

Salt

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - May 2020
音樂: Salt - Ava Max : (iTunes)



(16 counts intro)

[S1] Kick Ball Cross, Toe Strut, Cross, Kick-Ball-Cross

1 2 3 Kick diagonally right on R, Step R to the side, Cross L over R
4 5 6 Step diagonally forward on R toe, Drop R heel on the floor, Cross L over R
7&8 Kick diagonally right on R, Step R next to L, Cross L over R (12:00)

[S2] 1/4L Back, Side, Fwd, 2x Tap Fwd, 2x Tap Side, &-Point

1 2 3 Make a 1/4 turn left stepping back on R, Step L to the side, Step forward on R (9:00)
4 5 Tap twice forward on L (weight on R)
6 7 Tap twice L to the side (weight on R)
&8 Step L next to R, Point R to the side

[S3] Touch, 1/4R Fwd, 1/4R into Heel Up Sway, Side Shuffle into-Heel Up Sway-

1 2 Touch/in R next to L, Make a 1/4 turn right stepping forward on R (12:00)
3&4& Make a 1/4 turn right stepping L to the side, R heel up in place, Replace weight on R, L heel up in place
5& Replace weight on L, R heel up in place
6&7& Side shuffle to the right R-L-R (6&7), L heel up in place (&)
8& Replace weight on L, R heel up in place
-Use your hips to add personality-

[S4] Heel Up Sway, Side Shuffle, Fwd, Fwd Rock, Coaster Step

1& Replace weight on R, L heel up in place
2&3 Side shuffle to the left L-R-L
4 5 6 Step forward on R, Rock forward on L, Recover weight on R
7&8 Step back on L, Step R next to L, Step forward on L (3:00)

[S5] Fwd, Fwd Rock, Back-Lock-Back, 1/2R Fwd, L Dorothy Step

1 2 3 Step forward on R, Rock forward on L, Recover weight on R
4&5 Step back on L, Lock across R over L, Step back on L
6 7 Make a 1/2 turn right stepping forward on R, Step diagonally forward on L (9:00)
8& Lock R behind L, Step diagonally forward on L**

[S6] Side Rock-&-Step Pivot 1/2R, Side Rock-&-Step Paddle 1/4L

1 2& Rock R to the side, Recover weight on L, Step R next to L
3 4 Step forward on L, Make a 1/2 turn right recover weight on R (3:00)
5 6& Rock L to the side, Recover weight on R, Step L next to R
7 8 Step forward on R, Make a 1/4 turn left recover weight on L (12:00)

[S7] Fwd, Kick, Out-Out, Back, 2x Cross Kick, Side Shuffle

1 2 Step forward on R, Kick forward on L
3 4 Step back on L, Step back on R (your feet should be shoulder width apart)
5 6 7 Step back on L (5), Kick R across L twice (6 7)
8&1 Side shuffle to the right R-L-R

[S8] Rock Behind, 1/4L Shuffle Fwd, Step Pivot 1/2L, Quick Pivot 1/2L

2 3 Rock L behind R, Recover weight on R
4&5 Make a 1/4 turn left shuffle forward L-R-L (9:00)
6 7 Step forward on R, Make a 1/2 turn left recover weight on L
8& Step forward on R, Make a 1/2 turn left recover weight on L

Restart on Wall 5 count 40 (9:00)**

Ending:

Dance up to S8 count 4&5 then, 6 7 - Step forward on R (6:00), Make a 1/2 turn left recover weight on L (12:00), 8&1 - Run forward R-L-R

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 19/May/20)**
