

Salsa Valio La Pena

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Marjorie Barnabas-Shaw (MY) - June 2008
音乐: Valio la Pena - Marc Anthony



Forward And Back Rocks, Shuffle Back

1-2 Rock forward on right, recover onto left
3&4 Rock back on right, recover onto left, step forward right
5&6 Rock forward on left, recover onto right, step back on left
7&8 Step back on right, close left beside right, step back on right

Make 1/4 Turn Left x 2, Side Shuffle Left, Monterey 1/2 Turn, Side And Forward Points

1-2 Step 1/4 turn left on left, step 1/4 turn left placing right beside left
3&4 Step left to left side, close right beside left, step left to left side
5-6 Point right to right side, make 1/2 turn right stepping right beside left
7&8 Point left to left side, point left forward, point left to left side

Forward and Back Rocks, Shuffle Back

1-2 Rock forward on left, recover onto right
3&4 Rock back on left, recover onto right, step forward left
5&6 Rock forward on right, recover onto left, rock back on right
7&8 Step back on left, close right beside left, step back on left

Make 1/4 Right Turns x 2, Side Shuffle Right, Monterey 1/2 Turn, Side Right, Back Left, Side Right

1-2 Step 1/4 turn right, step 1/4 turn right placing left beside right
3&4 Step right to right side, close left beside right, step right to right side
5-6 Point left to left side, make 1/2 turn left stepping left beside right
7&8 Cross right behind left, step left beside right, cross right over left

Step Right Diagonal Forward Bumping Hip To Right, Rocks, Recover- (Repeats)

1-2 Step left diagonally forward bumping hip to left, recover onto right bumping hip to right
3&4& Rock forward onto left, recover onto right, rock forward onto left, recover onto right (Hip Movements)
5-6 Rock forward onto left, recover onto right (Hip Movements)
7&8 Cross left behind right, step right beside left, cross left over right

Make 1/4 Right Turns x 2, Right Chasse, Rocks And Hip Sways

1-2 Step 1/4 turn right on right, step 1/4 turn right placing left beside right
3&4 Step right to right side, close left beside right, step right to right side
5-6 Sway hips : left, right -while shifting weight from left foot to right foot
7&8 Sway hips : left, right, left -while shifting weight from left foot to right foot to left foot