

# Cuban Motion

拍数: 48      墙数: 4      级数: Intermediate  
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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