

Shadow Salsa (P)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Unknown
音乐: Aserejé (The Ketchup Song) - Las Ketchup



Position: Open Promenade Dance Position starting in Couples facing outer wall in Circle

STATIONARY-IN PLACE (BASIC SALSA PATTERN)

BOTH

1-2-3-4 Rock forward on left, rock back onto right, step left next to right, change weight onto left
5-6-7-8 Rock back on right, rock forward onto left, step right next to left, change weight onto right

STATIONARY-IN PLACE (BASIC SALSA PATTERN)

BOTH

1-2-3-4 Rock forward on left, rock back onto right, step left next to right, change weight onto left
5-6-7-8 Rock back on right, rock forward onto left, step right next to left, change weight onto right

TURNING-MOVE TO FACE DOWN LOD (SIDEWAYS SALSA PATTERN)

BOTH

1-2-3-4 Step left on left, bring right foot to left, change weight to right, step left to left, touch right next to left quarter turn to left
5-6-7-8 Step right to right, bring left foot to right, change weight to left foot, step right to right, touch left next to right

(PROGRESSIVE LOCK PATTERN)

BOTH

1-2-3-4 Step forward on left, step right behind left, step forward on left
5-6-7-8 Step forward on right, step left behind right, step forward on right

MAN

1-2-3-4 Left hand raises lady's hand and releases over head
5-6-7-8 Right hand comes round in front and raises over lady's head to go back on her right hip as left hand takes lady's left hand

LADY

1-2-3-4 Left hand raises over man's head and releases
5-6-7-8 Right hand comes round in front and raises over head to go back on right hip as left hand takes man's left hand

BASIC MERINGUE PATTERN

BOTH

1-2-3-4 Rock forward on left, rock back onto right, rock back on left rock forward onto right
5-6-7-8 Rock forward on left, rock back onto right, rock back on left rock forward onto right

(PROGRESSIVE LOCK PATTERN)

BOTH

1-2-3-4 Step forward on left, step right behind left, step forward on left
5-6-7-8 Step forward on right, step left behind right, step forward on right

MAN

1-2-3-4 Left hand raises lady's hand and releases over head
5-6-7-8 Right hand comes round in front and raises over lady's head to go back on her right hip as left hand takes lady's left hand

LADY

- 1-2-3-4 Left hand raises over man's head and releases
5-6-7-8 Right hand comes round in front and raises over head to go back on her right hip as left hand takes man's left hand

SIDEWAYS CHASSES AND LADY RIGHT WALK AROUND LOCK STEPS

BOTH

- 1-2-3-4 Step left foot to left, step right foot beside left, step left foot to left, turning quarter turn to right to face outer wall

LADY

- 5-6-7-8 Small step on right while pivoting to the right, step left foot behind right, turning step forward on right
1-2-3-4 Small step on left while pivoting to the right, step right foot behind left, turning step forward on left
5-6-7-8 Small step on right while pivoting to the right, step left foot behind right, turning step forward on right, ending in start position

MAN

- 5-6-7-8 Step right foot to right, step left foot beside right, step right foot to right
1-2-3-4 Step left foot to left, step right foot beside left, step left foot to left
5-6-7-8 Step right foot to right, step left foot beside right, step right foot to right, ending in start position with lady on right

REPEAT
