

Salsa LDIB VI

拍数: 80 墙数: 4 级数: Improver Salsa
编舞者: Lusiana Maemunah (INA) - March 2020
音乐: Con Calma (Salsa) - Mandinga



No Tag, No Restart

S1: MARCH FORWARD

1-4 Step R forward, Step L forward, Step R forward, Hold
5-8 Step L forward, Step R forward, Step L forward, Hold

S2: MARCH BACKWARD

1-4 Step R backward, Step L backward, Step R backward, Hold
5-8 Step L backward, Step R backward, Step L backward, Hold

S3: CROSS ROCK, HOLD, RECOVER, HOLD, GRAPEVINE

1-4 Cross rock R over L, Hold, Recover on L, Hold
5-8 Step R to side, Cross L over R, Step R to side, Hold

S4: CROSS BEHIND, RECOVER, CROSS BEHIND, RECOVER

1-4 Cross rock L behind R, Recover on R, Step L to side, Hold
5-8 Cross rock R behind L, Recover on L, Step R to side, Hold

S5: CROSS ROCK, HOLD, RECOVER, HOLD, GRAPEVINE

1-4 Cross rock L over R, Hold, Recover on R, Hold
5-8 Step L to side, Cross R over R, Step L to side, Hold

S6: CROSS BEHIND, RECOVER, CROSS BEHIND, RECOVER

1-4 Cross rock R behind L, Recover on L, Step R to side, Hold
5-8 Cross rock L behind R, Recover on R, Step L to side, Hold

S7: ¼ LEFT TURN SLOW CHASSE, ½ RIGHT TURN SLOW CHASSE

1-4 Make ¼ L turn step R to side, Step L next to R, Step R to side, Hold
5-8 Make ½ R turn step L to side, Step R next to L, Step L to side, Hold

S8: SLOW CHASSE WITH ¼ RIGHT TURN, ¼ RIGHT TURN SLOW CHASSE

1-4 Step R to side, Step L next to R, Make ¼ R turn step R forward, Hold
5-8 Make ¼ R turn step L to side, Step R next to L, Step L to side, Hold

S9: BACK ROCK, RECOVER, FORWARD, PIVOT ¾ RIGHT, BACK, HOLD

1-4 Rock R back, Recover on L, Step R forward, Hold
5-8 Step L forward, Pivot ¾ R turn, Make ¼ R turn step L back, Hold

S10: BACK ROCK, RECOVER, CLOSE, HOLD, FORWARD, ½ LEFT TURN BACK, CLOSE, HOLD

1-4 Rock R back, Recover on L, Step R beside L, Hold
5-8 Step L forward, Make ½ L turn step R back, Step L beside R, Hold

Have fun!

For more information about this dance please contact: gieprod@yahoo.com