



## Mueve' La Cadena (Move Your Body)

Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

40 count, 4 wall, intermediate/advanced level  
Choreographer: Levi J. Hubbard (USA) Feb 2004  
Choreographed to: Mueve La Cadena by Reel to Real; Baila by Jennifer Lopez; Rhythm of the Night by Valeria (Practice song)

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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 bending 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 (cuban)
- 5 Cross (rock) left foot in front of right foot (slightly bending 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 (cuban)

NOTE: 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)

NOTE: You can also in turn use coaster steps for the triple steps.

### **SIDE STEP, TOGETHER, BASIC SIDE CHA, CROSS ROCK-RECOVER, 1/4 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 (cuban)
- 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 1/4 turn left stepping (left-right-left) using hip motion (cuban)

### **BASIC MAMBO FORWARD, BASIC MAMBO BACK**

- 25 Step slightly forward on (ball of) right 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, 1/2 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) foot (while rocking hips forward)
- & Shift weight back to left foot (while rocking hips back to center)
- 38 Step right foot backward in place (returning hips back to center)
- 39&40 Triple step 1/2 turn left stepping (left-right-left)

CHOREOGRAPHERS NOTE: Music has a latin beat so remember to "Shake those hips"! also this dance is listed as a Intermediate/Advanced linedance only because the music has a very fast high energy latin beat but I'm pretty sure that there is music out there that you can slow down the dance to feel free to do so and Good Luck..

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