

Mueve La Cintura

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Indahwati Rahardja (INA), Adelaine Ade (INA) & Suhada Husen (INA) - February 2021
音樂: Mueve la Cintura - Pitbull, Tito El Bambino & Guru Randhawa



Start opening dance * Option (Free Style 32 Count) on lyric "Sola"

Main Dance

Start after 32 count with the lyrics

Sec 1 - Cross Samba , Rock, Recover, 1/2 Turn, Step Fwd , Close

1&2 RF Cross over LF, LFside step , RF recover
3&4 LF Cross over RF, RFside step , LF recover
5&6 R rock fwd, L recover, 1/2 turn right RF step fwd (facing 6.00)
7&8 L Step fwd , R step fwd , L close together (*option : shake the shoulders)

Sec 2 - Back Cross Mambo , Brush, Touch Diagonal, Hip Roll, Hip Bump

1&2 R cross behind , L recover, R close together
3&4 L cross behind , R recover, L close together
5, 6 R brush , touch diagonal
7, 8. R hip roll, hip bump to the L

Sec 3 - Chase ,1/4 turn, Fwd Mambo

1&2 R side step, L close together, R side step
3&4 1/4 turn right L side step, R close together, L side step (facing 9.00)
5&6 R Rock fwd, L recover, R close together
7&8 L Rock fwd, R recover, L step back

Sec 4 - Simple Batucada Step , Swivel, Touch back 1/2 Turn, Side Touch , Close

1 Press R toes with the hip roll
&2 R Step back and Press L toes with the hip roll
& L close together
3,4 Turn both heels to the R, L
5,6 R touch back, 1/2 turn R body weight on the RF (Facing 3.00)
7,8 L side touch, L close together (touch L leg & hip in sexy style)

Tag 1 : 16 Count

On Wall 3 after 16 count (facing 12.00)

Sec 1: Prissy Walk , Rock, Recover, Step Back

1-2 Walk R cross over L
3-4 Walk L cross over R
5,6 R rock fwd, recover
7,8 R big step back, drag L close together

Sec 2: Prissy Walk Turn R

1-2 1/4 turn right R walk cross over L
3,4 1/4 turn right L walk cross over R
5,6 1/4 turn right R walk cross over L
7,8 1/4 turn right L walk cross over R (facing 12.00)

Tag 2 : 8 Count

On Wall 9 after 16 count (facing 9.00)

(Tag 1 Section 1 with the change step on the count 7-8 1/4 turn R facing 12.00)

Stay Safe, Happy Dancing

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