

La Mucura

拍數: 32 牆數: 2 級數: Improver
編舞者: Margaret Barnes-Golden (UK)
音樂: La Mucara - The Mavericks



To give the dance a Latin style sway hips from beats 9-32

RIGHT AND LEFT HEEL SWITCHES

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3&4 Touch right heel forward twice, step right beside left
5& Touch left heel forward, step left beside right
6& Touch right heel forward, step right beside left
7&8 Touch left heel forward twice, touch left beside right

LEFT & RIGHT SIDE SHUFFLES & ROCK BACK

9&10 Shuffle side left on left, right, left
11 Rock back on right
12 Rock forward on left
13&14 Shuffle side right on right, left, right
15 Rock back on left
16 Rock forward on right

FORWARD SHUFFLES ROCK ½ TURN LEFT SHUFFLE

17&18 Shuffle forward left on left, right, left
19&20 Shuffle forward right on right, left, right
21 Left rock forward
22 Step back and ½ turn left
23&24 Shuffle in place on left, right, left

CROSS SHUFFLES AND CHUG FULL TURN LEFT

25 Cross step right over left, putting weight on right foot
& Step left foot to left and shift weight to left (you are now uncrossed)
26 Step right in place (beside left)
27&28 Repeat 25&26 but reversed.

You end standing on both feet facing forward, but shift your weight predominantly onto the left

29-32 Right toe forward and turn left foot ¼ turn left 4 times

REPEAT
