

Salvavidas

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Vee Trias (INA), Swesty Budianingsih (INA), Mimitha Kaeru (INA) & Roosamekto Mamek (INA) - April 2024
音乐: Salvavidas - Lérica, Demarco Flamenco & Nyno Vargas



Intro: 16 count (approximately 00:12)

No Tag, No Restart

S1. SAMBA WHISK (R-L), SYNCOPATED ROCKING CHAIR, WALK FORWARD (R-L)

1 a2 Step R to side – Rock L back – Recover on R (12:00)
3 a4 Step L to side – Rock R back – Recover on L
5&6& Rock R forward – Recover on L – Rock R backward – Recover on L
7-8 Walk R forward – Walk L forward

S2. CROSS SAMBA, PUSH FORWARD WITH HIPS SWAY, HIPS SWAYS, TURN 1/2 LEFT WITH FLICK

1&2 Cross R over L – Rock L to side – Recover on R (12:00)
3&4 Cross L over R – Rock R to side – Recover on L
5-8 Push R ball forward sway hips forward – Sway hips back – Transfer weight on R and sway hips forward – Turn 1/2 left flick R back (6:00)

S3. FORWARD MAMBO, BACK MAMBO, SIDE MAMBO (R & L)

1&2 Rock R forward – Recover on L – Step R back (6:00)
3&4 Rock L back – Recover on R – Step L forward
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together

S4. FORWARD LOCK SHUFFLE, JAZZBOX CROSS TURN 1/4 RIGHT

1&2 Step R forward – Lock L behind R – Step R forward
3&4 Step L forward – Lock R behind L – Step L forward
5-8 Cross R over L – Turn 1/4 right step L back – Step R to side – Cross L over R (9:00)

REPEAT

For more info about step sheet & song, please contact:

Swesty : keyzazivara.04@gmail.com

Mitha : mithaprazelia08296@gmail.com

Mamek : Roosamekto.Nugroho@gmail.com