

# 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

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