

Salsa Senior

拍數: 64 牆數: 4 級數: Improver Salsa
編舞者: Sascha Wolf (DE) - July 2020
音樂: Señor Mentira - Daniela Darcourt



Part 1: Salsa Basic (Mambo Step)

123 (4) LF fwd, RF on Place, LF close beside RF, hold
567 (8) RF fwd, LF on Place, RF close beside LF, hold

Steps of PART 1 are the Steps for the TAG after Wall 1 & 5.

Option: If u like u can also dance side rock, so CUCARACHE. FEEL FREE

Part 2: Cucaracha, 3/4 Turn

123 (4) LF to side, RF on Place, LF cross over RF, hold
567 (8) 1/4 turn to left and RF back, 1/2 pivot to left and LF fwd, RF step fwd, hold

Part 3: Mambo Step, Run Run Run

123 (4) LF fwd, RF on Place, LF close beside RF, hold
567 (8) RF step back, LF step back, RF step back, hold

Part 4: Cuban Basic (Rock Step Back)

123 (4) LF bwd behind RF, RF on Place, LF to side, hold
567 (8) RF bwd behind LF, LF on Place, RF to side, hold

Part 5: 2 x Chassé

1234 LF to side, RF close to LF, LF to side, turn 1/4 to left (a touch will help)
5678 RF to side, LF close to RF, RF to side, turn 1/4 to left (a touch will help)

Part 6: Chassé, Side Rock Step

1234 LF to side, RF close to LF, LF to side, turn 1/4 to left (a touch will help)
567 (8) RF to side, LF on Place, RF close to LF, hold

Part 7: Point Step

1234 LF tap fwd, LF step, RF tap fwd, RF step
5678 LF tap fwd, LF step, RF tap fwd or Stomp*, RF Flick back while turn a 1/2 left on LF

*** A point or a Stomp are both Option, you can use to interpret music.**

Instead of Stomp/Point Flick you can also dance a Step Turn to left with 1/2 turn

Part 8: Mambo Step, Hip Shake

123 (4) RF fwd, LF on Place, RF close beside RF, hold
5678 Tap LF slightly fwd and push ur Hip up, down, up, down

HAVE FUN