

Salsa

拍數: 32 牆數: 4 級數: Improver
編舞者: Roy Hadisubroto (IRE)
音樂: Cuero Na' Ma - José Mangual Jr.



FORWARD MAMBO, BACK MAMBO, STEP ½ PIVOT, ½ TURN, BACK MAMBO

1&2 Rock left forward, recover onto right, step left beside right
Option: add '&' count, touching right heel forward
3&4 Rock right back, recover onto left, step right beside left
Option: add '&' count, touching left heel forward
5&6 Step left forward, pivot ½ turn right, turn ½ right stepping left beside right
Option: add '&' count, touching right heel forward
7&8 Rock right back, recover onto left, step right beside left
Option: add '&' count, touching left heel forward

CROSS SIDE BACK, SWEEP, CROSS SIDE STEP, SWEEP, ¼ TURN, SYNCOPATED CROSS STEPS

1&2 Cross left over right, step right to right side, step left back
&3 Sweep right out & around behind left, cross right behind left
&4 Step left to left side, step right forward
&5 Sweep left out & around over right, cross left over right
&6 Turn ¼ left stepping right slightly to right side, cross left over right
&7 Step right slightly to right side, cross left over right
&8 Step right slightly to right side, cross left over right

ROCKING CHAIR, STEP, SWEEP, ROCKING CHAIR, STEP, SWEEP

1&2& Rock right forward, recover onto left, rock right back, recover onto left
3-4 Step right forward, sweep left out & around to front
5&6& Rock left forward, recover onto right, rock left back, recover onto right
7-8 Step left forward, sweep right out & around to front

ROCK STEP, ¼ TURN STEP, SYNCOPATED LOCK STEPS, ¾ TURN TRAVELING RIGHT

1& Rock right forward, recover onto left
2& Turn ¼ right stepping right forward, turning 1/8 right lock left behind right
3& Step right forward, turning 1/8 right lock left behind right
4& Step right forward, turning 1/8 right lock left behind right
5& Step right forward, turning 1/8 right lock left behind right
6& Step right forward, turning 1/8 right lock left behind right
7& Step right forward, turning 1/8 right lock left behind right
8 Step right forward (9:00)

REPEAT