La Mucura

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