

Mueve' La Cadena (Move Your Body)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate/Advanced
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音乐: Mueve La Cadena - Reel to Real



**CROSS ROCK-
RECOVER,
BASIC SIDE
CHA, CROSS
ROCK-
RECOVER,
BASIC SIDE
CHA**

1 Cross (rock)
right foot in front
of left foot
(slightly bending
right knee,
keeping left leg
straight)

2 Shift weight
back to left foot
(standing back
up)

3&4 Triple right
stepping (right-
left-right) using
hip motion
(cuban)

5 Cross (rock)
left foot in front
of right foot
(slightly bending
left knee,
keeping right
leg straight)

6 Shift weight
back to right
foot (standing
back up)

7&8 Triple left
stepping (left-
right-left) using
hip motion
(cuban)

*NOTE: On the
cha-cha steps
move slightly to
the side turning
slightly to face
at an angle, be
sure to take
small steps*

**FORWARD
ROCK-
RECOVER,
TRIPLE STEP,
FORWARD
ROCK-
RECOVER,
TRIPLE STEP**

9 Step (rock)
right foot
forward, slightly
lifting left foot off
floor (while
bumping right
hip forward)
10 Lower left
foot back to
floor (while
bumping left hip
back)
11 Step right
foot in place
(bump right)
& Step left foot
in place (bump
left)
12 Step right
foot in place
(bump right)
13 Step (rock)
left foot forward,
slightly lifting
right foot off
floor (while
bumping left hip
forward)
14 Lower right
foot back to
floor (while
bumping right
hip back)
15 Step left foot
in place (bump
left)
& Step right foot
in place (bump
right)
16 Step left foot
in place (bump
left)

*NOTE: You can
also in turn use
coaster steps
for the triple
steps.*

**SIDE STEP,
TOGETHER,
BASIC SIDE
CHA, CROSS
ROCK-
RECOVER, 1/4
TURNING CHA
(LEFT)**

17 Step right

foot to side

(bump right hip
to right)

18 Step left foot

together (bump
left hip to left)

19&20 Side

triple stepping

(right-left-right)

using hip motion

(cuban)

21 Cross step

(rock) left foot in
front of right foot

(slightly bending
right knee

keeping left leg
straight)

22 Shift weight

back to right

foot (while

standing back

up)

23&24 Triple

step 1/4 turn left

stepping (left-

right-left) using

hip motion

(cuban)

**BASIC MAMBO
FORWARD,
BASIC MAMBO
BACK**

25 Step slightly

forward on (ball
of) right foot

(while rocking
hips forward)

& Shift weight

back to left foot

(while rocking

hips backward)

26 Step right

foot back in

place (returning

hips back to

center)

27 Step left foot
slightly
backward on
(ball of) foot
(while rocking
hips back)
& Shift weight
back to right
foot (while
rocking hips
forward)
28 Step left foot
back in place
(returning hips
back to center)
29-32 Repeat
counts 25-28

**SAMBA
CROSSOVERS
MOVING
FORWARD,
BASIC MAMBO
FORWARD, 1/2
TURNING CHA
(LEFT)**

33 Step (rock)
right foot
slightly out to
side
& Shift weight
back to left foot
34 Cross step
right foot over
left foot
35 Step (rock)
left foot slightly
out to side
& Shift weight
back to right
foot
36 Cross step
left foot over
right foot
37 Step right
foot slightly
forward on (ball
of) foot (while
rocking hips
forward)
& Shift weight
back to left foot
(while rocking
hips back to
center)
38 Step right
foot backward in
place (returning
hips back to
center)

39&40 Triple
step 1/2 turn left
stepping (left-
right-left)

CHOREOGRAPHERS NOTE:

*Music has a
latin beat so
remember to
"Shake those
hips"! also this
dance is listed
as*

a
Intermediate/Ad
vanced
linedance only
because the
music has a
very fast high
energy latin
beat but I'm
pretty sure
that there is
music out there
that you can
slow down the
dance to feel
free to do so
and Good
Luck..
