

MUEVE LA CADENA (MOVE YOUR BODY)

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Count: 40

Wall: 4

Level: intermediate/advanced

Choreographer: Levi J. Hubbard

Music: Mueve La Cadena by Real To Reel

Music has a Latin beat so remember to "Shake" those hips! Start Dance after 32 count intro. Count 5-6-7-8 on last set of 8

CROSS ROCK-RECOVER, BASIC SIDE CHA, CROSS ROCK-RECOVER, BASIC SIDE CHA

- 1 Cross (rock) right foot in front of left foot (slightly bend 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
- 5 Cross (rock) left foot in front of right foot (slightly bend 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

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)

SIDE STEP, TOGETHER, BASIC SIDE CHA, CROSS ROCK-RECOVER, ¼ 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

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 ¼ turn left stepping (left-right-left) using hip motion

BASIC MAMBO FORWARD, BASIC MAMBO BACK

25 Step slightly forward on (ball of) 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, ½ TURNING CHA LEFT

33 Step (rock) right foot slightly 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) while rocking hips forward

& Shift weight back to left foot (while rocking hips back)

38 Step right foot back in place (returning hips back to center)

39&40 Triple step ½ turn left stepping (left-right-left)

Weight ends on left foot

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=31403