

SWIVEL WALK, SWIVEL SHUFFLES

/The following 8 counts are executed with knees bent, toes diagonally turned in and traveling forward on the balls of your feet

- 1 - 2 Step forward right, step forward left
- 3 & 4 Step forward right, left together, step forward right
- 5 - 6 Step forward left, step forward right
- 7 & 8 Step forward left, right together, step forward left

WALK BACK, BACKWARD SHUFFLES

- 1 - 2 Walk back right, left
- 3 & 4 Shuffle backwards right, left, right
- 5 - 6 Walk back left, right
- 7 & 8 Shuffle backwards, left, right, left

SIDE STEPS, SIDE, TOGETHER, SIDE. (CUBAN HIP MOVEMENTS)

- 1 - 2 Take a shoulder width step to the right, step left together with right
- 3 & 4 Step side right, left together, step side right. (keep these steps small)
- 5 - 6 Take a shoulder width step to the left, step right together with left
- 7 & 8 Step side left, right together, step side left. (keep these steps small)

CROSS ROCK, SHUFFLE IN PLACE, CROSS ROCK 1/4 SHUFFLE

- 1 - 2 Crossing right over left, rock forward on right foot, rock back on left foot
- 3 & 4 Shuffle right, left, right, in place
- 5 - 6 Crossing left over right, rock forward on left foot, rock back on right
- 7 & 8 Shuffle left, right, left, in place with a 1/4 turn left

REPEAT

/8 count tag- for "The Cup of Life" by Ricky Martin

/This tag is only done once after completing the dance four times and upon returning to the front wall for the 1st time. Simply repeat the last 8 counts of the dance without the 1/4 turn

- 1 - 4 Cross rock, shuffle in place
- 5 - 8 Cross rock, shuffle in place

/Begin the dance again. (mucho faster than other selections but fun!)