

Do The Salsa!

拍數: 32 牆數: 0 級數:
編舞者: Donna Marie Bilodeau (USA)
音樂: Red Hot Salsa - Dave Sheriff



Position: Side-by-side position.

FOUR SHUFFLES FORWARD

Optional: woman twirling shuffles

- 1&2 Shuffle forward (right-left-right)
- 3&4 Shuffle forward (left-right-left)
- 5&6 Shuffle forward (right-left-right)
- 7&8 Shuffle forward (left-right-left)

HIP BUMPS, TWO RIGHT, TWO LEFT AND TWO STEP PIVOTS

- 1-2 Bump hips right twice
- 3-4 Bump hips left twice
- 5 Step right forward (dropping right hands)
- 6 Pivot ½ turn to the left transferring weight to left
- 7 Step right forward
- 8 Pivot ½ turn to left transferring weight to left (picking up right hands)

ROCK STEPS AND SCUFFS

- 1 Rock forward on right
- 2 Rock back onto left
- 3 Rock forward on right
- 4 Scuff left
- 5 Rock forward on left
- 6 Rock back onto right
- 7 Rock forward on left
- 8 Scuff right

RIGHT AND LEFT GRAPEVINES WITH SCUFFS

- 1 Step right to right side
- 2 Cross left behind right
- 3 Step right to right side
- 4 Scuff left
- 5 Step left to left side
- 6 Cross right behind left
- 7 Step left to left side
- 8 Scuff right

REPEAT
