

The Latin Thing

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Jenny Constantine (UK)
音樂: The Latin Theme - Carl Cox



HEEL SWITCHES, JUMP STEPS LEFT AND RIGHT

- 1&2 Extend right heel, bring right to left, extend left heel (moving slightly to right)
&3 Bring left to right and hitch right slightly angling body to left
&4 With your body facing left diagonal jump feet out, jump to face front hitching left knee
5&6 Extend left heel, bring left to right, extend right heel (moving slightly to left)
&7 Bring right to left and hitch left slightly angling body to right
&8 With your body facing right diagonal jump feet out, jump to face front hitching right knee

HEEL TOE STEPS TO LEFT, CUBAN HIPS FORWARD

- 9-10 Cross right foot over left touching with toe, push heel down (with weight)
11-12 Touch left toe to left side, push heel down (with weight)
13-14 Cross right toe over left, hold
15&16 Push right heel down with weight pushing left hip out, push right hip out, push left hip out.

FLICK, CROSS, BODY ROLL, CROSS UNWIND, JUMPS OUT AND IN

- 17-18 Flick right foot out behind body, place it down in front of left
19-20 Body roll
21-22 Cross right over left, unwind full turn
23&24 Jump both feet out, jump them together and out again

POINT FLICK MOVES WITH HANDS, AND SHUFFLES

- 25-26 Point left toe diagonally in front of right, flick left foot behind body. While pointing toe forward have left hand on right hip and right on left, while flicking back move hands to opposite hips.
27&28 Left shuffle on right diagonal
29-30 Turning body to face front point right to diagonally in front of left, flick right foot behind body (hands as before)
31&32 Right shuffle on left diagonal

SWEEP HITCH, LEFT SHUFFLE, LEFT AND RIGHT MAMBOS

- 33-34 Swing left foot to left side automatically lifting right heel 45 degrees left. Smoothly turn body quarter left moving left foot into a hitch below the knee
35&36 Left shuffle
37&38 Step right foot out to right with weight, rock weight back to left, step right next to left
39&40 Step left foot out to left with weight, rock weight back to right, scuff left across right

JAZZ BOX, POINT DIAGONALLY FORWARD AND BACK, HALF TURNING RIGHT TRIPLE STEP, POINTS AS BEFORE

- 41&42 Step left over right, step back on right (on 'and' count), step left to left side
43-44 Point right toe diagonally left (across left foot), point right toe to right back diagonal.
45&46 Put weight back onto right, turning half turn right put weight back onto left and finish half turn with weight on right
47-48 Point left toe diagonally right (across right foot), point left toe to left back diagonal
& Switch weight onto left for the first count of the next wall

REPEAT