

Pena Negra

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: Anthony (INA) - August 2024
音樂: Pena Negra - Thalia

級數: Beginner - Cuban Salsa



Start dancing after count 32 since the music has begun (on vocal : “ ...mor” of “De amor es mi pena negra”)

I. BACKWARD MAMBO – FORWARD MAMBO

- 1-2 Rf step backward(1), recover to Lf(2)
- 3-4 Rf step forward(3), hold(4)
- 5-6 Lf step forward(5), recover to Rf(6)
- 7-8 Lf step backward(7), hold(8)

NOTE:

For a higher level Choreography, we replace Section 1 count 5-8 above as below:

SPOT TURN

- 5-6 Lf step forward(5), turn ½ to right(06.00) then Rf step forward(6)
- 7-8 turn ½ to right(12.00) on Rf then Lf step backward(7), hold(8)

II. COASTER STEP – PIVOT ¼ - CROSSED

- 1-2 Rf step backward(1), Lf step closed next to Rf(2)
- 3-4 Rf step forward(3), hold(4)
- 5-6 Lf step forward(5), turn ¼ to right(03.00) then recover to Rf(6)
- 7-8 Lf crossed over Rf(7), hold(8)

III. SIDE MAMBO – CROSSED – SIDE MAMBO – CROSSED

- 1-2 Rf step to right side(1), recover to Lf(2)
- 3-4 Rf crossed over Lf(3), hold(4)
- 5-6 Lf step to left side(5), recover to Rf(6)
- 7-8 Lf crossed over Rf(7), hold(8)

IV. RUMBA BOX

- 1-2 Rf step to right side(1), Lf step closed next to Lf(2)
- 3-4 Rf step forward(3), hold(4)
- 5-6 Lf step to left side(5), Rf step closed next to Lf(6)
- 7-8 Lf step backward(7), hold(8)

ENJOY THE DANCE

For more information, please contact me on:
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