

LATIN WHIRL

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Count: 64

Wall: 1

Level: intermediate

Choreographer: Katherine Woods

Music: The Cup Of Life by 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 girlie, 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