

Cuban Heels

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Terry Hogan (AUS)
音樂: I'll See You In C-U-B-A - K.T. Oslin



- 1 Rock-step right foot slightly forward at right diagonal and push hips forward
2 Rock weight back onto left foot and sway hips back over left foot
3-4 Repeat original counts 1-2. Hips should circle to the right.
5 Rock forward onto right foot
&6 Step left foot beside right, step right foot slightly forward
This isn't a shuffle. It only moves very slightly forward
7-8 Step forward on left foot, on ball of foot make ½ pivot turn right stepping weight forward onto right foot
- 9 Rock-step left foot slightly forward at left diagonal and push hips forward
10 Rock weight back onto right foot and sway hips back over right foot
11-12 Repeat counts 9-10. Hips should circle to the left.
13 Rock forward onto left foot
&14 Step right foot beside left, step left foot slightly forward
15-16 Step forward on right foot, on ball of foot make ½ pivot turn left stepping weight forward onto left foot
- 17-18 Step right foot to the right side, step left foot across behind right
19& Step right foot to the right side, slide-step left foot beside right
20& Step right foot to the right side, slide-step left foot beside right
21-22 Step right foot to the right side, hold. Feet should be apart
23-24 Kick left foot diagonally left, step left foot behind right
- 25-26 Step right foot to the left side, step left foot to the left side
27& Step right foot across behind left, step left foot to the left side
28& Step right foot across in front of left, step left foot to the left side
29-30 Step right foot across behind left, step left foot to the left side
31 Step right foot beside left
&32 Step left foot to the left side, touch right heel to the right side
- 33 Step right foot slightly back and to the right side
34 Step left foot across in front of right
35-36 Step right foot to the right side, touch left heel to the left side
37 Step left foot slightly back and to the left side
38 Step right foot across in front of left
39-40 Step left foot to the left side, touch right heel to the right side
- 41 Step right foot slightly back and to the right side
42 Step left foot across in front of right
43&44 Shuffle to the right side making ¼ turn left. The end of the shuffle will become a backward move.
45&46 Shuffle backward left-right-left making ½ turn left. The end of the shuffle should be a forward move.
47 Rock-step forward on right foot
48 Rock backward onto left foot making ½ turn right

- 49-51 Step forward right-left-right
52 Touch left toe to the left side and look left
53-55 Step forward left-right-left
56 Touch right toe to the right side and look right

As an option, 51-52 and 55-56 can each be done as three counts-51&52 and 55&56. This means that the touch step becomes a step onto the ball of the foot on the "&", then push to transfer weight forward to the opposite foot, like a traditional samba step.

- 57-58 Rock-step right foot forward, rock backward onto left foot making ½ turn right
59 Step right foot forward
60-61 Rock-step left foot forward, rock backward onto right foot making ½ turn left
62 Step left foot forward
63-64 Step right foot forward, on ball of foot make ½ pivot turn left stepping weight forward onto left foot

REPEAT

For anyone wanting to make the dance more challenging, try doing counts 33-40 at double time. You will do the move 4 times instead of twice.

The suggested song has a spoken intro. Thn start after the 8 count guitar intro on the word "Cuba".
