

4/26/18 - last edited 11/22/2020

For Ballroom Line Dance Project

Salsa or Mambo Line Dance – 32 beats, 4 walls

Begin with weight on left foot:

FIGURE I, 8 beats – hip rocks forward:

right foot forward, replace weight to left foot, replace weight to right foot - 4 beats, QQS

left foot forward, replace weight to right foot, replace weight to left foot - 4 beats, QQS

FIGURE II – 4 beats - check forward, replace, step back:

Right foot forward, replace weight to left, right foot back-QQS

FIGURE III – 4 beats - check back, replace, close:

Left foot back, replace weight to right foot, close left foot to right - 4 beats QQS

FIGURE IV – 8 beats - syncopated scissors (aka side break-crosses):

side step to right, replace weight to left foot, cross right foot in front of left - QQQ

side step to left, replace weight to right foot, cross left foot in front of right - QQQ

side step to right, replace weight to left foot – QQ (swivel 90 to right on 2nd Q)

FIGURE V – 8 beats - cumbia breaks (aka hand-2-hand):

Step back with right foot, replace weight to left foot and swivel 90 to left,

right foot to side and swivel 90 to left – QQS [End Facing
New Wall]

Step back with left foot, replace weight to right foot, close
left foot to right foot – QQS

BEGIN AGAIN

Q = quick (1 beat of music)

S = slow (2 beats of music)