

Bàilame Salsa

拍数: 64 墙数: 4 级数: Improver
编舞者: Ernie Yin (INA) & Tono Effendi (INA) - May 2023
音乐: Báilame (Lafame Remix) - Nacho & Lafame



No Tag No Restart

Intro 64 count , start when the heavy beat of salsa start

S.1 BASIC SALSA

1 2 Step Rf back - Recover on Lf
3 4 Step Rf slightly forward - Hold
5 6 Step Lf forward - Recover on Rf
7 8 Step Lf slightly back - Hold

S.2 BASIC SALSA RIGHT TURN 3/4

1 2 Step Rf back - Recover on Lf
3 4 Step Rf slightly forward - Hold
5 6 Step Lf forward - Turn 1/2 Right Step on Rf
7 8 Turn 1/4 right Step Lf to left side - Hold (09.00)

S.3 SUZIE Q 2X

1 2 Step Rf cross over Lf - Step Lf to side
3 4 Step Rf cross over Lf - Hitch Lf and bring to front
5 6 Step Lf cross over Rf - Step Rf to side
7 8 Step Rf cross over Lf - Hold

S.4 DOUBLE STEP - TURN 1/4 L - DOUBLE TURN

1 2 Step Rf to right side - Close Lf beside Rf
3 4 Step Rf to right side - Hold
5 6 Turn 1/4 Left Step Lf to left side - Close Rf beside Lf
7 8 Step Lf to left side - Hold (06.00)

S.5 CUMBIA 2X

1 2 Step Rf behind Lf - Recover on Lf
3 4 Step Rf slightly side (or close) - Hold
5 6 Step Lf behind Rf - Recover on Rf
7 8 Step Lf slightly side (or close) - Hold

S.6 BACK - SLIDE KICK SIDE - BASIC

1 2 Step Rf back - Slide Lf to diagonal Left
3 4 Bring Rf beside Lf and lift Lf to side - Hold
5 6 Step Lf forward - Step Rf back
7 8 Step Lf slightly back - Hold

S.7 BASIC SALSA

1 2 Step Rf back - Recover on Lf
3 4 Step Rf slightly forward - Hold
5 6 Step Lf forward - Recover on Rf
7 8 Turn 1/4 Left Step Lf to left side - Hold (03.00)

S.8 FLIRTING LEFT TURN

1 2 Step Rf in place face to Right - Step Lf in place face to Left

3 4 Step Rf in place face to Right - Hold
5 6 Turn 1/4 Left Step on Lf - Turn 1/2 Left Step Rf back
7 8 Step Lf slightly back - Hold (06.00)

HAVE FUN & ENJOY ...

Last Update: 28 May 2023
