

Hamma

Choreographer Martin Plugge

Type Solo line dance

Level Beginner/ Intermediate

Rhythm Salsa (Cuban)

Counts 32

Walls 4

Music "Hamma" from Culcha Candela (Album: Rhythms del Mundo - Cubano Alemán)

Video http://www.youtube.com/watch?v=YuD-39_6FjU

Intro 16 counts, Start on lyrics

Progressive Basic, Step Turn R, Pivot Turn R, R Backward Rock, Pivot Turn L

1&2 Step LF forward, Recover on RF, Step LF back

3&4 Step RF back, Recover on LF, Step RF forward

5&6 Step LF forward ½ Turn right, Step RF forward ½ Turn right, Step LF back (12:00)

7&8 Step RF back, Recover on LF ½ Turn Left, Step RF back (06:00)

2x Backward Cross Rock, ¼ Turn R, Turning Side and Cross ¼ Turn R, Right Scissor

1&2 Cross LF behind RF, Recover on RF, Step LF left

3&4 Cross RF behind LF, Recover on LF, ¼ Turn R Step RF forward (09:00)

5&6 ¼ Turn R Step LF to left side, Recover on RF, Cross LF over RF (12:00)

7&8 Step RF to right, Close LF to RF, Cross RF over LF

Side Step w/ Bodysshake, Hitch, Cross, Unwind, Weave, Turning Weave ¼ Turn L

1,2 LF wide step left and bend both knees while shaking body, Recover on RF straight right knee and hitch L

3&4 Cross LF over RF, Unwind ½ Turn R, Step forward on RF

5&6 Cross LF over RF, Step RF right, Cross LF behind RF

7&8 Step RF back, ¼ Turn L Step LF left, Step RF in front of LF

2x Forward Toe Struts w/ Hip Roll, Cross Check, ¼ Turn L, Step Turn, ¼ Turn L

1,2 Touch L toe forward and rotate hip counter-clockwise, Step LF down

3,4 Touch R toe forward and rotate hip clockwise, Step RF down

5&6 Cross LF over RF, Recover on RF, ¼ Turn L step LF forward (12:00)

7&8 Step RF forward ½ Turn L, Step LF forward ¼ Turn L, Step RF right (03:00)

Start again and keep your hips relaxed.