

Salsa For One

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Sho Botham (UK)
音乐: Livin' la Vida Loca - Ricky Martin



SIDE STEPS AND SALSA BACK BASICS

- 1-2-3-4 Step right to right, close left to right
- 5-6-7 Step right to right, close left to right, step right to right
- 8 Low flick kick left forward or easy option - hold position
- 9-12 Salsa back basic stepping back left, step right in place, step left beside right, low flick kick forward right or easy option - hold instead of dancing the kick on count 12
- 13-16 Reverse counts 9-12 starting right
- 17-32 Reverse counts 1-16 starting left

SIDE TOUCHES WITH ARM RAISING AND LOWERING, SLOW STEPS BACK WITH SUBTLE SHOULDER SHIMMEYS

- 33-34 Touch right to right raising right arm high, step forward right in front of left lowering right arm
- 35-36 Touch left to left raising left arm high, step forward left in front of right lowering left arm
- 37-38 Repeat counts 33 and 34
- 39-40 Repeat counts 35 and 36
- 41-48 Four slow steps back right-left-right-left with subtle shoulder shimmies

FORWARD STEP SLIDES TRAVELING IN SEMI CIRCLE TO RIGHT, TWO SALSA SIDE BASICS MAKING ONE COMPLETE TURN TO RIGHT

- 49-56 Four forward step slides leading with right traveling in semi circle to right to face opposite wall
- 57-60 Side basic stepping right to right, step left in place, step right to left making half turn to right
- 61-64 Side basic stepping left to left, step right in place, step left to right making half turn to right

SALSA CROSSING BASICS

- 65-80 Four salsa crossing basics starting right-left-right-left

REPEAT

SALSA CROSS BASIC STARTING RIGHT (DONE 4 TIMES IN COUNTS 65-80)

- 1 Step right to right
- 2 Step left across front of right
- 3 Step right to right
- 4 Low kick left to left diagonal (or easy option: hold instead of dancing the kick)

The first three counts are similar to a grapevine but crossing in front instead of behind.
