

Sexy La Movidita

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Count: 64 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: Anthony (MLD-INA) June 2016

Music: La Movidita by: Thalia. Album: Latina

PATTERN: AA - BB - TAG - ABB - A(1-24) BB - A(1-8)

SESSION A: 32 Counts

A1: FORWARD WALK - FORWARD MAMBO STEP - BACKWARD WALK - COASTER STEP

1-2 walk forward on: R, L

3&4 R step forward, recover to L, R step backward

5-6 walk backward on: L,R

7&8 L step backward, R step next to L, L step forward

A2: CHARLESTON - TOE TWIST FORWARD - TOE TWIST BACKWARD

1-2 R touch forward with sweep action, R step backward with sweep action

3-4 L touch backward with sweep action, L step forward with sweep action

5&6 R touch forward and swivel the heel inward, R swivel heel outward, R swivel heel inward

7&8 R touch backward and swivel heel inward, R swivel heel outward, R swivel heel inward

A3: BACKWARD TOE STRUT - CHEST PUSH - CUMBIA STEPS

1&2 R step backward on ball with chest push forward, chest pull backward, step on R and chest push forward

3&4 L step backward on ball with chest push forward, chest pull backward, step on L and chest push forward

5&6 R step behind L, recover to L, R step to right side

7&8 L step behind R, recover to R, L step to left side

A4: MODIFIED TWIST - HIP ROLL - BODY RIPPLE

1&2&R step to right side on ball swiveled outward, R swivel on ball inward, R swivel on ball outward, step on R

3&4&L step to left side on ball swiveled outward, L swivel on ball inward, L swivel on ball outward, step on L

5&6bend down on both knee and make a counter clock wise hip roll

7-8body ripple forward diagonally to left for two counts

(Note: for a better movement, use shoulder-blade pistons while you are moving on count: 5&6)

SESSION B : 32 Counts

B1: SKATES - TOUCH - TOUCH - HITCH - TURN $\frac{1}{4}$ TO RIGHT - SIDE STEP

1-2R skate to right, L skate to left

3-4R skate to right, L skate to left

5-6R touch forward, R touch to right side

7-8turn $\frac{1}{4}$ to right and R hitch (03.00), R step to right side

B2: UPPER HIP TORQUE - HIP ROLL - LOOPING HAND ACTION

1-2upper body turn $\frac{1}{8}$ to left (01.30), upper body turn $\frac{1}{4}$ to right (04.30)

3-4upper body turn $\frac{1}{4}$ to left (01.30), upper body turn $\frac{1}{4}$ to right (04.30)

5-6-7-8upper body turn $\frac{1}{8}$ to left (03.00) for 4 (four) counts with R arm moves from right side to left shoulder and L arm moves from right side to back while the lower hip rolls for 4 (four) counts to counter clock wise direction

B3: MODIFIED OPEN STEP - SHOOTING HAND ACTION - HEEL JACK

1-2R step to right side on ball (bended R knee), step on R and throw head to right side with shooting action on L hand onto left forehead

3-4L step to left side on ball (bended L knee), step on L and throw head to left side with shooting action on R hand onto right forehead

5&R cross slightly in front of L, L step to left side

6&R touch forward diagonally to right on heel, R step next to L

7&L cross slightly in front of R, R step to right side

8&L touch forward diagonally to left on heel, L step next to R

B4: JAZZ BOX - PIVOT $\frac{1}{4}$ - CROSS - THREE STEPS TURN

1-2R cross over L, L step backward

3-4R step to right side, L cross over R

5&6R step forward, turn $\frac{1}{4}$ to left and recover to L (12.00), R cross in front of L

7&8turn $\frac{1}{4}$ to left then L step slightly backward (03.00), turn $\frac{1}{2}$ to right then R step slightly forward (09.00), turn $\frac{1}{2}$ to right then L step slightly backward (03.00)

TAG: There is a TAG in this dance. Do the Choreography below for a nice TAG, then Restart the Dance.

FORWARD WALK - FORWARD MAMBO STEP - BACKWARD WALK - COASTER STEP

1-2walk forward on: R, L

3&4R step forward, recover to L, R step backward

5-6walk backward on: L,R

7&8L step backward, R step next to L, L step forward

CRISS-CROSS VOLTA - WALK AROUND

1a2turn $\frac{1}{4}$ to left then R step to right side (03.00), L cross slightly in front of R, R step to right side

3a4turn $\frac{1}{2}$ to right then L step slightly to left side (09.00), R slightly cross in front of L, L step to left side

5-6-7-8walk around forward directing to 12.00 on : R, L, R, L

RESTART: The short wall will be on Session A (see the Pattern above). Dance normally until count 24, then Restart the dance

ENJOY THE DANCE

For more Information, please contact me on: dancetemptations.anthony@gmail.com

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