

Salsa With Love

拍數: 64 牆數: 4 級數: Intermediate - Salsa
編舞者: Wenarika Josephine (INA) & Deshimona (INA) - June 2013
音樂: Micaela by Sanora Carruseles



Sequence : 64-24-64-24-64-64-32-64-32-TAG-64-64-64-24

This dance is dedicated to our teacher : Itje Sri Redjeki.

Intro 64 counts, do the basic salsa steps :

- 1 – 8 Rock R back, recover on L, step R forward, hold, rock L forward, recover on R, step L back, hold
- 9 – 16 Repeat 1 - 8
- 17 – 24 Rock R to side, recover on L, step R next to L, hold, rock L to side, recover on R, step L next to R, hold
- 25 – 32 Repeat 17-24
- 33 – 40 Cross rock R behind L, recover on L, step R next to L, hold, cross rock L behind R, recover on R, step L next to R, hold
- 41 – 48 Repeat 33 – 40
- 49 – 56 Step R to side, step L next to R, step R to side, touch L next to R, step L to side, step R next to L, step L to side, touch R next to L
- 57 – 64 Repeat 49 – 56

Main Dance: 64 counts

Section 1 : Touch, Step, Forward, Hold, Forward, ½ Turn R, Backward, Hold

- 1 – 4 Touch R forward , step on R , step L forward , hold (12.00)
- 5 – 8 Step R forward , ½ turn Right stepping L back , step R back , hold (6.00)

Section 2 : Touch, Step, Forward, Hold, Forward, ½ Turn L, Backward, Hold

- 1 – 4 Touch L forward , step on L , step R forward, hold (6.00)
- 5 – 8 Step L forward , ½ turn Left stepping R back , step L back , hold (12.00)

Section 3 : Rock Back, Forward, Hold, Twisting ¼ L, Squaring, Forward, Hold

- 1 – 4 Rock R back , recover on L , step R forward , hold (12.00)
- 5 – 8 Twisting upper body ¼ left weight on L , squaring body back to front weight on R , step L forward, hold (12.00)

(Restart here on wall 2 (9.00) & 4 (6.00))

Section 4 : Kick, ¼ Turn R, Touch, Hold, Cross Behind, Unwind Full L

- 1 – 4 Kick R forward , ¼ turn right stepping R next to L , touch L to side , hold (3.00)
- 5 – 8 Cross L behind R , unwind full left turn in 3 counts ending weight on L (3.00)

(Restart here on wall 7 (3.00), Tag & Restart here on wall 9 (3.00))

Section 5 : Cross, Side, Cross, Prizy Walk

- 1 – 4 Cross R over L , step L slightly to side , cross R over L , hold (3.00)
- 5 – 8 Cross L over R , hold , cross R over L , hold (travelling forward) (3.00)

Section 6 : Cross, Side, Cross, Prizy Walk

- 1 – 4 Cross L over R , step R slightly to side , cross L over R , hold (3.00)
- 5 – 8 Cross R over L , hold , cross L over R , hold (travelling forward) (3.00)

Section 7 : Cross, Backward, Backward, Sweep, Cross Behind, Side, Forward, Hold

- 1 – 4 Cross R over L , step L back , step R back , sweep L from front to back (3.00)
- 5 – 8 Cross L behind R , step R to side , step L forward , hold (3.00)

Section 8 : Forward, Pivot ½ Turn L, Forward, Hold, Walk, Hold

1 – 4 Step R forward , pivot ½ turn left , step R forward , hold (9.00)

5 – 8 Walk forward : L – R – L , hold (9.00)

TAG : on wall 9, dance up to 32 counts :

1 – 8 Rock R to side , recover on L , step R next to L , hold , rock L to side , recover on R , step L
next to R , hold

RESTARTS :-

Wall 2 & 4 : dance up to 24 counts then restart

Wall 7 & 9 : dance up to 32 counts then restart (note : on wall 9 do the 8 count Tag, then Restart)

ENDING : Wall 13, do the dance up to 24 counts (6.00) then add :

1 – 2 ½ turn R weight on L and pose

ENJOY YOUR SALSA !

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