**SALSA**

Visual: Latin / lively, spicy, hot nightclub

**HIP SINKS**

**SALSA BASIC** Out to the side, 1 and 2, x 4

Repeat stepping behind x 4 (hips doing very small figure of eight) both with pump arms, then add rolling arms

**ACROSS FRONT TWIST** 3 twists & pump x 4

**ACROSS FRONT ROLL (DARCEY STEP)** roll arms x2 (adding 2 basic salsa back), repeat x 2

Shorthand

**Music: 2 x 8 counts intro**

Set 1

Hip sinks (knees in) 4 down and 4 up on spot

2 x down 2 x up travelling forward x2

Repeat 4 down and 4 up on spot

2 x down 2 x up travelling backwards x 2

Salsa basic with pump side x 4

Salsa basic with pump back x 4

Hip sinks (knees in) As above

Salsa basic - rolling arms side x 4 (pump arms)

Salsa basic - rolling arms back x 4 (pump arms)

Across front twist x 4 pump

Across front roll x 2 and Salsa basic back x 2

Hip sinks (knees in) As above

Set 2 – all double time

Salsa basic - rolling arms double time x 4 (= side 4 back 4)

Across front twist 4 fast

Across front roll x 2 and Salsa basic back x 2

Finish with latin tummy roll

TIPS

Keep steps small – don’t travel

Think of using waist on twists

Keep arms close and small