

Feel The Beat

拍数: 80 墙数: 4 级数: Intermediate Salsa
编舞者: Claire Pulpher (UK) - August 2009
音乐: Ven a Bailar Conmigo - Guri Schanke : (Eurovision 2007)



8 count intro – don't let the counts stop you – it's repeated!

SLOW CHASSE RIGHT WITH A TOUCH, CHASSE LEFT WITH A TOUCH (HIPS!)

1-2: Step right to right side, step left in place
3-4: Step right to right side, touch left in place
5-6: Step left to left side, step right in place
7-8: Step left to left side, touch right in place (12:00)

(Styling: for that salsa feel, bump your hips as you take a step!)

BACK ROCK, RECOVER, HALF TURN, SWEEP, WEAVE RIGHT

1-2: Rock back on right foot, recover weight onto left
3-4: Step back on right foot making ½ turn left, sweep left foot around and behind
5-6: Cross left foot behind right, step right to right side
7-8: Cross left foot in front of right, step right to right side (6:00)

BACK ROCK, RECOVER, HALF TURN, SWEEP, BACK LOCK WITH ¼ TURN

1-2: Rock left foot back, recover weight onto right
3-4: Step left foot back making ½ turn right, sweep right foot around behind (12:00)
5-6: Beginning a back lock step, step right back, cross left in front of right
7-8: Step right foot back, step left to left side making ¼ turn left (9:00)

SLOW HIP SWAYS, CROSS ROCK, BALL CROSS, FLICK

1-2: Sway hips to the right over 2 counts
3-4: Sway hips to the left over 2 counts
5-6: Rock right over left, recover onto left
&7-8: Step right foot in place, point left toes in front of right, flick left foot back (9:00)

(Styling: look back over left shoulder as you flick the left foot back)

WEAVE, SWEEP, WEAVE, SWEEP

1-2: Cross left in front of right, step right to right side
3-4: Cross left behind right, sweep right foot around and behind
5-6: Cross right foot behind left, step left to left side
7-8: Cross right foot in front of left, sweep left around and in front (9:00)

ROCK FORWARDS, RECOVER, CROSS, BACK-BACK-CROSS

1-2: Rock left foot forwards, recover back onto right foot
3-4: Cross left foot in front of right, hold
5-6: Step right foot back, step left foot back
7-8: Cross right foot in front of left, hold (9:00)

FORWARD MAMBO WITH CLAPS, BACK MAMBO WITH CLAPS

1-2: Pivoting on ball of right foot, make ½ turn left as you rock left forwards, recover
3&4: Step left in place, hold and clap hands twice
5-6: Rock back on right, recover
7&8: Step right in place, hold and clap hands twice (3:00)

LEFT SIDE MAMBO, RIGHT SIDE MAMBO

1-2: Rock left foot to left side, recover onto right

- 3-4: Step left in place, hold
- 5-6: Rock right foot to right side, recover onto left
- 7-8: Step right in place, hold (3:00)

CHASSE WITH ¼ TURN, SYNCOPATED JAZZBOX

- 1-2: Step left to left side, step right in place
- 3-4: Step left forwards making ¼ turn left, hold
- 5-6: Cross right foot over left, step left foot back
- 7-8: Step right to right side, hold (12:00)

SYNCOPATED CROSS ROCK-SIDE ROCK, JAZZBOX WITH ¼ TURN LEFT

- 1-2: Rock left over right, recover back onto right
- 3-4: Rock left foot to left side, recover onto right
- 5-6: Cross left foot over right, step right foot back making ¼ turn left
- 7-8: Step left to left side, touch right foot in place (9:00)

Tags:

WALLS TWO AND FIVE

On wall TWO there is a little tag-restart, which occurs in the final section after counts 1-2.

- 1-2: Rock left over right, recover back onto right
- 3-4: Step left to left side, touch right in place

You then begin the dance again.

On wall FIVE there is another little tag-restart, which occurs in the fourth section after count 4.

- 1-2: Sway hips to the right over 2 counts
- 3-4: Sway hips to the left over 2 counts
- 5-6: Sway hips to the right over 2 counts
- 7-8: Sway hips to the left over 2 counts

You then begin the dance again.

Happy dancing!

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