

Esta Cumbia

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jon Levant (USA) & Gail Levant (USA)
音乐: Baila Esta Cumbia - Selena



SIDE, TOGETHER, SHUFFLE RIGHT ¼, PIVOT ½, STEP, LOCK, STEP

- 1-2 Step right foot to right, step left foot next to right foot
- 3&4 Step right foot to right, step left foot next to right foot, step right foot ¼ turn right
- 5-6 Step left foot forward, pivot ½ right shifting weight to right foot
- 7&8 Step left foot forward, lock right foot behind left foot, step left foot forward

MAMBO FORWARD AND BACK, ROCK, RECOVER, TRIPLE TURN RIGHT ¾

- 9&10 Rock forward on right foot, recover on left foot, step right foot next to left foot
- 11&12 Rock back on left foot, recover on right foot, step left foot next to right foot
- 13-14 Rock forward on right foot, recover on left foot
- 15&16 Turn in place ¾ turn right stepping right, left, right

CROSS ROCK, RECOVER, SHUFFLE LEFT, JAZZ BOX WITH ¼ TURN RIGHT

- 17-18 Cross left foot over right foot, recover on right foot
- 19&20 Shuffle to left stepping left, right, left
- 21-24 Cross right foot over left foot, step left foot back, step right foot ¼ turn right, step left foot forward

WALK FORWARD, MAMBO RIGHT, WALK BACK, MAMBO LEFT

- 25-26 Step right foot forward, step left foot forward
- 27&28 Rock step right foot to right, recover on left foot, step right foot next to left foot
- 29-30 Step left foot back, step right foot back
- 31&32 Rock step left foot to left, recover on right foot, step left foot next to right foot

CROSS ROCK, SIDE, BACK ROCK, SIDE, CROSS ROCK, SHUFFLE RIGHT

- 33&34 Cross right foot over left foot, recover on left foot, step right foot small step to right
- 35&36 Cross left foot behind right foot, recover on right foot, step left foot small step left
- 37-38 Cross right foot over left foot, recover on left foot
- 39&40 Shuffle to right stepping right, left, right

CROSS ROCK, SIDE, BACK ROCK, SIDE, CROSS ROCK, SHUFFLE LEFT

- 41&42 Cross left foot over right foot, recover on right foot, step left foot small step to left
- 43&44 Cross right foot behind left foot, recover on left foot, step right foot small step to right
- 45-46 Cross left foot over right foot, recover on right foot
- 47&48 Shuffle left stepping left, right, left

REPEAT

TAG

After the 1st rotation and after the 3rd rotation of the dance. Do the tag then restart the dance from the beginning

SAILOR RIGHT, SAILOR LEFT

- 1&2 Cross right foot behind left foot, step left foot small step left, step right foot small step right
- 3&4 Cross left foot behind right foot, step right foot small step right, step left foot small step left

RESTART

There is a single restart during the 2nd rotation. The restart will occur after count 28. To execute the restart

you will modify counts 27&28 (right mambo) as follows:

27&28 Rock step right foot to right, recover on left foot, touch right toe next to left instep

Immediately restart the dance from the beginning by stepping the right foot to the right side, etc

OPTIONAL ENDING

As the music fades you will be on the 9:00 wall. Finish that rotation and begin the dance again. After count 4 you will be on the 12:00 wall; just smile and spread your arms out to the sides with palms facing forward.
