|  |  |
| --- | --- |
| La Mucura |  |

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|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Margaret Barnes-Golden (UK) |
| **Music:** | 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**