

Salsaria

拍数: 64 墙数: 4 级数: Intermediate / Advanced mambo
编舞者: Max Perry (USA)
音乐: Como Me Duele Perderte - Gloria Estefan



KICK, ROCK SIDE, IN PLACE, TOGETHER, KICK, ROCK SIDE, IN PLACE, TOGETHER

1-4 Kick right forward, rock right to right side, step left in place, step right next to left
5-8 Kick left forward, rock left to left side, step right in place, step left next to right

KICK, STEP BACK, TOGETHER, FORWARD

1-4 Kick right forward, step right back, step left next to right, step right forward

SCUFF, JAZZ BOX TURNING ¼ LEFT

5-8 Scuff left heel forward, cross left over right, step back right turning ¼ left, step left side

WEAVE, RONDE', WEAVE WITH ¼ TURN RIGHT, SCUFF

1-2-3 Step right forward & across left, step left side, cross right behind left
4-5 Circle left foot out & around behind right, step on left on count 5
6-7-8 Turn ¼ right & step right forward, step left forward, scuff right heel forward count 8

JAZZ BOX TURNING ¼ RIGHT, TOGETHER, ½ MONTEREY, TOGETHER, IN PLACE

1-4 Cross right over left, step left back & turn ¼ right, step right side, step left next to right
5-8 Rock right to right side (instead of touch), step left in place & turn ½ left, step right next to left, step left in place

KICK FORWARD, STEP BACK, CROSS, BACK

1-4 Kick right forward, step right back, cross left in front of right (traveling back), step right back

KICK FORWARD, CROSS BEHIND & TURN ½ LEFT, IN PLACE, IN PLACE

5-8 Kick left forward, cross left behind right & start to turn ½ left, step right in place continuing to turn, step left in place - finishing turn if you need to

ROCK STEP TO TRAVELING PIVOTS BACKWARD

1-4 Rock right forward, step onto left & turn ½ right, step right forward & turn ½ right, step left back & turn ½ right

STEP FORWARD, ½ TURN RIGHT, TOGETHER

5-8 Step right forward, step left forward & turn ½ right, step right in place, step left next to right

KICK FORWARD, BACK, CROSS, BACK, KICK FORWARD, BACK, CROSS, BACK

1-4 Kick right forward, step right back, cross left over right, step right back
5-8 Kick left forward, step left back, cross right over left, step left back

These are like backward traveling cha-cha crosses or locks

KICK FORWARD, STEP BACK, TOGETHER FORWARD, KICK FORWARD, STEP BACK, TOGETHER FORWARD

1-4 Kick right forward, step right back, step left next to right, step right forward
5-8 Kick left forward, step left back, step right next to left, step left forward

REPEAT