

Smo-sa

拍数: 32 墙数: 4
编舞者: Pat Esper (USA) - October 2014
音乐: Workin' - Big Smo

级数: Beginner - Salsa Trainer



[1-8]: Side rock, Together, Side rock, Together, Mambo basic forward and back

1&2 Rock the left foot to the side, Recover onto the right foot, Step the left foot next to the right.
3&4 Rock the right foot to the side, Recover onto the left foot, Step the right foot next to the left.
5&6 Rock the left foot forward, Recover onto the right foot, Step slightly back on the left foot.
7&8 Rock back on the right foot, Recover onto the left foot, Step forward on the right foot.

[9-16]: Basic right pivot turn, Basic mambo back, Basic broken pivot turn, Basic mambo basic back

1&2 Step forward on the left foot, Pivot a half turn over the right shoulder on the right foot,
Continue turning a half turn over the right shoulder stepping back on the left foot.
3&4 Rock back on the right foot, Recover onto the left foot, Step forward on the right foot.
5&6 Rock forward on the left foot, Recover onto the right foot, Turn a half turn over the left
shoulder stepping forward on the left foot.
7&8 Step forward on the right foot, Pivot a half turn over the left shoulder, Step forward on the
right foot.

[17-24]: Mambo basic forward and back, Salsa basic right and left

1&2 Rock forward on the left foot, Recover onto the right foot, Step back on the left foot.
3&4 Rock back on the right foot, Recover onto the left foot, Step the right foot to the side.
5&6 Rock the left foot behind the right, Recover onto the right foot, Step the left foot to the side.
7&8 Rock the right foot behind the left, Recover onto the left foot, Turn a quarter turn to the right
stepping forward on the right foot.

[25-32]: Basic right turn, Salsa basic left, Basic Salsa right, Modified basic left turn

1&2 Step forward on the left foot, Pivot a three quarter turn over the right shoulder, Step the left
foot to the side.
3&4 Rock the right foot behind the left foot, Recover onto the left foot, Step the right foot to the
side.
5&6 Rock the left foot behind the right, Recover onto the right foot, Turn a quarter turn to the left
stepping forward on the left foot.
7&8 Step forward on the right foot, Pivot a half turn over the left shoulder, Step forward on the
right foot.

Start dance again - No Tags/Restarts

Contact: ptesper@gmail.com on Facebook at The Redneck Revolution (of music and dance with Pat Esper)
