

B-Salsa-1 (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Michael Weeks (USA) & Betty Robinson-Weeks (USA)
音樂: Corazón Espinado - Santana



Position: Closed Mirrored Dance Position starting in Couples forward Line of Dance (LOD) in Circle

STATIONARY-IN PLACE (BASIC SALSA PATTERN) MAMBO-(ROCK STEPS) AND TAPS

LADY

1-2-3-4 Rock back on right, rock forward onto left, step right next to left, touch left next to right
5-6-7-8 Rock forward on left, rock back onto right, step left next to right, touch right next to left

MAN

1-2-3-4 Rock forward on left, rock back onto right, step left next to right, touch right next to left
5-6-7-8 Rock back on right, rock forward onto left, step right next to left, touch left next to right

PROGRESSIVE-MOVE DOWN LOD (PROGRESSIVE BASIC SALSA PATTERN) MAMBO-(WALK STEPS) AND TAPS

LADY

1-2-3-4 Step back on right, step back onto left, step right back to left, touch left next to right
5-6-7-8 Step back on left, step back onto right, step left back to right, touch right next to left

MAN

1-2-3-4 Step forward on left, step forward onto right, step left forward to right, touch right next to left
5-6-7-8 Step forward on right, step forward onto left, step right forward to left, touch left next to right

(PROGRESSIVE BASIC SALSA PATTERN) MAMBO-(WALK STEPS) AND TAPS

LADY

1-2-3-4 Step back on right, step back onto left, step right back to left, touch left next to right
5-6-7-8 Step back on left, step back onto right, step left back to right, touch right next to left

MAN

1-2-3-4 Step forward on left, step forward onto right, step left forward to right, touch right next to left
5-6-7-8 Step forward on right, step forward onto left, step right forward to left, touch left next to right

(BASIC SALSA PATTERN) MAMBO-(ROCK STEPS) AND TAPS

LADY

1-2-3-4 Rock back on right, rock forward onto left, step right next to left, touch left next to right
5-6-7-8 Rock forward on left, rock back onto right, step left next to right, touch right next to left

MAN

1-2-3-4 Rock forward on left, rock back onto right, step left next to right, touch right next to left
5-6-7-8 Rock back on right, rock forward onto left, step right next to left, touch left next to right

LADY RIGHT WALK AROUND TURN - MAN LEFT SIDE MAMBO & MAMBO IN PLACE

LADY

Lady's right under-arm turn & mambo in place

1-2-3-4 Small step right on right while pivoting to the right, turning step onto left, turning step on right next to left to face partner, touch left next to right
5-6-7-8 Rock forward on left, rock back onto right, step left next to right, touch right next to left

MAN

Lead lady into right under-arm turn by lifting her right arm and leading the turn with your left hand while doing a side mambo to the left & when the lady turns to face you after her turn pick her back up into closed position and finish with a mambo in place

1-2-3-4 Side rock on left, rock back onto right, step left next to right, touch right next to left
5-6-7-8 Rock back on right, rock forward onto left, step right next to left, touch left next to right

MAN LEFT WALK AROUND TURN - LADY RIGHT SIDE MAMBO & MAMBO IN PLACE

LADY

Lady's right side mambo & mambo in place while man does a left under-arm turn

1-2-3-4 Side rock on right, rock back onto left, step right next to left, touch right next to left

5-6-7-8 Rock forward on right, rock back onto left, step right next to left, touch left next to right

MAN

Lift left arm, step under-arm turning to the left walking around to face your partner and pick her back up into closed position and finish with a mambo in place

1-2-3-4 Small step left on left while pivoting to the left, turning step onto right, turning step on left next to right to face partner, touch right next to left

5-6-7-8 Rock back on right, rock forward onto left, step right next to left, touch left next to right

PROGRESSIVE-MOVE DOWN LOD PROGRESSIVE BASIC SALSA PATTERN) MAMBO-(WALK STEPS) AND TAPS

LADY

1-2-3-4 Step back on right, step back onto left, step right back to left, touch left next to right

5-6-7-8 Step back on left, step back onto right, step left back to right, touch right next to left

MAN

1-2-3-4 Step forward on left, step forward onto right, step left forward to right, touch right next to left

5-6-7-8 Step forward on right, step forward onto left, step right forward to left, touch left next to right

PROGRESSIVE BASIC SALSA PATTERN) MAMBO-(WALK STEPS) AND TAPS

LADY

1-2-3-4 Step back on right, step back onto left, step right back to left, touch left next to right

5-6-7-8 Step back on left, step back onto right, step left back to right, touch right next to left

MAN

1-2-3-4 Step forward on left, step forward onto right, step left forward to right, touch right next to left

5-6-7-8 Step forward on right, step forward onto left, step right forward to left, touch left next to right

REPEAT
