weight on left)
5 6 7 8 Bend knee left leg outstretched, bend left knee leg stretched D, bend knee left leg outstretched, step right next to left (weight on left)

ENDING: 10th last wall and wall dance (starting at 3:00, you're the first 12 times you replace the turn by a half step step ¼ turn left (to be on the starting wall 12:00) and finish a shuffle of cross right over left! hands on each side flat! for fun!

Christiane FAVILLIER (original)
Contact : www.badgirls dancers.fr
FICHE ORIGINALE DE LA CHOREGRAPHE