



Zumba

Choreographed by Jose Miguel Belloque Vane & Roy Verdonk

Description: 64 count, 2 wall, intermediate line dance

Music: **Zumba** by Este Habana [CD: Como Venga (Deluxe Edition) / Available on iTunes]

Turbo Polka by Atomik Harmonik [138 bpm / CD: Compilation Dance: ToCo Dance Party, Vol. 12 / CD: Turbo Polka / Available on iTunes]

Intro: 32

HEEL GRIND RIGHT, COASTER RIGHT, HEEL GRIND LEFT, COASTER LEFT

1-2 Rock right heel forward (toe turned in), recover to left (right toe turned out)
 3&4 Right coaster step
 5-6 Rock left heel forward (toe turned in), recover to right (left toe turned out)
 7&8 Left coaster step

STEP TURN ½ LEFT (2X), WALK FORWARD (4X) WITH SHOULDER SHIMMIES

1-2 Step right forward, turn ½ left (weight to left)
 3-4 Step right forward, turn ½ left (weight to left)
 5-6-7-8 Step right forward, step left forward, step right forward, step left forward

Optional: on counts 5-6-7-8 shimmy shoulders

MAMBO RIGHT, MAMBO LEFT, SIDE RIGHT, TOGETHER, CHASSE RIGHT

1&2 Right rock side, recover to left, step right together
 3&4 Rock left side, recover to right, step left together
 5-6 Step right side, step left together
 7&8 Step right side, step left together, step right side

MAMBO LEFT, MAMBO RIGHT, SIDE LEFT, TOGETHER, CHASSE LEFT WITH TURN ¼ LEFT

1&2 Rock left side, recover to right, step left together
 3&4 Rock right side, recover to left, step right together
 5-6 Step left side, step right together
 7&8 Step left side, step right together, turn ¼ left and step left forward (9:00)

CROSS HEEL RIGHT, SIDE LEFT, CROSS RIGHT, TOUCH LEFT SIDE

1-2 Cross right heel over left, step left side
 3-4 Cross right over left, touch left side
 5-6 Cross left heel over right, step right side
 7-8 Cross left over right, touch right side

SAILOR RIGHT, SAILOR LEFT, LOCK BEHIND, UNWIND TURN ½ RIGHT, LEAN BACK, RECOVER WITH FLICK

1&2 Right sailor step
 3&4 Left sailor step
 5-6 Lock right behind left, unwind ½ right (3:00)
 7-8 Hold (lean upper body back, recover and flick right back)

SHUFFLE FORWARD RIGHT, TURN ¼ RIGHT, SHUFFLE FORWARD LEFT, TURN ¼ LEFT

1&2 Chassé forward right-left-right
 3-4 Step left forward, turn ¼ right (weight to right)
 5&6 Chassé forward left-right-left
 7-8 Step right forward, turn ¼ left (weight to left) (3:00)

JAZZ BOX CROSS WITH TURN ¼ RIGHT, SIDE STEP WITH TOUCH (2X)

1-2 Cross right over left, step left back
 3-4 Turn ¼ right and step right side, cross left over right (6:00)
 5-6 Step right side, touch left together
 7-8 Step left side, touch right together

REPEAT

Jose Miguel Belloque Vane | EMail: info@josemiguel.nl | Website: <http://www.josemiguel.nl>

Roy Verdonk | Website: <http://www.royverdonk.com>

Print layout ©2005 - 2013 by Kickit. All rights reserved.