Salsa Cheap Thrills (莎莎無價娛樂) (zh)

拍數: 80 **牆數:** 4 **級數:** Intermediate

編舞者: Nina Chen (TW) & Penny Tan (MY) - 2017年10月

音樂: Una Noche Más (feat. Tito Nieves, Mandinga & Surbana) - Jay Lugo

Intro: 32 counts

Sec1: FWD MAMBO, BACK MAMBO, MAMBO 1/2 R, FWD SHUFFLE

1&2	Rock RF fwd - Recover on LF - Step RF back
3&4	Rock LF back - Recover on RF - Step LF fwd
5&6	Rock RF fwd - Recover on LF - 1/2 turn R (6:00) step RF fwd
7&8	Fwd shuffle (L R L)
1&2	右足前下沉 - 重心回左足 - 右足後踏
3&4	左足後下沉 - 重心回右足 - 左足前踏
5&6	右足前下沉 - 重心回左足 - 右轉1/2 (6:00) 右足前踏
7&8	前交換步 (左 右 左)

Sec2: FWD MAMBO, BACK MAMBO, MAMBO 1/2 R, FWD SHUFFLE

1&2	Rock RF fwd - Recover on LF - Step RF back
3&4	Rock LF back - Recover on RF - Step LF fwd
5&6	Rock RF fwd - Recover on LF - 1/2 turn R (6:00) step RF fwd
7&8	Fwd shuffle (L R L)
1&2	右足前下沉 - 重心回左足 - 右足後踏
3&4	左足後下沉 - 重心回右足 - 左足前踏
5&6	右足前下沉 - 重心回左足 - 右轉1/2 (6:00) 右足前踏
7&8	前交換步 (左 右 左)

Sec3: 3 STOMP - TOGETHER, (L&R) SIDE - ROCK BACK - RECOVER

1234	Stomp RF to R three times - Step RF beside LF
5-6&	Step LF to L - Rock RF behind LF - Recover on LF
7-8&	Step RF to R - Rock LF behind RF - Recover on RF
1234	右足向右踱踏三次 - 右足併踏左足旁
5-6&	左足左踏 - 右足後跨下沉 - 重心回左足
7-8&	右足右踏 - 左足後跨下沉 - 重心回右足

Sec4: 3 STOMP - TOGETHER, (R&L) DIAGONAL FWD SHUFFLE

1234	Stomp LF to L three times - Step LF beside RF
5&6	R diagonal fwd shuffle (R L R)
7&8	L diagonal fwd shuffle (L R L)
1234	左足向左踱踏三次 - 左足併踏右足旁
5&6	右斜前交換步 (右 左 右)
7&8	左斜前交換步 (左 右 左)

Sec5: 1/4 R ROCK BACK - RECOVER - 1/4 L SIDE, 1/4 L ROCK BACK - RECOVER - 1/4 R SIDE, (x2)

1&2	1/4 turn R (3:00) Rock RF back - Recover on LF - 1/4 turn L (12:00) step RF to R
3&4	1/4 turn L (9:00) Rock LF back - Recover on RF - 1/4 turn R (12:00) step LF to L
5&6	1/4 turn R (3:00) Rock RF back - Recover on LF - 1/4 turn L (12:00) step RF to R
7&8	1/4 turn L (9:00) Rock LF back - Recover on RF - 1/4 turn R (12:00) step LF to L
1&2	右轉1/4 (3:00) 右足後下沉 - 重心回左足 - 左轉1/4 (12:00) 右足右踏
3&4	左轉1/4 (9:00) 左足後下沉 - 重心回右足 - 右轉1/4 (12:00) 左足左踏
5&6	右轉1/4 (3:00) 右足後下沉 - 重心回左足 - 左轉1/4 (12:00) 右足右踏
7&8	左轉1/4 (9:00) 左足後下沉 - 重心回右足 - 右轉1/4 (12:00) 左足左踏

Sec6: FWD PIVOT 1/2 L, FWD PIVOT 1/2 R, KICK BALL CROSS. (x2)

