

Salsa Strut

拍數: 72 牆數: 2 級數:
編舞者: Rona Raye & Gina Paul
音樂: María - Ricky Martin



STEP RIGHT, SHIMMY, STEP LEFT HOME & SHIMMY, CLAP, REPEAT

- 1 Right step to side as you shimmy shoulders
- 2 Shimmy shoulders
- 3 Left step home as you shimmy shoulders
- 4 Clap hands
- 5 Right step to side as you shimmy shoulders
- 6 Shimmy shoulders
- 7 Left step home as you shimmy shoulders
- 8 Clap hands

STEP LEFT, SHIMMY, STEP RIGHT HOME & SHIMMY, CLAP, REPEAT

- 9 Left step to side as you shimmy shoulders
- 10 Shimmy shoulders
- 11 Right step home as you shimmy shoulders
- 12 Clap hands
- 13 Left step to side as you shimmy shoulders
- 14 Shimmy shoulders
- 15 Right step home as you shimmy shoulders
- 16 Clap hands

SALSA STEPS: FORWARD, BACK, LEFT, RIGHT

- & Left kick forward
- 17 Left hop forward (weight on left)
- & Right step home
- 18 Left step home
- & Right kick forward
- 19 Right hop back (weight on right)
- & Left step home
- 20 Right step home
- & Left kick forward
- 21 Left hop to side (weight on left)
- & Right step home
- 22 Left step home
- & Right kick forward
- 23 Right hop to side (weight on right)
- & Left step home
- 24 Right step home

MAMBO SHUFFLES: LEFT DIAGONAL, RIGHT DIAGONAL

- 25 Left step forward at left angle
- & Right slide home (weight on right)
- 26 Left step forward at left angle
- & Right slide home (weight on right)
- 27 Left step forward at left angle
- & Right slide home (weight on right)
- 28 Left step forward at left angle

- 29 Right step forward at right angle
- & Left slide home (weight on left)
- 30 Right step forward at right angle
- & Left slide home (weight on left)
- 31 Right step forward at right angle
- & Left slide home (weight on left)
- 32 Right step forward at right angle

STEP LEFT, RIGHT, SHUFFLE, STEP RIGHT, LEFT, SHUFFLE

- 33 Left step in place as you angle your body left (roll shoulders)
- 34 Right step in place as you angle your body right (roll shoulders)
- 35&36 Shuffle in place left, right, left
- 37 Right step in place as you angle your body right (roll shoulders)
- 38 Left step in place as you angle your body left (roll shoulders)
- 39&40 Shuffle in place right, left, right

STEP-PIVOT ½ TURN RIGHT, FULL TURN RIGHT, CROSS LEFT-RIGHT-LEFT-RIGHT

- 41 Left step forward
- 42 Pivot ½ turn right (weight on right)
- 43 Left step home while making a full turn right
- 44 Right step home
- 45 Left cross in front of right
- 46 Right cross in front of left
- 47 Left cross in front of right
- 48 Right cross in front of left

QUICK PADDLE TURNS, STEP-PIVOT ½ LEFT, STOMP RIGHT-LEFT

- 49 Left step forward while pivoting ¼ turn right
- & Right step in place
- 50 Left step forward while pivoting ¼ turn right
- & Right step in place
- 51 Left step forward while pivoting ¼ turn right
- & Right step in place
- 52 Left step forward while pivoting ¼ turn right
- 53 Right step forward
- 54 Pivot ½ turn left (weight on left)
- 55 Stomp right
- 56 Stomp left

RIGHT CROSS-TOUCH, LEFT CROSS-TOUCH, REPEAT

- 57 Right cross in front of left (weight on right)
- 58 Left toe touch to side
- 59 Left cross in front of right (weight on left)
- 60 Right toe touch to side
- 61 Right cross in front of left (weight on right)
- 62 Left toe touch to side
- 63 Left cross in front of right (weight on left)
- 64 Right toe touch to side

SHUFFLE, STEP-PIVOT ½ RIGHT, FULL TURN RIGHT SHUFFLE, ROCK, RECOVER

- 65&66 Shuffle forward right, left, right
- 67 Left step forward
- 68 Pivot ½ turn right (weight on right)
- 69&70 Shuffle in place left, right, left while making full turn right

71 Right rock back
72 Left rock forward

REPEAT
