

La Cumbia

拍數: 32 牆數: 4 級數: High Beginner
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音樂: La Cumbia (Radio Mix) - Cuba Club



Intro: 32 Counts

Sec 1: Rock fwd, Recover, Together, Rock fwd, Recover, Back Shuffle, Side Rock, Recover

1-2&3-4 RF. Rock fwd - LF. Recover - RF. Step together - LF. Rock fwd - RF. Recover
5&6 LF. Step back - RF. Close beside LF - LF. Step back
7-8 RF. Side rock - LF. Recover

Sec 2: Cross, Back, Shuffle 1/2 Turn R, Cross, Back, 1/4 Chasse L

1-2 RF. Cross over LF - LF. Step back
3&4 Shuffle 1/2 turn R stepping R,L,R (6:00)
5-6 LF. Cross over RF - RF. Step back
7&8 LF. 1/4 Turn L step side - RF. Close beside LF - LF. Step side (3:00)

Sec 3: Skate R-L, R Chasse, Skate L-R, L Chasse

1-2 RF. Skate fwd - LF. Skate fwd
3&4 RF. Step side - LF. Close beside RF - RF. Step side
5-6 LF. Skate fwd - RF. Skate fwd
7&8 LF. Step side - RF. Close beside LF - LF. Step side

Sec 4: Step fwd with Hip Bumps x2

1-2 RF. Step fwd and bump hip fwd - Bump hip back
3&4 Bump hip fwd - Bump hip back - Bump hip fwd (weight on RF)
5-6 LF. Step fwd and bump hip fwd - Bump hip back
7&8 Bump hip fwd - Bump hip back - Bump hip fwd (weight on LF)

Start Again

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