

# Salsa For One

拍數: 80      牆數: 2      級數: Intermediate  
編舞者: Sho Botham (UK)  
音樂: Livin' la Vida Loca - Ricky Martin



## SIDE STEPS AND SALSA BACK BASICS

- 1-2-3-4      Step right to right, close left to right
- 5-6-7      Step right to right, close left to right, step right to right
- 8      Low flick kick left forward or easy option - hold position
- 9-12      Salsa back basic stepping back left, step right in place, step left beside right, low flick kick forward right or easy option - hold instead of dancing the kick on count 12
- 13-16      Reverse counts 9-12 starting right
- 17-32      Reverse counts 1-16 starting left

## SIDE TOUCHES WITH ARM RAISING AND LOWERING, SLOW STEPS BACK WITH SUBTLE SHOULDER SHIMMEYS

- 33-34      Touch right to right raising right arm high, step forward right in front of left lowering right arm
- 35-36      Touch left to left raising left arm high, step forward left in front of right lowering left arm
- 37-38      Repeat counts 33 and 34
- 39-40      Repeat counts 35 and 36
- 41-48      Four slow steps back right-left-right-left with subtle shoulder shimmies

## FORWARD STEP SLIDES TRAVELING IN SEMI CIRCLE TO RIGHT, TWO SALSA SIDE BASICS MAKING ONE COMPLETE TURN TO RIGHT

- 49-56      Four forward step slides leading with right traveling in semi circle to right to face opposite wall
- 57-60      Side basic stepping right to right, step left in place, step right to left making half turn to right
- 61-64      Side basic stepping left to left, step right in place, step left to right making half turn to right

## SALSA CROSSING BASICS

- 65-80      Four salsa crossing basics starting right-left-right-left

## REPEAT

### SALSA CROSS BASIC STARTING RIGHT (DONE 4 TIMES IN COUNTS 65-80)

- 1      Step right to right
- 2      Step left across front of right
- 3      Step right to right
- 4      Low kick left to left diagonal (or easy option: hold instead of dancing the kick)

The first three counts are similar to a grapevine but crossing in front instead of behind.

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