

Sad Salsa

拍数: 64 墙数: 4 级数: Improver / Intermediate
编舞者: Sally Hung (TW) - March 2012
音乐: Sad Salsa - Baek Ji Young



Sequence of dance: ABA # /A TAG/AABA # */ABAB
Start dancing on lyrics (approx 23 sec)

(4 counts)

1-4 Sway hips from L to R

* (4 counts)

1-4 Sway hips from R to L

TAG (8 counts x 2)

1-4 Rock R fwd, recover on L, rock L back, recover on R

5-8 Rock R to R, recover on L, rock L to L, recover on R

Repeat 1-8

AI. R CROSS ROCK-STEP-SIDE, L CROSS ROCK-STEP-SIDE, R KICK-STEP, ROCK FWD-BACK-FWD

1&2 Rock R over L, recover on L, step R to side

3&4 Rock L over R, recover on R, step L to side

5-6 Kick R fwd, step R slightly back

7&8 Shift weight and bump hips fwd onto L, bump hips and weight back to R, bump hips and weight fwd onto L

AII. TOUCH R-L HEEL FWD X2, HEEL, ROCK RECOVER

1-2 Touch R heel fwd, touch L heel fwd

3-4 Touch R heel fwd, touch L heel fwd

5-6 Rock back on R, recover onto L

7-8 Rock back on L, recover onto R

AIII. TRAVELING VOLTAS, ROCK RECOVER, THREE STEPS

1-2 Cross R over L, step L to side

3&4 Cross R over L for 3 times

5-6 Rock L to L side, recover on R

7&8 Three steps on LRL

AIV. SIDE STEP, TOGETHER, CHASSE ¼ TURN R, STEP PIVOT ¼ TURN R, THREE STEPS

1-2 Step R to R side, step L next to R

3&4 Step R to R side, step L next to R, turn ¼ R stepping fwd on R

5-6 Step fwd on L, pivot ¼ turn R

7&8 Three steps on LRL

BI. WALK FWD, KICK DIAGONAL FWD L & R ON RF, THREE STEPS

1-4 Walk fwd R,L,R,L

5-6 Kick RF diagonal fwd L, diagonal fwd R

7&8 Three steps on RLR

BII. STEP TURNS WITH HIP ROLL, ROCKING CHAIRS WITH SHIMMY

1-2 Step R fwd, turn ¼ L rolling hips to R

3-4 Repeat 1-2

5-8 Rock R fwd, recover on L, rock R back, recover on L with shimmy

BIII. LOCK STEP FWD, PIVOT ½ TURN R, WALK, CHA CHA FWD

- 1-2 Step R fwd, step L behind R
- 3&4 Step R fwd, lock step L behind R, step R fwd
- 5-6 Step L fwd, pivot 1/2 turn R
- 7&8 Cha cha fwd on LRL

BIV. ROCK RECOVER - THREE STEPS X2

- 1-2 Rock R to R, recover on L
- 3&4 Three steps on RLR
- 5-6 Rock L to L, recover on R
- 7&8 Three steps on LRL

Have fun & happy dancing!

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