

Salsa For One

80 Count, 2 Wall, Intermediate, Latin
Choreographer: Sho Botham (UK) 2000
Choreographed to: Livin' La Vida Loca by
Ricky Martin; Someone Should Tell Her by
The Mavericks; Six Days On The Road by
Sawyer Brown; To Be With You by The Mavericks

Start on vocals

1 Side steps and low flick kick

- 1 – 4 Step R to R, close L to R
- 5, 6, 7 Step R to R, close L to R, step R to R
- 8 Low flick kick L forward (or easy option – hold)

2 Salsa basics x 2

- 1 – 3 Salsa basic - Step back L, step in place R, step L beside R
- 4 Low flick kick forward R (or easy option – hold)
- 5 – 7 Salsa basic - Step back R, step in place L, step R beside L
- 8 Low flick kick forward L (or easy option – hold)

3 Side steps and low flick kick

- 1 – 4 Step L to L, close R to L
- 5, 6, 7 Step L to L, close R to L, step L to L
- 8 Low flick kick R forward (or easy option – hold)

4 Salsa basics x 2

- 1 – 3 Salsa basic – Step back R, step in place L, step R beside L
- 4 Low flick kick forward L (or easy option – hold)
- 5, 6, 7 Salsa basic – Step back L, step in place R, step L beside R
- 8 Hold (optional low flick kick forward R)

5 Side touches with arms x 4 travelling forward

- 1 Touch R to R side raising R arm high - body leans away from working leg to create a diagonal line from fingers to foot
- 2 Step forward R in front of L lowering R arm
- 3 – 8 Dance three more side touch and steps with arms starting LRL

6 Slow steps back x 4 with subtle shoulder shimmies

- 1 – 8 Step back RLRL with subtle shoulder shimmies
(elbows remain close to body and hands out to sides, palms facing forward)

7 Step forward and slide x 4 travelling in semi-circle to R

- 1 – 2 Step forward R, slide L close to R transferring weight onto L,
- 3 – 8 Repeat three times more travelling in semi-circle to R
(step and slide is similar to a forward camel walk)

8 Mambo with 1/2 turn R x 2 (making one complete turn to R)

- 1 – 4 Mambo R with 1/2 R – step R to R, step in place L, close R to L making 1/2 turn R, hold
- 5 – 8 Mambo L with 1/2 turn R – step L to L, step in place R, close L to R making 1/2 turn R, hold

9 Salsa crossing basics x 2

- 1 – 8 Salsa crossing basics x 2 starting RL
(Step R to R, step L across front of R, step R to R, low kick L to L diagonal or easy option, hold. Reverse starting L)

10 Salsa crossing basics x 2

- 1 – 8 Repeat section 9