

# Mueve' La Cadena (Move Your Body)

**COPPER** KNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Intermediate/Advanced  
編舞者: Levi J. Hubbard (USA)  
音樂: 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  
lightly 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..

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