

Cuba Groova

拍數: 32 牆數: 4 級數:
編舞者: Liam Hrycan (UK)
音樂: Cuba - Gibson Brothers



These are two dances; Cuba Groova A and Cuba Groova B. A is Intermediate/Advanced. B is Beginner/Intermediate

The music above can be found on "The Best Of... The Gibson Brothers" album, as well as a CD called "Mundo Latino". The original track is 7:50 long, and can be faded out after about 4:30 (certainly don't fade out before the nice Latin Piano section at 3:40!!), or played through to the end. However, the song on "Mundo Latino" is only 3:40 (approx.) long. "The Best Of... The Gibson Brothers" is an import, but is available. "Mundo Latino" is widely available

CUBA GROOVA A

RIGHT TOE TOUCH BACK/PIVOT $\frac{3}{4}$ RIGHT, LEFT SIDE STEP/CLAP(2), (&) RIGHT STEP BESIDE LEFT, LEFT SIDE STEP, RIGHT CROSS ROCK/RECOVER

- 1-2 Touch right toe back, pivot a $\frac{3}{4}$ turn right (weight ending on right foot with right leg crossed over left)
- 3 Step left foot to left side
- &4 Clap hands twice
- & Step right foot to place beside left
- 5 Step left foot to left side
- 6-7 Cross rock right foot over left, recover weight back onto left foot

RIGHT CHASSE ($\frac{1}{4}$ -RIGHT), HEEL SWITCHES (LEFT,RIGHT), LEFT STOMP FORWARD/RIGHT TOE TOUCH, RIGHT KICK/STEP BACK/LEFT KICK

- 8&1 Step right foot to right side, step left foot to place beside right, step right foot to right side a $\frac{1}{4}$ turn right
- 2& Touch left heel forward, step left foot to place beside right
- 3& Touch right heel forward, step right foot to place beside left
- 4-5 Stomp left foot forward, touch right toe behind left heel
- 6&7 Kick right foot forward, step right foot back, kick left foot forward

LEFT STEP BACK/RIGHT CROSS TOE TOUCH, RIGHT KICK/STEP/LEFT HEEL TOUCH FORWARD, LEFT LOCK STEP/RIGHT STEP BACK/LEFT STEP

- 8-1 Step left foot back, touch right toe across left foot (in locked position)
- 2&3 Kick right foot forward, step right foot to place beside left, touch left heel forward
- 4&5 Lock step left foot over right, step right foot back, step left foot to place beside right

RIGHT STEP FORWARD, SIDE TOE SWITCHES (LEFT,RIGHT), LEFT SIDE TOE TOUCH/TOGETHER, LEFT MONTEREY TURN ($\frac{1}{2}$ -LEFT) WITH RIGHT STEP FORWARD, LEFT STEP/PIVOT $\frac{1}{4}$ RIGHT (WITH HEELS)

- 6 Step right foot forward
- 7& Touch left toe out to left side, step left foot to place beside right
- 8& Touch right toe out to right side, step right foot to place beside left
- 1-2 Touch left toe out to left side, touch left toe beside right foot
- 3-4 Touch left toe out to left side, pivot a $\frac{1}{2}$ turn left on ball of right foot stepping left foot to place beside right
- 5-6 Touch right toe out to right side, step right foot forward
- 7-8 Step left foot forward, lift both heels off floor while pivoting a $\frac{1}{4}$ turn right and stepping weight back down onto heels

REPEAT

CUBA GROOVA B

WALK FORWARD (RIGHT,LEFT), RIGHT SHUFFLE FORWARD, LEFT MONTEREY TURN (¾-LEFT) WITH RIGHT STEP FORWARD

- 1-2 Step right foot forward, step left foot forward
- 3&4 Step right foot forward, step left foot to place beside right, step right foot forward
- 5-6 Touch left toe out to left side, pivot a ¾ turn left on ball of right foot stepping left foot to place beside right
- 7-8 Touch right toe out to right side, step right foot forward

LEFT SHUFFLE FORWARD, RIGHT ROCK FORWARD/RECOVER, RIGHT SHUFFLE BACK, LEFT STEP BACK (½-LEFT)/RIGHT STEP FORWARD

- 9&10 Step left foot forward, step right foot to place beside left, step left foot forward
- 11-12 Rock right foot forward, recover weight back onto left foot
- 13&14 Step right foot back, step left foot to place beside right, step right foot back
- 15-16 Step left foot back a ½ turn left, step right foot forward

LEFT KICK FORWARD, LEFT STEP BACK/RIGHT DRAG TOUCH, CLAP HANDS, RIGHT KICK, RIGHT STEP BACK/LEFT DRAG STEP, CLAP HANDS

- 17 Kick left foot forward
- 18-19 Long step left foot back, drag and touch right toe to place beside left foot
- 20 Hold position and clap hands (weight on left foot)
- 21 Kick right foot forward
- 22-23 Long step right foot back, drag and step left foot to place beside right
- 24 Hold position and clap hands (weight on left foot)

RIGHT SIDE TOE TOUCH/STEP FORWARD, LEFT SIDE TOE TOUCH/STEP FORWARD, RIGHT STEP/½ PIVOT LEFT (TWICE)

- 25-26 Touch right toe out to right side, step right foot forward
- 27-28 Touch left toe out to left side, step left foot forward
- 29-30 Step right foot forward, pivot a ½ turn left
- 31-32 Step right foot forward, pivot a ½ turn left (weight ending on left foot)

REPEAT
