

# Salsa Shuffle (P)

拍數: 56      牆數: 0      級數: Partner  
編舞者: Linda Burness (UK)  
音樂: Hot Hot Hot - Arrow



## MAN'S STEPS

1&2      Left shuffle forward (left-right-left)  
3-4      Step forward right, left  
5&6      Right shuffle forward (right-left-right)  
7-8      Step forward left, touch right

### Drop hold

1&2      Shuffle to right (right-left-right)  
3-4      Step left forward, make  $\frac{1}{4}$  turn to right  
5-6      Step left forward, make  $\frac{1}{2}$  turn to right  
7-8      Step forward on left, touch right

### Pick up hold

1-2      Step forward on right, rock back on left  
3-4      Step back on right, rock forward on left  
5-6      Step forward on right, rock back on left  
7&8      Step right, left, right on spot

### Drop hold

1-2      Rolling full turn to left  
3-4      Touch right beside left & clap  
5-6      Rolling turn to right  $1 \frac{1}{4}$  turn  
7-8      Touch left beside right & clap

1-4      Hip bumps left, right, left, right  
5&6      Shuffle to left left-right-left  
7-8      Stomp right, touch left

### Take up skaters hold

1&2      Shuffle forward left-right-left  
3-4      Step forward on right, touch left beside right  
5-6      Walk forward right, left  
7&8      Shuffle forward right-left-right

### Drop left hands, bring right hands over lady's head

1-2      Walk back right, left  
3&4      Shuffle back (right-left-right)  
5-8      Step back on left & bump hips 2 back, 2 forward

## REPEAT

## LADY'S STEPS

1&2      Right shuffle forward (right-left-right)  
3-4      Step back left, right  
5&6      Left shuffle back (left-right-left)  
7-8      Step back right, left

1&2	Shuffle to right (right-left-right)
3-4	Step left forward, make $\frac{1}{4}$ turn to right
5-6	Step left forward, make $\frac{1}{2}$ turn to right
7-8	Step forward on left, stomp right
1-2	Step back on left, rock forward on right
3-4	Step forward on left, rock back on right
5-6	Step back on left, rock forward on right
7&8	Step left, right, left on spot
1-2	Rolling full turn to right
3-4	Touch left beside right & clap
5-6	Rolling turn to left $1\frac{1}{4}$
7&8	Touch right beside left & clap
1-4	Hip bumps right, left, right, left
5&6	Shuffle to right right-left-right
7-8	Stomp left, touch right
1&2	Shuffle forward left-right-left
3-4	Step right forward make, $\frac{1}{2}$ turn to left
5-6	Walk back left, right
7&8	Shuffle backward left-right-left
1-2	Walk forward left, right
3&4	Shuffle forward left-right-left
5-8	Rock forward on left, stepping forward on right & bump hips 2 forward, 2 back

**REPEAT**

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