

Salsa Shuffle (P)

拍数: 56 墙数: 0 级数: Partner
编舞者: Linda Burness (UK)
音乐: Hot Hot Hot - Arrow



MAN'S STEPS

1&2 Left shuffle forward (left-right-left)
3-4 Step forward right, left
5&6 Right shuffle forward (right-left-right)
7-8 Step forward left, touch right

Drop hold

1&2 Shuffle to right (right-left-right)
3-4 Step left forward, make $\frac{1}{4}$ turn to right
5-6 Step left forward, make $\frac{1}{2}$ turn to right
7-8 Step forward on left, touch right

Pick up hold

1-2 Step forward on right, rock back on left
3-4 Step back on right, rock forward on left
5-6 Step forward on right, rock back on left
7&8 Step right, left, right on spot

Drop hold

1-2 Rolling full turn to left
3-4 Touch right beside left & clap
5-6 Rolling turn to right $1 \frac{1}{4}$ turn
7-8 Touch left beside right & clap

1-4 Hip bumps left, right, left, right
5&6 Shuffle to left left-right-left
7-8 Stomp right, touch left

Take up skaters hold

1&2 Shuffle forward left-right-left
3-4 Step forward on right, touch left beside right
5-6 Walk forward right, left
7&8 Shuffle forward right-left-right

Drop left hands, bring right hands over lady's head

1-2 Walk back right, left
3&4 Shuffle back (right-left-right)
5-8 Step back on left & bump hips 2 back, 2 forward

REPEAT

LADY'S STEPS

1&2 Right shuffle forward (right-left-right)
3-4 Step back left, right
5&6 Left shuffle back (left-right-left)
7-8 Step back right, left

1&2	Shuffle to right (right-left-right)
3-4	Step left forward, make $\frac{1}{4}$ turn to right
5-6	Step left forward, make $\frac{1}{2}$ turn to right
7-8	Step forward on left, stomp right
1-2	Step back on left, rock forward on right
3-4	Step forward on left, rock back on right
5-6	Step back on left, rock forward on right
7&8	Step left, right, left on spot
1-2	Rolling full turn to right
3-4	Touch left beside right & clap
5-6	Rolling turn to left $1\frac{1}{4}$
7&8	Touch right beside left & clap
1-4	Hip bumps right, left, right, left
5&6	Shuffle to right right-left-right
7-8	Stomp left, touch right
1&2	Shuffle forward left-right-left
3-4	Step right forward make, $\frac{1}{2}$ turn to left
5-6	Walk back left, right
7&8	Shuffle backward left-right-left
1-2	Walk forward left, right
3&4	Shuffle forward left-right-left
5-8	Rock forward on left, stepping forward on right & bump hips 2 forward, 2 back

REPEAT
