

Salsa Strut

拍數: 72 牆數: 2 級數:
編舞者: Rona Raye & Gina Paul
音樂: María - Ricky Martin



STEP RIGHT, SHIMMY, STEP LEFT HOME & SHIMMY, CLAP, REPEAT

- 1 Right step to side as you shimmy shoulders
- 2 Shimmy shoulders
- 3 Left step home as you shimmy shoulders
- 4 Clap hands
- 5 Right step to side as you shimmy shoulders
- 6 Shimmy shoulders
- 7 Left step home as you shimmy shoulders
- 8 Clap hands

STEP LEFT, SHIMMY, STEP RIGHT HOME & SHIMMY, CLAP, REPEAT

- 9 Left step to side as you shimmy shoulders
- 10 Shimmy shoulders
- 11 Right step home as you shimmy shoulders
- 12 Clap hands
- 13 Left step to side as you shimmy shoulders
- 14 Shimmy shoulders
- 15 Right step home as you shimmy shoulders
- 16 Clap hands

SALSA STEPS: FORWARD, BACK, LEFT, RIGHT

- & Left kick forward
- 17 Left hop forward (weight on left)
- & Right step home
- 18 Left step home
- & Right kick forward
- 19 Right hop back (weight on right)
- & Left step home
- 20 Right step home
- & Left kick forward
- 21 Left hop to side (weight on left)
- & Right step home
- 22 Left step home
- & Right kick forward
- 23 Right hop to side (weight on right)
- & Left step home
- 24 Right step home

MAMBO SHUFFLES: LEFT DIAGONAL, RIGHT DIAGONAL

- 25 Left step forward at left angle
- & Right slide home (weight on right)
- 26 Left step forward at left angle
- & Right slide home (weight on right)
- 27 Left step forward at left angle
- & Right slide home (weight on right)
- 28 Left step forward at left angle

29 Right step forward at right angle
& Left slide home (weight on left)
30 Right step forward at right angle
& Left slide home (weight on left)
31 Right step forward at right angle
& Left slide home (weight on left)
32 Right step forward at right angle

STEP LEFT, RIGHT, SHUFFLE, STEP RIGHT, LEFT, SHUFFLE

33 Left step in place as you angle your body left (roll shoulders)
34 Right step in place as you angle your body right (roll shoulders)
35&36 Shuffle in place left, right, left
37 Right step in place as you angle your body right (roll shoulders)
38 Left step in place as you angle your body left (roll shoulders)
39&40 Shuffle in place right, left, right

STEP-PIVOT ½ TURN RIGHT, FULL TURN RIGHT, CROSS LEFT-RIGHT-LEFT-RIGHT

41 Left step forward
42 Pivot ½ turn right (weight on right)
43 Left step home while making a full turn right
44 Right step home
45 Left cross in front of right
46 Right cross in front of left
47 Left cross in front of right
48 Right cross in front of left

QUICK PADDLE TURNS, STEP-PIVOT ½ LEFT, STOMP RIGHT-LEFT

49 Left step forward while pivoting ¼ turn right
& Right step in place
50 Left step forward while pivoting ¼ turn right
& Right step in place
51 Left step forward while pivoting ¼ turn right
& Right step in place
52 Left step forward while pivoting ¼ turn right
53 Right step forward
54 Pivot ½ turn left (weight on left)
55 Stomp right
56 Stomp left

RIGHT CROSS-TOUCH, LEFT CROSS-TOUCH, REPEAT

57 Right cross in front of left (weight on right)
58 Left toe touch to side
59 Left cross in front of right (weight on left)
60 Right toe touch to side
61 Right cross in front of left (weight on right)
62 Left toe touch to side
63 Left cross in front of right (weight on left)
64 Right toe touch to side

SHUFFLE, STEP-PIVOT ½ RIGHT, FULL TURN RIGHT SHUFFLE, ROCK, RECOVER

65&66 Shuffle forward right, left, right
67 Left step forward
68 Pivot ½ turn right (weight on right)
69&70 Shuffle in place left, right, left while making full turn right

71	Right rock back
72	Left rock forward

REPEAT
