

La Movidita

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Stella Kim (KOR) - September 2016

Music: La Movidita - Thalia



Intro: 32 counts (Whether you dance salsa style or Zumba style, let's just enjoy dance what you like)

SEC 1: (SIDE WITH SWIVEL, TOUCH, SIDE WITH SWIVEL, TOUCH, SIDE WITH SWIVEL, TOGETHER, SIDE WITH SWIVEL, TOUCH) X 2

- 1&2& RF side with LF swivel to R, LF beside RF with toe touch, LF side with RF swivel to L, RF beside LF with toe touch
- 3&4& RF side with LF swivel to R, LF together, RF side with LF swivel to R, LF beside RF with toe touch
- 5&6& LF side with RF swivel to L, RF beside LF with toe touch, RF side with LF swivel to R, LF beside RF with toe touch
- 7&8 LF side with RF swivel to L, RF together, LF side with RF swivel to L

SEC 2: DIAGONAL ROCKING CHAIR, SAMBA STEP, (DIAGONAL HEEL GRIND, RECOVER, DIAGONAL BACK, FORWARD) X 2

- 1&2& RF cross rock over LF, LF recover, RF diagonal back rock, LF recover(12:00)
- 3&4 RF cross over LF, LF side rock, RF recover
- 5&6& LF cross heel grind over RF, RF recover, LF diagonal back, RF forward(12:00)
- 7&8& Repeat upper step(12:00)

SEC 3: 1/4 TURN R WITH SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SIDE ROCK, RECOVER, 1/4 TURN L WITH SIDE ROCK, RECOVER, SIDE ROCK, RECOVER

- 1-2 1/4 turn R with LF side rock, RF recover
- 3&4 LF cross behind RF, RF side, LF cross over RF
- 5&6& RF side rock, LF recover, RF side rock, LF recover
- 7&8& 1/4 turn L with RF side rock, LF recover, RF side rock, LF recover(12:00)

(NOTE: 5-8&: Push your hip in the same direction as the foot on each beat)

SEC 4 : FORWARD MAMBO, BACKWARD MAMBO, PIVOT 1/4 TURN L, CROSS, SIDE MAMBO, TOUCH

- 1&2 RF forward rock, LF recover, RF back
- 3&4 LF back rock, RF recover, LF forward
- 5&6 RF forward, pivot 1/4 turn L(weight LF), RF cross over LF
- 7&8& LF side rock, RF recover, LF together, RF beside LF with toe touch(9:00)

RESTARTS:-

On the 5th wall, you should dance until 16 counts and start again

On the 9th wall, you should dance until 24 counts and start again

Contact ~ E-MAIL: sktelkmh@naver.com - <http://www.youtube.com/user/thetrianglelinedance>