

Salsa Rumba Mambo

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Count: 64 **Wall:** 2 **Level:** Beginner

Choreographer: ilona tessmer-willis - February 2018 (USA)

Music: "Como Me Duele Perderte" - Gloria Estefan (Google Play- Amazon MP3- iTunes) 4:23 - BPM: 140

*** More information on these dances below.**

Intro: 68 cts

S1: R FORWARD SALSA, L BACK SALSA

1-2R Step Forward, Replace Weight on L (don't lift foot up -just transfer weight on ball)

3-4R Step Back, Hold

5-6L Step Back, Replace Weight on R (don't lift foot up-just transfer weight on ball)

7-8L Step Forward, Hold

S2: R FORWARD SALSA, L BACK SALSA

1-2R Step Forward, Replace Weight on L

3-4R Back, Hold

5-6L Step Back, Replace Weight on R

7-8L Step Forward, Hold

S3: R SIDE SALSA, R CROSS OVER , 1/2 R TURN: L R L FORWARD HOLD

1-2R Step Side, Replace Weight on L

3-4R Cross over L, Hold

5-6 1/8 R Turn: L Step Forward, 1/8 R Turn: R Step Forward

7-8 1/4 R Turn: L Step Forward, Hold

S4: R STEP SIDE, L CLOSE, R STEP FORWARD HOLD, L ROCK BACK, CLOSE NEXT TO R HOLD

1-2R Side Step, L Close Next to R

3-4R Forward Step, Hold

5-6L Back Rock, R Recover

7-8L Close next to R, Hold

S5: 1/4 R TURN: R STEP SIDE L CLOSE R FORWARD HOLD, L ROCK BACK R RECOVER L CLOSE HOLD

1-2 1/4 R Turn: R Side Step, L Close Next to R

3-4R Forward, Hold

5-6L Back Rock, R Recover

7-8L Close next to R, Hold

S6: R 3/4 TURN: STEP FORWARD R L R HOLD, L R L HOLD (OPTION: CT 5-8 FULL RIGHT TURN)

1-2 1/4 R Turn: R Forward, L Forward

3-4 1/4 R turn: R Forward, Hold

5-6 1/4 R Turn: L Forward, R Forward

7-8L Forward, Hold

S7: R BACK MAMBO, L FORWARD MAMBO

1-2 Hold, R Step Back

3-4 Replace Weight on L, R Step Side

5-6 Hold, L Step Forward

7-8 Replace Weight on R, L Step Side

S8: HOLD, R HITCH R STEP BACK, L STEP BACK, HOLD L HITCH L STEP BACK, R TAP

1-2 Hold, R Hitch

3-4R Step Back, L Step Back

5-6 Hold, L Hitch

7-8L Step Back, R Tap

OPTION TO TURN on S6: even beginner dancers like to try turns—this is the best spot in the dance.

***Salsa: LA style-start on count 1: Salsa & Mambo are high energy dances; (this dance is beginner level ie slower & no syncopation); (Cuba, Columbia, Puerto Rico) “evolved” from mambo & other Afro-Caribbean rhythms in 1950’s;**

Rumba: Start on count 1 or 2 depending on dance studio and/or region; in line dance, it’s popular to start on 1; (Cuba, Columbia, Puerto Rico) “evolved” from mambo & other Afro-Caribbean rhythms in 1950’s

Mambo: Start on count 2; in line dance it usually starts on count 1; some dance studios teach to start on count 1; (Cuba) led to the Cha Cha;

Enjoy dancing !

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