

Bailame Salsa

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Advanced Salsa
编舞者: Lilian Lo (HK) - November 2020
音乐: Báilame - Martina La Peligrosa : (3:10)



A - 32, B - 32, C - 32

Sequence: A B C A B C A16 Restart A C A

Intro: 8 counts (0.05 mins.)

Part A

S1 (1 - 8) Side Rock Close x 2, Side Rock, Cross, Side, Cross, Side, Cross,

1&2 Rock RF to R side (1), Recover onto LF (&), Close RF next to LF (2)
3&4 Rock LF to L side (2), Recover onto RF (&), Close LF next to RF (4)
5&6& Rock RF to R side (5), Recover onto LF (&), Cross RF over LF (6), Step LF to L side (&)
7&8 Cross RF over LF (7), Step LF to L side (&), Cross RF over LF (8)

S2 (9 - 16) Heel Grind, Recover, Close, Sweep, Back Rock, Recover, Close, Heel Grind, Recover, Close, Sweep, Back Rock, Recover, Close

1&2& Forward heel grind on LF (1), Recover onto RF (&), Close LF next to RF (2), Sweep RF from front to back (&)
3&4 Rock back on RF (3), Recover onto LF (&), Step forward on RF (4)
5&6&7&8 Repeat above Count 1 - 4

On Wall 3, dance up to count 15, change count 16 to Tap RF next to LF. Then restart A.

S3 (17 - 24) Weave, Back Rock Side x 2

1&2& Cross LF over RF (1), Step RF to side (&), Cross LF behind RF (2), Step RF to side (&)
3&4& Repeat above Count 1 - 2&
5&6 Rock back on LF (5), Recover onto RF (&), Step LF to side (6)
7&8& Rock back on RF (7), Recover onto LF (&), Step RF to side (8), make 1/8 turn L (&) @10:30

S4 (25 - 32) Rocking Chair, Side, Body Wave L-R-L-R-L, Close

1&2& Rock back on LF (1), Recover onto RF (&), Rock forward on LF (2), Recover onto RF (&)
3&4 Rock back on LF (3), Recover onto RF (&), Make a 1/8 turn R, Take big step on LF to L side waving body to L (4)
5 6 7&8 Wave body to R (5), Wave body to L (6), Wave body to R (7), Wave body to L (&), Wave body to R, Close RF next to LF (8)

Part B

S1 (1 - 8) Toe Switches, Toe Tap Out-In-Out, Close, Forward Tap Close x 2, Forward Tap, Side Tap, Forward Tap, Close

1&2& Tap LF to L side (1), Close LF next to RF (&), Tap RF to R side (2), Close RF next to LF (&)
3&4& Tap LF to L side (3), Tap LF next to RF (&), Tap LF to L side (4), Close LF next to RF (&)
5&6& Tap forward on RF (5), Close RF next to LF (&), Tap forward on LF (6), Close LF next to RF (&)
7&8& Tap forward on RF (7), Tap RF to R side (&), Tap forward on RF (8), Close RF next to LF

S2 (9 - 16) Heel Ball Cross x 2, 3-Step Turn, Close

1&2 Heel dig on LF to L side (1), Cross LF on ball behind RF (&), Cross RF over LF (2)
3&4 Repeat above count 1&2
5 6 Make a ¼ turn L, Step forward on LF (5), Make a ½ turn L, close RF next to LF (6) @3:00
7 8 Make a ¼ turn L, Step LF to L side (7), Close RF next to LF (8) @12:00

S3 (17 - 24) Diamond, Heel Jack x 2

- 1& Make a 1/4 turn L, Cross LF over RF (1), Take small step on RF to R side (&) @9:00
- 2 Step back on LF (2)
- 3& Step back on RF (3), Make a ¼ turn L, Take small step on LF to L side (&) @6:00
- 4 Cross RF over LF (4)
- &5&6 Step LF to L side (&), Tap forward on R toe (5), Take small diagonal R back step on RF (&),
Cross LF over RF (6)
- &7&8 Step RF to R side (&), Tap forward on L toe (7), Take small diagonal L back step on LF (&),
RF cross over LF (8)

S4 (25 - 32) 3-Step Turn, Out, Out, Close, Jump

- 1 2 Make a ¼ turn L, Step forward on LF (1), Make a ½ turn L, Close RF next to LF (2) @9:00
- 3 4 Make a ¼ turn L, Step LF to side (3), Close RF next to LF (4) 6:00
- 5 6 Step LF to diagonal L forward (5), Step RF to side (6)
- 7 8 Close LF next to RF (7), Jump on both feet (8) (Shimmy on count 5 - 7)

Part C

S1 (1 - 8) Forward Rock, Recover, Close, Back rock, Recover, Close, Forward, ½ R, Close, Forward ½ L, Close

- 1&2 Rock forward on LF (1), Recover onto RF (&), Close LF next to RF (2)
- 3&4 Rock back on RF (3), Recover onto LF (&), Step forward on RF (4)
- 5&6 Step forward on LF (5), Make a pivot ½ turn R (&), Step forward on LF (6)
- 7&8 Step forward on RF (7), Make a pivot ½ turn L (&), Step forward on RF (8)

S2 (9 - 16) Side Rock Cross x 2, ½ R, Side Rock, Cross, Toe Tap Out-In-Out, hitch

- 1&2 Rock LF to L side (1), Recover onto RF (&), Cross LF over RF (2)
- 3&4& Rock RF to R side (3), Recover onto LF (&), Cross RF over LF (4)
- 5&6 Make a ½ turn R, Rock LF to L side (5), Recover onto RF (&), Cross LF over RF (6) @6:00
- 7&8& Toe Tap Out-In-Out on RF (7&8), Lift heel up on LF, Hitch RF (&)

S3 (17 - 24) Back Sweep x 3, Out-Out x 3

- 1 2 3 Step back on RF, Sweep back on LF (1), Step back on LF, Sweep back on RF (2) Step back
on RF, Sweep back on LF (3)
- &4 Close LF next to RF (&), Step RF to R side, Do anti-clockwise hip roll (4)
- 5&6 Hip roll (5), Step back on LF (&), Step RF to R side, hip roll (6)
- 7&8 Hip roll (7), Step back on LF (&), Step RF to R side, hip roll (8)

S4 (25 - 32) Shuffle x 2, Out-Out, Close, Body roll

- 1&2 Step diagonally forward on LF (1), Cross RF behind LF (&), Step diagonally forward on LF (2)
- 3&4 Step diagonally forward on RF (3), Cross LF behind RF (&), Step diagonally forward on RF
(4)
- 5 6 Step diagonally forward on LF (5), Step RF to R side (6)
- 7 8 Close LF next to RF, Do forward body roll (7), Complete body roll (8)

Note: Current Count 1-4 would equal to Count 1-8 in normal salsa counts.

The timing of this dance is compressed into half counts to make it appear less daunting in the overall number of counts.
