Spicy Salsa



拍數: 48 編數: 4 級數: Intermediate

編舞者: Rosita Lau (CAN) 音樂: El Talisman - Olga



BASIC SALSA

&1&2 Right foot kick forward, right foot step back on ball, left foot step in place on ball, recover

weight on right foot

&3&4 Left foot kick forward, left foot step back on ball, right foot step in place on ball, recover

weight on left foot

&5&6 Repeat 1&2& above &7&8 Repeat 3&4& above

DIAGONAL STEP TO RIGHT, DIAGONAL STEP TO LEFT

Right foot step forward diagonally, recover weight on left foot, right foot step back beside left

foot

Left foot step forward diagonally, recover weight on right foot, left foot step back beside right

foot

DOUBLE FULL TURN TO RIGHT, CUCARACHA TO RIGHT, DOUBLE FULL TURN TO LEFT, CUCARACHA TO LEFT

5-6 Right foot step to right, make a full turn on the ball of the left foot

7-8 Repeat above 2 steps

1&2 Right foot step to right, recover weight on left foot, right foot step beside left foot

3-4 Left foot step to left, make a full turn on the ball of the right foot

5-6 Repeat above 2 steps

7&8 Left foot step to left, recover weight on right foot, left foot step beside right foot

KICK VINE TO THE RIGHT, KICK VINE TO THE LEFT

1-4 Right foot kick forward, right foot step back on ball, left foot step on ball behind right foot, right

foot step to the right

5-8 Left foot kick forward, left foot step back on ball, right foot step on ball behind left foot, left

foot step to the left

BASKET BALL TURN, SWIVEL TO LEFT, BASKET BALL TURN, SWIVEL TO RIGHT WITH 1/4 TURN TO LEFT

1-4 Right foot step forward making a half turn to left with the balls of both feet, left foot step in

place, right foot step forward making a half turn to left with the balls of both feet, left foot step

in place

5-8 Right foot swivel in front of left foot, left foot step beside right foot, right foot step beside left

foot, left foot kick forward

1-4 Left foot step forward making a half turn to right with the balls of both feet, right foot step in

place, left foot step forward making a half turn to right with the balls of both feet, right foot

step in place

5-7&8 Left foot swivel in front of right foot, right foot step beside left foot, left foot swivel in front of

left foot, right foot kick forward, make a 1/4 turn with ball of left foot, close the right foot beside

the left foot

REPEAT