

Do The Salsa

拍數: 32 牆數: 2 級數: Beginner
編舞者: Tonny van Donk (NL)
音樂: Almost Jamaica - The Bellamy Brothers



SAMBA FORWARD

1&2 Step forward with right, rock left foot to the left, replace weight back on right foot
3&4 Step forward with left, rock right foot to the right, replace weight back on left foot
5-8 Repeat above 4 counts

HEEL SWITCHES, ¼ TURN, HOLD, STOMP 2X

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3& Touch right heel forward, step right beside left
4 Touch left heel forward
5-6 Pivot ¼ turn right, hold
7-8 Stomp right twice beside left

CHASSE RIGHT, ROCK STEP, CHASSE LEFT, ROCK STEP WITH ¼ TURN RIGHT

1&2 Chasse right stepping right-left-right
3-4 Rock left backward, replace weight back on right foot
5&6 Chasse left stepping left-right-left
7-8 Rock right backward, replace weight back on left foot with ¼ turn right

SHUFFLE FORWARD, PIVOT ½ TURN, PIVOT ½ TURN

1&2 Shuffle forward stepping right-left-right
3&4 Shuffle forward stepping left-right-left
5-6 Step right forward, pivot ½ turn left
7-8 Step right forward, pivot ½ turn left

REPEAT

Option: finish the dance with two full turns left

5 ½ turn left on ball of left foot and step right foot backward
6 ½ turn left on ball of right foot and step left foot forward
7 ½ turn left on ball of left foot and step right foot backward
8 ½ turn left on ball of right foot and step left foot beside right foot