

Salsa

拍數: 32 牆數: 4 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - January 2008
音樂: Cuba - Gibson Brothers : (CD: The Best Of The Gibson Brothers)



Or:
'Hot Summer Salsa' by Jive Bunny & The Mastermixers (122 bpm) CD: 'The Very Best Of Jive Bunny & The Mastermixers' - Intro 24 counts

Intro 32 counts

SIDE MAMBOS, SHUFFLE, MAMBO

1&2 Rock right to right, recover onto left, step right beside left
3&4 Rock left to left, recover onto right, step left beside right
5&6 Shuffle forward stepping right, left, right
7&8 Rock left forward, recover back onto right, step left beside right

PRESS, KICK, COASTER, CROSS ROCK, ¼ TURN, CROSS ROCK, ¼ TURN

9-10 Press right forward bending knees, recover onto left and kick right forward
11&12 Step right back, step left beside right, step right forward
13&14 Rock left across right, recover onto right, make ¼ turn left and step left to left
15&16 Rock right across left, recover onto left, make ¼ turn right and step right to right

EXTENDED CROSS SHUFFLE, POINT, EXTENDED CROSS SHUFFLE, POINT

17&18& Step left across right, step right to right, step left across right, step right to right
19-20 Step left across right, point right to right and angle body towards left diagonal
21&22& Step right across left, step left to left, step right across left, step left to left
23-24 Step right across left, point left to left and angle body towards right diagonal

MAMBO ½ TURN, WALKS, ¼ TURN, SIDE SHUFFLE, ½ TURN, SIDE SHUFFLE, ½ TURN

25&26 Rock left forward, recover onto right, make ½ turn left and step left forward
27-28 Walk forward stepping right, left
29&30 Spin ¼ turn left and step right to right, step left beside right, step right to right
31&32& Spin ½ turn right and step left to left, step right beside left, step left to left, spin ½ turn left

Begin again.
