

Cuban Motion

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: Let's Get Loud - Jennifer Lopez



RIGHT SIDE ROCK, CHA-CHA IN PLACE, LEFT SIDE ROCK, CHA-CHA IN PLACE

- 1-2 Step right out to right side shifting weight to right then back to left
- 3&4 Step in place, right, left, right (use Cuban motion in hips)
- 5-6 Step left out to left side shifting weight to left then back to right
- 7&8 Step in place, left, right, left (use Cuban motion in hips)

FORWARD ROCK SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD

- 1-2 Step forward on your right shifting weight to right and back to left
- 3&4 Step back right, put left next to right, step back on your right
- 5-6 Step back on your left shifting weight to left and back to right
- 7&8 Step forward on your left, put right next to left, step forward on your left

STEP FORWARD, HALF TURN, SHUFFLE FORWARD, STEP FORWARD, HALF TURN, SHUFFLE FORWARD

- 1-2 Step forward on your right, pivot $\frac{1}{2}$ turn on your left
- 3&4 Step forward on your right, put left next to right, step forward on your right
- 5-6 Step forward on your left, pivot $\frac{1}{2}$ turn on your right
- 7&8 Step forward on your left, put right next to left, step forward on your left

VINE RIGHT AND CROSS, STEP, 2 SAILORS, VINE LEFT AND CROSS, STEP, 2 SAILORS

- 1-2&3-4 Step forward on your right, step left behind right, quickly step back on right and cross left over right, step right to right side
- 5&6&7-8 Step left behind right, step right to right side, step left foot forward, step right behind left, step left to left side, step right foot forward
- 1-2&3-4 Step forward on your left, step right behind left, quickly step back on left and cross right over left, step left to left side
- 5&6&7-8 Step right behind left, step left to left side, step right foot forward, step left behind right, step right to right side, step left foot forward

FORWARD ROCK, HALF TURN SHUFFLE, FORWARD ROCK, THREE-QUARTER TURN SHUFFLE

- 1-2 Step forward on your right shifting weight to right and back to left
- 3&4 Turning a half turn to your right, shuffle forward, right, left, right
- 5-6 Step forward on your left shifting weight to left and back to right
- 7&8 Turning a $\frac{3}{4}$ turn to your left, shuffle forward, left, right, left

REPEAT