1&2	Step RF fwd - Pivot 1/2 turn L (6:00) recover on LF - Step RF fwd
3&4	Step LF fwd - Pivot 1/2 turn R (12:00) recover on RF - Step LF fwd
5&6	Kick RF diagonal fwd - Step RF beside LF - Cross LF over RF
7&8	Kick RF diagonal fwd - Step RF beside LF - Cross LF over RF
1&2	右足前踏 - 向左踏轉1/2 (6:00) 重心回左足 - 右足前踏
3&4	左足前踏 - 向右踏轉1/2 (12:00) 重心回右足 - 左足前踏
5&6	右足斜前踢 - 右足回踏左足旁 - 左足前跨
7&8	右足斜前踢 - 右足回踏左足旁 - 左足前跨

Sec7: CHASSE TO R - 1/4 L HITCH, CHASSE TO L - 1/4 L HITCH, CHASSE TO R - 1/4 L HITCH, CHASSE TO L

1&2&	Step RF to R - Step LF beside RF - Step RF to R - 1/4 turn L (9:00) hitch LF
3&4&	Step LF to L - Step RF beside LF - Step LF to L - 1/4 turn L (6:00) hitch RF
5&6&	Step RF to R - Step LF beside RF - Step RF to R - 1/4 turn L (3:00) hitch LF
7&8	Step LF to L - Step RF beside LF - Step LF to L
1&2&	右足右踏 - 左足併踏右足旁 - 右足右踏 - 左轉1/4 (9:00) 左足微抬
3&4&	左足左踏 - 右足併踏左足旁 - 左足左踏 - 左轉1/4 (6:00) 右足微抬
5&6&	右足右踏 - 左足併踏右足旁 - 右足右踏 - 左轉1/4 (3:00) 左足微抬
7&8	左足左踏 - 右足併踏左足旁 - 左足左踏

Sec8:CORTA JACA , VINE 1/4 R, CORTA JACA

1&2&	Rotation R heel fwd - Recover on LF - Touch R toe back - Recover on LF
3&4&	Cross RF over LF - 1/8 turn R (4:30) step LF back - Step RF back - Hitch LF
5&6	1/8 turn R (6:00) step LF back - Step RF to R - Step LF slightly cross RF
7&8&	Rotation R heel fwd - Grinding 1/4 turn R (9:00) step LF back - Touch R toe back- Recover on LF
1&2&	右足踵跟前方旋轉 - 重心回左足 - 右足足尖後點 - 重心回左足
3&4&	右足前跨 - 右轉1/8 (4:30) 左足後踏 - 右足後踏 - 左足抬起略推臀
5&6	右轉1/8 (6:00) 左足後踏 - 右足右踏 - 左足略前跨
7&8&	右足踵跟前方旋轉 - 向右轉 1/4 (9:00) 左足後踏 - 右足足尖後點 - 重心回左足

Sec9: (R&L) KICK - STEP. (x2), (R&L) BACK MAMBO

1&2&	Kick RF fwd - Step RF slightly fwd - Kick LF fwd - Step LF slightly fwd
3&4&	Kick RF fwd - Step RF slightly fwd - Kick LF fwd - Step LF slightly fwd
5&6	Rock RF back - Recover on LF - Step RF beside LF
7&8	Rock LF back - Recover on RF - Step LF beside RF
1&2&	右足前踢 - 右足略前踏 - 左足前踢 - 左足略前踏
3&4&	右足前踢 - 右足略前踏 - 左足前踢 - 左足略前踏
5&6	右足後下沉 - 重心回左足 - 右足併踏左足旁
7&8	左足後下沉 - 重心回右足 - 左足併踏右足旁

Sec10: (R&L) CROSS MAMBO, (R&L) CUCARACHA SIDE STEP

1&2	Cross RF over LF - Recover on LF - Step RF to R
3&4	Cross LF over RF - Recover on RF - Step LF to L
5&6	Rock RF to R (rolling hips from R to L) - Recover onto LF - Step RF beside LF
7&8	Rock LF to L (rolling hips from L to R) - Recover onto RF - Step LF beside RF
1&2	右足前跨 -重心回左足 - 右足右踏
3&4	左足前跨 - 重心回右足 - 左足左踏
5&6	右足右下沉 (由右向左方轉臀) - 重心回左足 - 右足併踏左足旁
7&8	左足左下沉 (由左向右方轉臀) - 重心回右足 - 左足併踏右足旁

Have Fun & Happy Dancing !!!

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