

# Zumba

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**Count:** 64

**Wall:** 2

**Level:** Improver / Intermediate

**Choreographer:** José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - August 2012

**Music:** Zumba - Este Habana



**Intro: 32 counts.**

## **Heel grind R, coaster R, heel grind L, coaster L**

1-2 Rf dig heel in floor toes pointing left, swivel toes to right  
3&4 Rf step back, Lf step together, Rf step forward  
5-6 Lf dig heel in floor toes pointing right, swivel toes to left  
7&8 Lf step back, Rf step together, Lf step forward

## **Step 1/2 turn left (2X), walk forward (4X) with shoulder shimmies**

1-2 Rf step forward, make 1/2 turn left stepping Lf forward  
3-4 Rf step forward, make 1/2 turn left stepping Lf forward  
5-6-7-8 walk forward R, L, R, L

( Optional : on counts 5-6-7-8 shimmy shoulders )

## **Mambo R, mambo L, side R, together, chasse R**

1&2 Rf rock to right, recover onto Lf, Rf step together  
3&4 Lf rock to left, recover onto Rf, Lf step together  
5-6 Rf step to right, Lf step together  
7&8 Rf step to right, Lf step together, Rf step to right

## **Mambo L, mambo R, side L, together, chasse L with 1/4 turn left**

1&2 Lf rock to left, recover onto Rf, Lf step together  
3&4 Rf rock to right, recover onto Lf, Rf step together  
5-6 Lf step to left, Rf step together  
7&8 Lf step to left, Rf step together, make 1/4 turn left stepping Lf forward. (9 o'clock)

## **Cross heel R, side L, cross R, touch L side**

1-2 Rf cross heel in front of Lf, Lf step to left  
3-4 Rf cross in front of Lf, Lf touch toes to left  
5-6 Lf cross heel in front of Rf, Rf step to right  
7-8 Lf cross in front of Rf, Rf touch toes to right

## **Sailor R, sailor L, lock behind, unwind 1/2 turn right, lean back, recover with flick**

1&2 Rf cross behind Lf, Lf step to left, Rf step to right  
3&4 Lf cross behind Rf, Rf step to right, Lf step to left  
5-6 Rf lock behind Lf, unwind 1/2 turn right. (3 o'clock)  
7-8 lean upper body back, recover and flick Rf back

## **Shuffle forward R, 1/2 turn right, shuffle forward L, 1/2 turn left**

1&2 Rf step forward, Lf step together, Rf step forward  
3-4 Lf step forward, make 1/2 turn right stepping Rf forward  
5&6 Lf step forward, Rf step together, Lf step forward  
7-8 Rf step forward, make 1/2 turn left stepping Lf forward. (3 o'clock)

## **Jazz box cross with 1/4 turn right, side step with touch (2X)**

1-2 Rf cross in front of Lf, Lf step back,  
3-4 make 1/4 turn right stepping Rf right, Lf cross in front of Rf. (6 o'clock)  
5-6 Rf step to right, Lf touch to left

7-8 Lf step to left, Rf touch to right

**Start again and have fun!!!!!!!!!!!!!!!!!!!!!!**

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