

# Smo-sa

拍數: 32      牆數: 4  
編舞者: Pat Esper (USA) - October 2014  
音樂: Workin' - Big Smo

級數: Beginner - Salsa Trainer



**[1-8]: Side rock, Together, Side rock, Together, Mambo basic forward and back**

1&2      Rock the left foot to the side, Recover onto the right foot, Step the left foot next to the right.  
3&4      Rock the right foot to the side, Recover onto the left foot, Step the right foot next to the left.  
5&6      Rock the left foot forward, Recover onto the right foot, Step slightly back on the left foot.  
7&8      Rock back on the right foot, Recover onto the left foot, Step forward on the right foot.

**[9-16]: Basic right pivot turn, Basic mambo back, Basic broken pivot turn, Basic mambo basic back**

1&2      Step forward on the left foot, Pivot a half turn over the right shoulder on the right foot,  
Continue turning a half turn over the right shoulder stepping back on the left foot.  
3&4      Rock back on the right foot, Recover onto the left foot, Step forward on the right foot.  
5&6      Rock forward on the left foot, Recover onto the right foot, Turn a half turn over the left  
shoulder stepping forward on the left foot.  
7&8      Step forward on the right foot, Pivot a half turn over the left shoulder, Step forward on the  
right foot.

**[17-24]: Mambo basic forward and back, Salsa basic right and left**

1&2      Rock forward on the left foot, Recover onto the right foot, Step back on the left foot.  
3&4      Rock back on the right foot, Recover onto the left foot, Step the right foot to the side.  
5&6      Rock the left foot behind the right, Recover onto the right foot, Step the left foot to the side.  
7&8      Rock the right foot behind the left, Recover onto the left foot, Turn a quarter turn to the right  
stepping forward on the right foot.

**[25-32]: Basic right turn, Salsa basic left, Basic Salsa right, Modified basic left turn**

1&2      Step forward on the left foot, Pivot a three quarter turn over the right shoulder, Step the left  
foot to the side.  
3&4      Rock the right foot behind the left foot, Recover onto the left foot, Step the right foot to the  
side.  
5&6      Rock the left foot behind the right, Recover onto the right foot, Turn a quarter turn to the left  
stepping forward on the left foot.  
7&8      Step forward on the right foot, Pivot a half turn over the left shoulder, Step forward on the  
right foot.

**Start dance again - No Tags/Restarts**

Contact: [ptesper@gmail.com](mailto:ptesper@gmail.com) on Facebook at The Redneck Revolution (of music and dance with Pat Esper)