

Bailamos

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: David Bishop (UK)
音樂: 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, ¼ 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 ¼ 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 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 ¼ roll to the right side finishing with a right shuffle

REPEAT