

# Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida  
[www.swivelfeet.se](http://www.swivelfeet.se)

## Zumba

2 WALL – 64 COUNTS – IMPROVER

Choreographed by: Jose Miguel Belloque Vane and Roy Verdonk (NL) August 2012

Choreographed to: 'Zumba (Danza Kuduro Remix') by Este Habana  
 from CD Como Venga. Download available from amazon.co.uk or iTunes

(32 count intro)



Actual footwork		Calling suggestion	Direction
<b>Section 1</b>	<b>Right Heel Grind, Coaster Step, Left Heel Grind, Coaster Step</b>		
1 - 2	Grind right heel forward, toes pointing left. Fan toes to right.	Heel Grind	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 - 6	Grind left heel forward, toes pointing right. Fan toes to left.	Heel Grind	
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
<b>Section 2</b>	<b>Step, 1/2 Turn, Step, 1/2 Turn, Walk Forward x 4 (with Shoulder Shimmies)</b>		
1 - 2	Step right forward. Turn 1/2 left stepping left forward.	Step Half	Turning left
3 - 4	Step right forward. Turn 1/2 left stepping left forward.	Step Half	Forward
5 - 8	Walk forward - right, left, right, left.	Walk Forward	
<b>Styling</b>	Optional: Shimmy shoulders on counts 5 - 8.		
<b>Section 3</b>	<b>Side Mambo Right, Side Mambo Left, Side, Together, Chasse</b>		
1 & 2	Rock right to right side. Rock back onto left. Step right beside left.	Right Mambo	On the spot
3 & 4	Rock left to left side. Rock back onto right. Step left beside right.	Left Mambo	
5 - 6	Step right to right side. Step left beside right.	Side Together	Right
7 & 8	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	
<b>Section 4</b>	<b>Side Mambo Left, Side Mambo right, Side, Together, Chasse 1/4 Turn</b>		
1 & 2	Rock left to left side. Rock back onto right. Step left beside right.	Left Mambo	On the spot
3 & 4	Rock right to right side. Rock back onto left. Step right beside left.	Right Mambo	
5 - 6	Step left to left side. Step right beside left.	Side Together	Left
7 & 8	Step left to left side. Close right beside left. Turn 1/4 left stepping left forward. (9:00)	Side Close Quarter	
<b>Section 5</b>	<b>Cross Heel, Side, Cross, Touch (x 2)</b>		
1 - 2	Cross right heel over left foot. Step left to left side.	Cross Side	Left
3 - 4	Cross right over left. Touch left toes to left side.	Cross Touch	
5 - 6	Cross left heel over right foot. Step right to right side.	Cross Side	Right
7 & 8	Cross left over right. Touch right toes to right side.	Cross Touch	
<b>Section 6</b>	<b>Right Sailor, Left Sailor, Behind, Unwind 1/2, Lean Back, Flick</b>		
1 & 2	Cross right behind left. Step left to left side. Step right to place.	Right Sailor	On the spot
3 & 4	Cross left behind right. Step right to right side. Step left to place.	Left Sailor	
5 - 6	Lock right behind left. Unwind 1/2 turn right. (3:00)	Behind Unwind	Turning right
7 - 8	Lean upper body back. Recover weight onto left and flick right foot back.	Lean/Flick	
<b>Section 7</b>	<b>Forward Shuffle, Step 1/2 Turn (x 2)</b>		
1 & 2	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 - 4	Step left forward. Turn 1/2 right stepping right forward.	Step Half	
5 & 6	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
7 - 8	Step right forward. Turn 1/2 left stepping left forward. (3:00)	Step Half	
<b>Section 8</b>	<b>Jazz Box 1/4 Turn Cross, Side Touch, Side Touch</b>		
1 - 2	Cross right over left. Step left back.	Cross Back	On the spot
3 - 4	Turn 1/4 right stepping right to right side. Cross left over right. (6:00)	Quarter Cross	
5 - 6	Step right to right side. Touch left to left side.	Side Touch	Right
7 - 8	Step left to left side. Touch right to right side.	Side Touch	

Copyright © för presentation och översättning, [webmaster@swivelfeet.se](mailto:webmaster@swivelfeet.se)

Översättaren tar inget ansvar för felaktiga översättningar, komplettera alltid med originalbeskrivning eller instruktion från instruktör.

Copyright © för dansen innehas av koreografen. Copyright © of the dance belong to the choreographer.