

Mueve La Cadena (Move Your Body)

COPPER KNOB
BY STEPHEN BRETZ

拍數: 40 牆數: 4 級數: Intermediate/Advanced
編舞者: Levi J. Hubbard (USA)
音樂: Mueve La Cadena - Real To Reel



Music has a Latin beat so remember to "Shake" those hips! Start Dance after 32 count intro. Count 5-6-7-8 on last set of 8

CROSS ROCK-RECOVER, BASIC SIDE CHA, CROSS ROCK-RECOVER, BASIC SIDE CHA

- 1 Cross (rock) right foot in front of left foot (slightly bend right knee keeping left leg straight)
- 2 Shift weight back to left foot (standing back up)
- 3&4 Triple right stepping (right-left-right) using hip motion
- 5 Cross (rock) left foot in front of right foot (slightly bend left knee keeping right leg straight)
- 6 Shift weight back to right foot (standing back up)
- 7&8 Triple left stepping (left-right-left) using hip motion

On the cha-cha steps move slightly to the side turning slightly to face at an angle, be sure to take small steps

FORWARD ROCK-RECOVER, TRIPLE STEP, FORWARD ROCK-RECOVER, TRIPLE STEP

- 9 Step (rock) right foot forward slightly lifting left foot off floor (while bumping right hip forward)
- 10 Lower left foot back to floor (while bumping left hip back)
- 11 Step right foot in place (bump right)
- & Step left foot in place (bump left)
- 12 Step right foot in place (bump right)
- 13 Step (rock) left foot forward slightly lifting right foot off floor (while bumping left hip forward)
- 14 Lower right foot back to floor (while bumping right hip back)
- 15 Step left foot in place (bump left)
- & Step right foot in place (bump right)
- 16 Step left foot in place (bump left)

SIDE STEP, TOGETHER, BASIC SIDE CHA, CROSS ROCK-RECOVER, ¼ TURNING CHA LEFT

- 17 Step right foot to side (bump right hip to right)
- 18 Step left foot together (bump left hip to left)
- 19&20 Side triple stepping (right-left-right) using hip motion
- 21 Cross step (rock) left foot in front of right foot (slightly bending right knee keeping left leg straight)
- 22 Shift weight back to right foot (while standing back up)
- 23&24 Triple step ¼ turn left stepping (left-right-left) using hip motion

BASIC MAMBO FORWARD, BASIC MAMBO BACK

- 25 Step slightly forward on (ball of) foot (while rocking hips forward)
- & Shift weight back to left foot (while rocking hips backward)
- 26 Step right foot back in place (returning hips back to center)
- 27 Step left foot slightly backward on (ball of) foot (while rocking hips back)
- & Shift weight back to right foot (while rocking hips forward)
- 28 Step left foot back in place (returning hips back to center)
- 29-32 Repeat counts 25-28

SAMBA CROSSOVERS MOVING FORWARD, BASIC MAMBO FORWARD, ½ TURNING CHA LEFT

- 33 Step (rock) right foot slightly out to side
- & Shift weight back to left foot
- 34 Cross step right foot over left foot
- 35 Step (rock) left foot slightly out to side

- & Shift weight back to right foot
- 36 Cross step left foot over right foot
- 37 Step right foot slightly forward on (ball of) while rocking hips forward
- & Shift weight back to left foot (while rocking hips back)
- 38 Step right foot back in place (returning hips back to center)
- 39&40 Triple step ½ turn left stepping (left-right-left)

Weight ends on left foot

REPEAT
