

# 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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