

Good Time Salsa

拍數: 64 牆數: 1 級數: Improver
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音樂: La Gozadera (feat. Marc Anthony) - Gente de Zona



(Note: Stepsheet is written in Salsa timing)

Intro: 64 count (salsa timing) intro from start of music.

Start with weight on R foot

Note: Restart on Wall 3 and 7 after 8 counts

[1 - 8] Forward Salsa Basic L, Back Salsa Basic R

1 - 4 Rock L forward (1), Recover on R (2), Close L next to R (3), Hold (4) 12:00

5 - 8 Rock R back (5), Recover on L (6), Close R next to L (7), Hold (8) 12:00

Restart

[9 - 16] Forward Salsa Basic L, ½ Turn L Salsa Basic R

1 - 4 Rock L forward (1), Recover on R (2), Close L next to R (3), Hold (4) 12:00

5 - 8 ¼ Turn L Rock R back (5), ¼ Turn L Recover on L (6), Step R forward (7), Hold (8) 6:00

[17 - 32] Repeat counts 1-16 12:00

33 - 40 Spot Turn R, Back Salsa Basic R

1 - 4 Step L forward (1), ½ Turn R onto R (2), Step L back (3), Hold (4) 12:00

5 - 8 Rock R back (5), Recover on L (6), Close R next to L (7), Hold (8) 12:00

Easy option: Instead of doing the spot turn R, do the forward salsa basic on L (1-4)

[41 - 48] Weave R with R kick, Weave L, Hold

1 - 4 Cross L over R (1), Step R to R side (2), Cross L behind R (3), Low kick with R into R diagonal (4) 12:00

5 - 8 Cross R behind L (5), Step L to L side (6), Cross R over L (7), Hold (8) 12:00

[49 - 56] L Forward Rock & Side Rock on Heel, Weave R

1 - 4 Rock forward on L heel (1), Recover on R (2), Rock to L side on L heel (3), Recover on R (4) 12:00

5 - 8 Cross L behind R (5), Step R to R side (6), Cross L over R (7), Hold (8) 12:00

[57 - 64] R Forward Rock & Side Rock, Reverse Turn R

1 - 4 Rock forward on R heel (1), Recover on L (2), Rock to R side on R heel (3), ¼ Turn R recover on L (4) 3:00

5 - 8 ¼ Turn R step R to R side (5), ½ Turn R step L to L side (6), Cross R over L (7), Hold (8) 12:00

Easy Option: Instead of doing the reverse turn R, do a weave L (5-8)

Just For Fun:

To make the dance a bit more fun and sociable we can also dance the dance contra, in the form of a circle. Inside circle will face toward the outside of the dancefloor while the outer circle will face the centre of the dancefloor.

All steps will remain the same and allow you to move 1 partner to the left on the last 4 counts of the dance.

START AGAIN AND HAVE FUNNNN

DARE TO BE UNIQUE