

# Accion Y Reaccion

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**Count:** 64      **Wall:** 2      **Level:** Phrased High Beginner, Cumbia Nortena

**Choreographer:** Anthony (MLD-INA) June 2015

**Music:** Accion Y Reaccion Cumbia Nortena By: Thalia

**PATTERN: A A - B B16(Restart) - A A - B B - TAG - A - B B - B B - B16(Ending)**

**INTRO: Start dancing after 32 counts since the music has begun.**

## **SECTION A:**

### **A.I. WIZARD STEP - TWIST**

**1-2R step forward diagonally to right on heel (01.30), L lock behind R**

**3-4R step forward diagonally to right on heel, L step next to R**

**5-6-7-8twist both legs on ball to right, left, right, left (01.30)**

### **A.II. WIZARD STEP - TWIST**

**1-2L step forward diagonally to left on heel (10.30), R lock behind L**

**3-4L step forward diagonally to left on heel, R step next to L**

**5-6-7-8twist both legs on ball to left, right, left, right ( 10.30)**

### **A.III. PIVOT ½ - FORWARD WALK - OUT-IN STEP**

**1-2R step forward (12.00), turn ½ to left then L step forward (06.00)**

**3-4R step forward, L step forward**

**5-6R step out forward slightly diagonal to right, L step out forward slightly diagonal to left**

**7-8R step in backward, L step next to R (06.00)**

### **A.IV. SIDE STEP - TOUCH - JAZZ BOX**

**1-2R step to side, L touch next to R**

**3-4L step to side, R touch next to L**

**(Intermediate option: count 1-2-3-4 above can be replaced with the SKATE)**

**5-6R cross over L, L step backward**

**7-8R step to side, L step forward**

## **SECTION B:**

### **B.I. SYNCOPATED SIDE ROCK WITH HIP ACTION - PADDLE**

**1&R step to side, recover to L**

**2&R step to side, recover to L**

**3&R step to side, recover to L**

**4&R step to side, recover to L**

**(NOTE: Use hip action while dancing this Syncopated Side Rock)**

**5-6R step forward, turn  $\frac{1}{4}$  to left the recover to L (09.00)**

**7-8R step forward, turn  $\frac{1}{4}$  to left the recover to L ( 06.00)**

### **B.II. LEG ACTION: TOUCH - SWIVEL - SIDE FLICK - SWING - FLICK BACK**

**1-2R touch forward, R touch forward**

**3-4R swivel out to right on toe/ ball, R swivel in to left on toe/ball**

**5&6R flick to side, R touch forward, R flick to side**

**(Hand style: R hand pats R foot while flicking on side)**

**7-8R swing forward, R step next to L and L flick backward**

### **B.III. COASTER STEP - FORWARD WALK - PIVOT $\frac{1}{2}$ - STEP FORWARD**

**1&2L step backward, R step next to L, L step forward**

**3-4R step forward, L step forward**

**( Intermediate option: count 3-4 above can be replaced with the CHICKEN WALK)**

**5-6R step forward, turn  $\frac{1}{2}$  to left then L step forward (12.00)**

**7-8R step forward, turn ½ to left then L step forward (06.00)**

#### **B.IV. BACHATA STEP**

**1-2R step to side, L step next to R**

**3-4R step to side with hip action to right, L hip bump to side on ball**

**5-6L step to side, R step next to L**

**7-8L step to side with hip action to left, R hip bump to side on ball**

**RESTART: Dance normally until Section B.II, count 6. For a nice Restart, replace count 7-8 with below:**

**7-8R step next to L, L step next to R**

#### **TAG:**

**1-2R step to side with hip action to right, L hip bump to left on ball**

**3-4L step to side with hip action to left, R hip bump to right on ball**

**ENDING: Dance normally until Section B.II, count 8. Then finish the dance with a nice pose for the ending.**

**ENJOY THE DANCE, HAPPY LINEDANCING**

**For more Information, please contact me on: [anthonymld.ina@gmail.com](mailto:anthonymld.ina@gmail.com)**