

CUBAN WALK

CFCL - Championnat de France 2007

Niveau : welcomer

Style : Cuban (rumba)



Chorégraphes : Hank & Mary DAHL - Prospect, KENTUCKY - USA / Janvier 2005

LINE Dance : 32 temps - 2 murs

Niveau : débutant

Musique : Like she's not yours - The BELLAMY BROTHERS - BPM 115/rumba

CD : [Redneck Girls Forever](#)

Traduction : Irène Cousin

Source : http://members.aol.com/ldarchives/cuban_walk.htm

Introduction : 32 temps

Section 1 RUMBA BOX : SIDE, TOGETHER, BACK, HOLD, SIDE, TOGETHER, FORWARD, HOLD

- 1 pas PD côté D (accent : genou D tendu et genou G fléchi) - 12:00 -
- 2 pas PG à côté du PD (accent : genou G tendu et genou D fléchi) - 12:00 -
- 3 pas PD arrière (accent : genou D tendu et genou G fléchi) - 12:00 -
- 4 HOLD - 12:00 -
- 5 pas PG côté G (accent : genou G tendu et genou D fléchi) - 12:00 -
- 6 pas PD à côté du PG (accent : genou D tendu et genou G fléchi) - 12:00 -
- 7 pas PG avant (accent : genou G tendu et genou D fléchi) - 12:00 -
- 8 HOLD - 12:00 -

Section 2 CUBAN WALK (REALLY ACCENTUATE THE CUBAN MOTION FOR THIS MOVE!)

- 1 pas PD côté D (accent : genou D tendu et genou G fléchi) - 12:00 -
- 2 pas PG à côté du PD (accent : genou G tendu et genou D fléchi) - 12:00 -
- 3 pas PD côté D (accent : genou D tendu et genou G fléchi) - 12:00 -
- 4 HOLD - 12:00 -
- 5 pas PG à côté du PD (accent : genou G tendu et genou D fléchi) - 12:00 -
- 6 pas PD côté D (accent : genou D tendu et genou G fléchi) - 12:00 -
- 7 pas PG à côté du PD (accent : genou G tendu et genou D fléchi) - 12:00 -
- 8 HOLD - 12:00 -

Section 3 RIGHT ROCK SIDE, RECOVER, CROSS, LEFT ROCK SIDE, RECOVER, CROSS

- 1 ROCK STEP latéral D - appui PD, hanche à D - (accent : genou D tendu et genou G fléchi) - 12:00 -
- 2 revenir sur PG côté G - appui PG, hanche à G - (accent : genou G tendu et genou D fléchi) - 12:00 -
- 3 CROSS PD devant PG, en avançant légèrement - 11:00 -
- 4 HOLD - 11:00 -
- 5 ROCK STEP latéral G - appui PG, hanche à G - (accent : genou G tendu et genou D fléchi) - 12:00 -
- 6 revenir sur PD côté D - appui PD, hanche à D - (accent : genou D tendu et genou G fléchi) - 12:00 -
- 7 CROSS PG devant PD, en avançant légèrement - 1:00 -
- 8 HOLD - 1:00 -

Section 4 1/4 TURN, RECOVER, 1/4 TURN, RECOVER, CANTER, CLOSE (AKA, SIDE, DRAW, TOGETHER)

- 1 1/4 de tour G, sur BALL PG pas PD avant - 9:00 -
- 2 (garder PD en place) prendre appui sur PG - 9:00 -
- 3 1/4 de tour G, sur BALL PG pas PD avant - 6:00 -
- 4 (garder PD en place) prendre appui sur PG - 6:00 -
- 5 LUNGE grand pas PD côté D, genou D fléchi (garder PG en place et pointé) - 6:00 -
- 6.7 TOUCH pointe PG à côté du PD - tendre genou D - 6:00 -
- 8 pas PG à côté du PD - 6:00 -

CUBAN WALK

CHOREOGRAPHER : **Hank & Mary DAHL** - (January 31, 2005)

"The Dancing Dahls", MaryDahl@Bellsouth.net / 14562 Alexis Cove West, Prospect, KY 40059

COUNT : 32

TYPE : 2 Wall Line Dance

MUSIC : I Just Want To Dance With You by George Strait

Like she's not yours - The BELLAMY BROTHERS - BPM 115

But any comfortable rumba will do!

Right foot free start at 12:00

RUMBA BOX : SIDE, TOGETHER, BACK, HOLD, SIDE, TOGETHER, FORWARD, HOLD

- 1 Step side Right (to accentuate: straighten Right knee and bend Left knee) 12:00
- 2 Step together Left (to accentuate: straighten Left knee and bend Right knee) 12:00
- 3 Step back Right (to accentuate: straighten Right knee and bend Left knee) 12:00
- 4 Hold (for "follow through", touch Left toe by right in preparation for next step) 12:00
- 5 Step side Left (to accentuate: straighten Left knee and bend Right knee) 12:00
- 6 Step together Right (to accentuate: straighten Right knee and bend Left knee) 12:00
- 7 Step forward Left (to accentuate: straighten Left knee and bend Right knee) 12:00
- 8 Hold (for "follow through", touch Right toe by left in preparation for next step) 12:00

CUBAN WALK (REALLY ACCENTUATE THE CUBAN MOTION FOR THIS MOVE!)

- 9 Step side Right (to accentuate: straighten Right knee and bend Left knee) 12:00
- 10 Step together Left (to accentuate: straighten Left knee and bend Right knee) 12:00
- 11 Step side Right (to accentuate: straighten Right knee and bend Left knee) 12:00
- 12 Hold 12:00
- 13 Step together Left (to accentuate: straighten Left knee and bend Right knee) 12:00
- 14 Step side Right (to accentuate: straighten Right knee and bend Left knee) 12:00
- 15 Step together Left (to accentuate: straighten Left knee and bend Right knee) 12:00
- 16 Hold 12:00

RIGHT ROCK SIDE, RECOVER, CROSS

- 17 Step side Right rocking weight over Right hip and foot (to accentuate: straighten Right knee and bend Left knee) 12:00
- 18 Recover weight to Left hip and foot (to accentuate: straighten Left knee and bend Right knee) 12:00
- 19 Step Right across Left moving slightly forward 11:00
- 20 Hold 11:00

LEFT ROCK SIDE, RECOVER, CROSS

- 21 Step side Left rocking weight over Left hip and foot (to accentuate: straighten Left knee and bend Right knee)
- 22 Recover weight to Right hip and foot (to accentuate: straighten Right knee and bend Left knee) 12:00
- 23 Step Left across Right moving slightly forward 1:00
- 24 Hold 1:00

1/4 TURN, RECOVER, 1/4 TURN, RECOVER

- 25 Leaving Left foot in place step forward onto Right to face 1/4 turn left 9:00
- 26 Leaving Right foot in place shift weight to Left 9:00
- 27 Leaving Left foot in place step forward onto Right to face 1/4 turn left 6:00
- 28 Leaving Right foot in place shift weight to Left 6:00

CANTER, CLOSE (AKA, SIDE, DRAW, TOGETHER)

- 29 Lunge to side Right (Step large step to side Right with bent knee, leaving Left foot in place with toe pointed) 6:00
- 30-31 Draw Left toe in toward Right straightening Right knee 6:00
- 32 Step together Left 6:00

REPEAT AND ENJOY! {:O) (this is now your 12:00 wall)

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