

Salsa Cuba

拍数: 32 墙数: 2 级数: Beginner
编舞者: Micaela Svensson Erlandsson (SWE) - March 2008
音乐: Para Llenarme de Ti - Ramón



Intro start on word 'jurando' (6 sec in music)

Alternative: Any Salsa or Latino music

(1-8) Step back R, Heel, Step back L x2, Heel, Mambo step back, R, L

1&2& Step back on R, touch L heel forward, Step back on L, touch R heel forward.
3 &4& Step back on R, touch L heel forward, Step back on L, touch R heel forward.
5&6 Rock back on right, rock forward onto left, step right beside left.
7&8 Rock back on left, rock forward onto right, step left beside right.

(9-16) Right Mambo, Left Mambo, Paddle ½ turn left

1&2 Rock to R on R, rock back onto L, step R beside L. (Look to the L)
3&4 Rock to L on L, rock back onto R, step L beside R. (Look to the right)
5-6 Step R forward, turn 1/8 L on ball of L, Step R forward, turn 1/8 L on ball of L.
7-8 Step R forward, turn 1/8 L on ball of L, Step R forward, turn 1/8 L on ball of L.

Hold arms as if dancing with a partner (R on belly, L out to L)

Option: Let your hips pull you around on paddle turn, bumping R,R,R,R on ball of L.

(17-24) Step, Together, Step, Heel x2, Turn ½ R. rock step R, turn ½ L, Step, Turn ½ L, rock step L, turn ½ R, step.

1&2 & Step R to R, step L beside R, step R to R, touch L heel to L.
3&4 & Step L to L, step R beside L, step L to L, touch R heel to R.
5&6 On ball of L make ¼ turn R rocking R to R, rock back onto L, on ball of L make ¼ turn L, step R beside L. (Look to the R when turning R)
7&8 On ball of R make ¼ turn L rocking L to L, rock back onto R, on ball of R make ¼ turn R, step L beside R. . (Look to the L when turning L)

Option: Steps 21-24 can be replaced by Rock steps back (crossing opposite foot) R, L

(25-32) Right Mambo back, Left Mambo forward, Right Mambo back, Left Mambo forward

1&2 Rock back on right, rock forward onto left, step right beside left.
3&4 Rock forward on left, rock back onto right, step left beside right.
5&6 Rock back on right, rock forward onto left, step right beside left.
7&8 (&)Rock forward on L, rock back onto R, step L beside R. (Option: touch R heel forward)