# **Bailamos**



拍数: 32 墙数: 2 级数: Intermediate

编舞者: David Bishop (UK)

音乐: Bailamos - Enrique Iglesias



# **BASIC SALSA STEPS**

1&2& Tap left toe in place, step on left in place taking weight (toe strut), rock forward on right foot,

rock back on left,

3&4& Tap right toe in place, step on right in place taking weight (toe strut), rock back on left, rock

forward on right

5&6& Tap left toe in place, step on left in place taking weight (toe strut), rock to right side on right,

rock to left side on left

7&8& Tap right toe in place, step on left in place taking weight (toe strut), rock to left side on left,

rock to right side on right

# TOE STRUT BACK, 1/4 TURN RIGHT, STOMP, HOLD

9&10& Tap left toe backwards, step back on left taking weight (toe strut back), cross right in front of

left, step back on left

11-12 Stomp right foot ¼ turn to right taking weight, hold position

#### **CROSS STEPS. BACK STEPS**

13-16 Cross step left in front of right, cross step right in front of left, step back on left, cross step

right behind left

# **SALSA TURNS**

17&18& Tap left toe forward, step forward on left taking weight (toe strut), pivot ½ turn to left on left

foot stepping back on right, step back on left

19&20& Tap right toe backwards, step back on right taking weight (toe strut), rock back on left, rock

forward on right

21-24 Repeat steps 17&18&19&20&

Alternate steps: Instead of toe strutting at the beginning of each turn, step down left and then hold for the & beat. This then has the rhythm 17-18&, and 21-22&. The right toe struts can be performed as in the basic salsa steps.

# SIDE STEP, SIDE SHUFFLE, 1 1/4 ROLL, RIGHT SHUFFLE

25-26 Step left foot to left side, step right beside left,

27&28 Step left to left side, close right beside left, step left to left side

29-30 Step right foot ¼ turn to right, pivot ½ turn to right on right while s stepping left foot back 31&32 Pivot ½ turn to right on left foot while stepping right foot forward, step forward on left foot,

step forward on right

29-30 feels like a 1 1/4 roll to the right side finishing with a right shuffle

# **REPEAT**