

Everybody Salsa

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Helen Smith (UK)
音樂: Echa Pa' Lante - Thalía



RIGHT & LEFT SIDE ROCKS & HIP SWAYS

- 1& Rock to right side on right, rock onto left in place
- 2& Step right beside left, sway hips to right side
- 3& Rock to left side on left, rock onto right in place
- 4& Step left beside right, sway hips to left side
- 5& Rock to right side on right, rock onto left in place
- 6& Step right beside left, sway hips to right side
- 7& Rock to left side on left, rock onto right in place
- 8& Step left beside right, sway hips to left side

SIDE, CLOSE, EXTENDED CHASSE RIGHT, SIDE & STOMP

- 9-10 Step right to right side, close left beside right
- 11& Step right to right side, close left beside right
- 12& Step right to right side, close left beside right
- 13& Step right to right side, close left beside right
- 14& Step right to right side, close left beside right
- 15-16 Step right to right side, stomp left beside right

ROLLING 1 & ¼ TURN LEFT, STOMP, BODY ROLL, SHOULDER PUSHES

- 17 Step left ¼ turn to left side
- 18 On ball of left make ½ turn left stepping back right
- 19 On ball of right make ½ turn left stepping forward left
- 20 Stomp right beside left
- 21-22 Body roll for two counts
- 23&24 Push shoulders - back, forward, back

LOCK STEPS DIAGONALLY BACK RIGHT THEN LEFT, STOMP

- 25& Step right diagonally back right, cross lock left over right
- 26& Step right diagonally back right, cross lock left over right
- 27& Step right diagonally back right, cross lock left over right
- 28 Step right diagonally back right
- 29& Step left diagonally back left, cross lock right over left
- 30& Step left diagonally back left, cross lock right over left
- 31-32 Step left diagonally back left, stomp right beside left, no weight

STEP, ¼ TURN, FLICK, CROSS, SIDE, STEP, CROSS, FULL TURN, RIGHT ROCK

- 33& Step forward right, turn ¼ turn left, weight remains on right
- 34 Swiveling right heel to left, flick left heel out to left side
- 35&36 Cross left over right, step right to right side, step left to place
- 37-38 Cross right over left, unwind full turn left, (weight ends on left)
- 39-40 Rock right to right side, rock onto left in place

REPEAT