

Twist Salsa

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Let's Talk About Sex - Salt-N-Pepa



#32 count intro

WALK FORWARD X3, KICK, STEP BACK TWICE, COASTER STEP

1 – 4 Step left forward, step right forward, step left forward, kick right forward
5 – 6 Step right back, step left back
7 & 8 Step right back, step left next to right, step right forward

WALK FORWARD X3, KICK, STEP BACK TWICE, COASTER STEP

9 – 12 Step left forward, step right forward, step left forward, kick right forward
13– 14 Step right back, step left back.
15&16 Step right back, step left next to right, step right forward

SALOR STEP, UNWIND ½ TURN RIGHT, JUMP APART & CLOSE FEET

17 & 18 Cross left over right foot, step right to side, step left in place
19 & 20 Cross right over left foot, step left to side, step right in place
21 – 22 Cross left over right and make a ½ turn right
23 – 24 Jump both feet apart, jump both feet together

TWIST HEELS & TOES TO LEFT, SLIDE TOGETHER, TWIST HEELS & TOES TO RIGHT, SLIDE TOGETHER

25 & 26 Twist both heels to left, twist both toes to left, twist both heels to left
27 – 28 Step right to side, slide left next to right
29 & 30 Twist both heels to right, twist both toes to right, twist both heels to right
31 – 32 Step left to side , slide right next to left

MAMBO STEP, MAMBO TOUCH, TOE TOUCH OUT IN OUT, JUMP UP, ¼ TURN LEFT, STOMP

33 & 34 Step left forward, step right in place, step left next to right
35 & 36 Step right backward, step left in place, touch right next to left
37 & 38 Touch right toe to side, touch right toe next to left, touch right toe to side
39 & 40 Jump on left, turn ¼ left while lift right foot up & step right next to left, stomp left next to right (weight on right)

CUCARACHA, CUBAN BREAK

41 & 42 Step left to side, step right in place, step left next to right
43 & 44 Step right to side, step left in place, step right next to right
45 & Step left forward, step right in place.
46 & Step left backward, step right in place.
47 & 48 Step left forward, step right in place, step left next to right

VINE RIGHT, SYNCOPATED HEEL MOVEMENT, VINE LEFT, SYNCOPATED HEEL MOVEMENT

49 – 50 Step right to side, step left behind right
51 & 52 Touch right heel forward, step right next to left, touch left heel forward
53 – 54 Step left to side, step right behind left
55 & 56 Touch left heel forward, step left next to right, touch right heel forward

JAZZ BOX ¼TURN RIGHT, SCUFF, JAZZ BOX ¼TURN LEFT, SIDE, TOGETHER

57 – 58 Cross right over left, step left back & make a ¼ turn right

- 59 – 60 Step right to side, scuff left forward.
61 – 62 Cross left over right, step right back & make a ¼ turn left
63 – 64 Step left to side left, step right foot next to left

REPEAT
