

Mucara Walk (P)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: John Steel (aka Steve Healy) (UK)
音乐: La Mucara - The Mavericks



STEP FORWARD, ROCK & CROSS, STEP, CROSS, ROCK & CROSS

- 1-2 Step forward right, step forward left
- 3 Rock the right foot to the right side
- &4 Rock weight on to the left foot, cross the right over the left
- 5-6 Step the left out to the left side, cross the right behind the left
- 7 Rock the left foot out to the left side
- &8 Rock weight on to the right in place, cross the left over right

STEP, CROSS, CHASSE RIGHT ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 9-10 Step the right to the right side, cross the left in behind
- 11&12 Chasse right stepping right, left, right turning ¼ turn right on the last step
- 13-14 Step forward on to the left foot and pivot turn ½ turn right
- 15&16 Left shuffle forward stepping left, right, left

FORWARD ROCK CROSS STEPS, ROCK STEP FORWARD, STEP LOCK BACK

- 17 Rock the right out to the right side
- &18 Rock weight back on left in place, step the right forward and over left
- 19 Rock the left out to the left side
- &20 Rock weight back on right in place, step the left forward and over right
- 21&22 Rock forward on to the right, rock back on to the left, step right beside left
- 23&24 Step back on to the left, slide lock the right across left, step back on to the left

STEP LOCK BACK, ROCK STEP BACK, STOMP, CLAP, HIP BUMPS

- 25&26 Step back on to the right, slide lock the left across right, step back on to the right
- 27&28 Rock back left, rock forward right, step left foot forward
- 29-30 Stomp the right foot in place. Clap!
- 31&32 Bump hips left, right, left

REPEAT

Here is a partner variation of Mucara Walk. Quite easy. Can be danced in same lines as line dance.

Position: Sweetheart Position, man to left of lady, slightly behind.

All footwork as per line dance (unless stated otherwise).

- 1-10 As line dance
- 11&12 While shuffling and turning ¼ right, man moves to right of lady.

Change arms positions over shoulders to match

- 13-14 Man drops lady's left hand

On ½ pivot raises his right arm over his head

- 15&16 Man picks up lady's left hand

Regain Sweetheart position (as per start)

- 17-30 As line dance (no claps!)
- 31&32 Lady does full turn right under man's right arm

All steps smaller than line dance.