

Latin Whirl

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Katherine Woods (UK)
音樂: The Cup of Life - Ricky Martin



HEEL BALL CROSS, ROCK, COASTER STEP, PIVOT ½ TURN

1&2 Right heel ball cross
3-4 Rock on to right foot, recover onto left
5&6 Right coaster step
7-8 Step left forward, pivot ½ turn right

HEEL BALL CROSS, ROCK, COASTER STEP, PIVOT ½ TURN

9&10 Left heel ball cross
11-12 Rock onto left, recover weight on the right
13&14 Left coaster step
15-16 Step right forward, pivot ½ turn left

SHUFFLES AND TURNS

17&18 Shuffle forward right, left, right
19&20 Shuffle ½ turn right and step left, right, left
21-22 Full turn right stepping right, left, right

Note for extra styling put arms up straight above head during steps 21-22

23&24 Make ½ turn right shuffling right, left, right

Easy option, just shuffle forward instead of turning and do two walls forward instead of the turn

ROCK, ½ TURN, 2 HOLDS AND PELVIC PUSHES

25 Rock onto the left
26 Push off that left foot and turn ½ over left shoulder on the right, finishing with left foot in front
27&28 Hold for 2 beats (for extra style put arms up straight in the air)
29-30 Step right forward and hold 1 beat. (for extra styling point arms down to the ground)
31-32 Push hips forward twice from this position (for men not wanting to look girly, they can interpret this however they like)

SLOW SHUFFLES

33-36 Shuffle right, left, right, hitch left knee
37-40 Shuffle left, right, left, touch left together

SYNCOPATED ¼ MONTEREY TURNS

41& Touch right toes to right, pivot ¼ turn to right on the left foot and step right together
42& Touch left toes to left, step left together
43& Touch right toes to right, pivot ¼ right on the left foot and step right together
44 Touch left toes to the left

SIDE STEPS WITH CUBAN HIPS, SYNCOPATED FORWARD AND BACK, HOLDS

45-46 Step left to left pushing out left hip and step right together
47-48 Repeat steps 45 - 46
&49-50 Jump forward right, left then hold a beat
&51-52 Jump back right, left and hold a beat

BIG STEP, SYNCOPATED JUMPS FORWARD & BACK, HOLDS, TOE POINTS KICK, FLICK

53-55 Take large step to right, drag left to right over 2
&56 Stomp left heel twice next to right

&57-58	Jump forward left, right and hold 1 beat
&59-60	Jump back left, right and hold 1 beat
61-62	Point right foot forward then side
63-64	Kick right foot forward and then flick that right foot up behind you

REPEAT
