

Talk To Me

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Johnny Alang (USA)
音樂: She Bangs - Ricky Martin



FORWARD & BACK HIP SHAKES (WITH OPTIONAL SHIMMIES)

Optional: while shaking hips & moving forward, extend both arms & shimmy shoulders

- 1&2 Step left foot forward diagonally to left while shaking hips left-right-left
- 3&4 Step right foot forward diagonally to right while shaking hips right-left-right
- 5&8 Step left foot forward diagonally to left while shaking hips left-right-left
- 7&8 Step right foot forward diagonally to right while shaking hips right-left-right

ROCK-RECOVER-STEP & TAP TWICE (THESE ARE BASIC FORWARD & BACK SALSA STEPS)

- 1-4 Rock left foot forward, recover weight onto right foot, step left foot beside right foot, tap right toe next to left foot
- 5-8 Rock right foot back, recover weight onto left foot, step right foot beside left foot, tap left toe next to right foot

BACK-STEP, CROSS, BACK-STEP, ½ TURN RIGHT & FORWARD SHUFFLE, LEFT & RIGHT MAMBO

- 1&2 Step left foot back, cross right foot over left foot, step left foot back
- 3&4 On ball of left foot make ½ turn right and shuffle forward right, left, right
- 5&6 Rock left foot to left side, recover weight onto right foot, step left foot beside right foot
- 7&8 Rock right foot to right side, recover weight onto left foot, step right foot beside left foot

Use plenty of hip movement during counts 21-24

LEFT & RIGHT SAILOR STEPS WITH FLICKS

- 1-4 Cross left foot behind right foot, step right foot to right side, step left foot to left side, flick/kick right foot to right
- 5-8 Cross right foot behind left foot, step left foot to left side, step right foot to right side, flick/kick left foot to left

REPEAT

TAGS

At the end of the first & second chorus, after completing counts 25-32

- 1-8 Step left foot down and roll hips to the right over 8 counts ending with weight on right foot (use this for both 8 count tags)

4 COUNT TAG

The instrumental section is followed by another verse (before the third chorus)

- 1-4 Roll hips to the right ending with weight on right foot