

La Cumbia

拍數: 32 牆數: 4 級數: Intermediate
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音樂: La Cumbia - Sailor



MAMBO RIGHT, MAMBO LEFT, CROSS AND POINT, CROSS AND POINT

1 Right foot to right
& Weight change to left foot
2 Right foot next to left foot
3 Left foot to left
& Weight change to right foot
4 Left foot next to right foot
5 Cross right foot over left foot
& Left foot step out to left
6 Point right foot forward
& Right foot next to left foot
7 Cross left foot over right foot
& Right foot step out to right
8 Point left foot forward

BUCHACADAS, 4/4 TURN RIGHT CROSS SHUFFLE

& Left foot next to right foot
1 Right foot point forward with bended leg (almost like pressure step but keep weight on left foot)
& Right foot step backwards
2 Point left foot front (like count 1)
& Left foot step backwards
3 Point right foot forward (like count 1 and 2)
& Right foot step backwards
4 Point left foot forward
& Change weight to left foot
5 Right foot cross over left foot and turn $\frac{1}{4}$ over right
& Left foot next to right foot
6 Right foot cross over left foot and turn $\frac{1}{4}$ over right
& Left foot next to right foot
7 Right foot cross over left foot and turn $\frac{1}{4}$ over right
& Left foot next to right foot
8 Right foot cross over left foot and turn $\frac{1}{4}$ over right

TURN $\frac{3}{4}$ RIGHT, MAMBO STEP, MAMBO STEP, SAMBA BASIC

1 Turn $\frac{1}{2}$ over left step on place on left foot
& Right foot next to left foot
2 Turn $\frac{1}{4}$ over left and left foot step forward
3 Right foot step forward
& Recover on left foot
4 Right foot next to left foot
5 Left foot step backwards
& Recover on right foot
6 Left foot next to right foot
7 Right foot step to right
& Left foot crossed backwards right foot (5 position extended)

8 Right foot step on place

SAMBA BASIC, STEP TOGETHER, STEP TOGETHER, KICK ROCK STEP

1 Left foot step to left

& Right foot crossed backwards left foot (5 position extended)

2 Left foot step on place

3 Right foot step to right

4 Left foot next to right foot

5 Right foot step to right

6 Left foot next to right foot

7 Kick right foot forward

& Right foot step backwards, while doing this look backwards

8 Recover weight on left foot

Option: on counts 3-6, shake your hips or upper body or make meringue steps

REPEAT
