

Salsa Rumba Mambo

COPPER **KNOB**
BY STEPHEN

拍數: 64 牆數: 2 級數: Beginner
編舞者: Ilona Tessmer-Willis (USA) - February 2018
音樂: Como Me Duele Perderte - Gloria Estefan : (Google Play / AmazonMP3 / iTunes)



* More information on these dances below.

Intro: 68 cts

S1: R FORWARD SALSA, L BACK SALSA

1-2 R Step Forward, Replace Weight on L (don't lift foot up –just transfer weight on ball)
3-4 R Step Back, Hold
5-6 L Step Back, Replace Weight on R (don't lift foot up-just transfer weight on ball)
7-8 L Step Forward, Hold

S2: R FORWARD SALSA, L BACK SALSA

1-2 R Step Forward, Replace Weight on L
3-4 R Back, Hold
5-6 L Step Back, Replace Weight on R
7-8 L Step Forward, Hold

S3: R SIDE SALSA, R CROSS OVER , 1/2 R TURN: L R L FORWARD HOLD

1-2 R Step Side, Replace Weight on L
3-4 R Cross over L, Hold
5-6 1/8 R Turn: L Step Forward, 1/8 R Turn: R Step Forward
7-8 1/4 R Turn: L Step Forward, Hold

S4: R STEP SIDE, L CLOSE, R STEP FORWARD HOLD, L ROCK BACK, CLOSE NEXT TO R HOLD

1-2 R Side Step, L Close Next to R
3-4 R Forward Step, Hold
5-6 L Back Rock, R Recover
7-8 L Close next to R, Hold

S5: 1/4 R TURN: R STEP SIDE L CLOSE R FORWARD HOLD, L ROCK BACK R RECOVER L CLOSE HOLD

1-2 1/4 R Turn: R Side Step, L Close Next to R
3-4 R Forward, Hold
5-6 L Back Rock, R Recover
7-8 L Close next to R, Hold

S6: R 3/4 TURN: STEP FORWARD R L R HOLD, L R L HOLD (OPTION: CT 5-8 FULL RIGHT TURN)

1-2 1/4 R Turn: R Forward, L Forward
3-4 1/4 R turn: R Forward, Hold
5-6 1/4 R Turn: L Forward, R Forward
7-8 L Forward, Hold

S7: R BACK MAMBO, L FORWARD MAMBO

1-2 Hold, R Step Back
3-4 Replace Weight on L, R Step Side
5-6 Hold, L Step Forward
7-8 Replace Weight on R, L Step Side

S8: HOLD, R HITCH R STEP BACK, L STEP BACK, HOLD L HITCH L STEP BACK, R TAP

1-2	Hold, R Hitch
3-4	R Step Back, L Step Back
5-6	Hold, L Hitch
7-8	L Step Back, R Tap

OPTION TO TURN on S6: even beginner dancers like to try turns—this is the best spot in the dance.

***Salsa: LA style-start on count 1: Salsa & Mambo are high energy dances; (this dance is beginner level ie slower & no syncopation); (Cuba, Columbia, Puerto Rico) “evolved” from mambo & other Afro-Caribbean rhythms in 1950’s;**

Rumba: Start on count 1 or 2 depending on dance studio and/or region; in line dance, it’s popular to start on 1; (Cuba, Columbia, Puerto Rico) “evolved” from mambo & other Afro-Caribbean rhythms in 1950’s

Mambo: Start on count 2; in line dance it usually starts on count 1; some dance studios teach to start on count 1; (Cuba) led to the Cha Cha;

Enjoy dancing !

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