

# SALSA ROUTINE

2 Wall - Contra Salsa Line Dance (Party Dance)

Taught at Norwegian Open by Mats Bratlie and Michelle Lindøe, Norway

Dance part A - A - A - A- (you will complete one rotation) - B - C and D

## PART A (32 Counts)

### BASIC 1

- 1 & 2 Rock forward left, Recover right, Close left beside right  
3 & 4 Rock back Right, Recover left, Close right beside left  
5 – 8 Repeat count 1 – 4

### BASIC 2

- 9 & 10 Rock left to left side, Recover right, Close left beside right  
11 & 12 Rock right to right side, Recover left, Close right beside left  
13 – 16 Repeat count 1 – 4

### TURNING RIGHT (travelling to the left on the floor), SIDE, TOUCH, TOE, HEEL, TOUCH

- 17 – 20 Step to the left with left (1), Throw your right shoulder/arm backwards and turn almost full turn clockwise (spiral or sweep your right foot around (&), Step down on right (2), Step left to left (3), Step right beside left (4)  
21 – 24 Step left to left side (5), Step right beside left (6), Touch left toe to right instep (7). Touch left heel beside right (&), Step left beside right and take weight (8)

### TURNING LEFT (travelling to the right on the floor), SIDE, TOUCH, TOE, HEEL, CLOSE, TURN 1/4

- 25 – 28 Step to the right with right (1), Throw your left shoulder/arm backwards and turn almost full turn counter clockwise (spiral or sweep your left foot around (&), Step down on left (2), Step right to right (3), Step left beside right (4)  
29 – 32& Step right to right side (5), Step left beside right (6), Touch right toe to left instep (7). Touch right heel beside left (&), Step right beside left and take weight (8),

Turn ¼ to right on right foot (&) and start from basic 1 again.

## PART B (32 counts)

### BASIC 1 (with optional turn)

- 1 & 2 Step forward on left, Turn ½ turn right, continue turn ½ turn right on right foot, Step left beside Right.  
3 & 4 Rock back Right, Recover left, Close right beside left  
5 – 8 Repeat count 1 – 4

### BASIC 2

- 9 & 10 Rock left to left side, Recover right, Close left beside right  
11 & 12 Rock right to right side, Recover left, Close right beside left  
13 – 16 Repeat count 1 – 4

### TRAVELLING FULL TURN TO LEFT, CLAP, TRAVELLING FULL TURN TO RIGHT, DOUBLE CLAP

- 17 – 20 Make ¼ turn left and step forward on left foot, Make a ½ turn left and step back on right foot, Make a ¼ turn left and step left to the side, Touch right toe to the right side with attitude and clap (bend your knees a little bit to make it look cool)  
21 – 24 Make ¼ turn right and step forward on right foot, Make a ½ turn right and step back on left foot, Make a ¼ turn right and step right to the side, Touch left toe to the left side with attitude and clap twice (&8) (bend your knees a little bit to make it look cool)  
25 – 32 Repeat count 17 - 24

## **PART C (32 counts)**

### **BASIC 1**

- 1 & 2 Rock forward left, Recover right, Close left beside right  
3 & 4 Rock back Right, Recover left, Close right beside left  
5 – 8 Repeat count 1 – 4

### **BASIC 2**

- 9 & 10 Rock left to left side, Recover right, Close left beside right  
11 & 12 Rock right to right side, Recover left, Close right beside left  
13 – 16 Repeat count 1 – 4

### **TURN, SIDE TOGETHER LEFT, CHASSE TO LEFT, SIDE TOGETHER RIGHT, CHASSE TO RIGHT**

- &17 – 18 Turn ¼ turn right on ball of right foot (&), Step left to left side (1), Step right beside left (2)  
(Now you are moving sideways and at the same time moving towards your partner)  
19 & 20 Step left to left side (3), Step right beside left (&), Step left to left side (4)  
21 – 22 Step right to right side (5), Step left beside right (6)  
(Now you are moving sideways and at the same time moving away from your partner)  
23 & 24 Step right to right side (7), Step left beside right (&), Step right to right side (8)

### **TURN, SIDE TOGETHER LEFT, CHASSE TO LEFT, SIDE TOGETHER RIGHT, CHASSE TO RIGHT**

- &25 – 26 Turn ¼ turn left on ball of right foot (&), Step left to left side (1), Step right beside left (2)  
(Now you are moving sideways and looking at your partner)  
27 & 28 Step left to left side (3), Step right beside left (&), Step left to left side (4)  
29 – 30 Step right to right side (5), Step left beside right (6)  
(Now you are moving sideways and looking at your partner)  
31 & 32 Step right to right side (7), Step left beside right (&), Step right to right side (8)

## **PART D (24 counts)**

### **BASIC 1**

- 1 & 2 Rock forward left, Recover right, Close left beside right  
3 & 4 Rock back Right, Recover left, Close right beside left  
5 – 8 Repeat count 1 – 4

### **BASIC 2**

- 9 & 10 Rock left to left side, Recover right, Close left beside right  
11 & 12 Rock right to right side, Recover left, Close right beside left  
13 – 16 Repeat count 1 – 4

### **CHANGE PLACE! WALK FORWARD AND TURN**

- 1 – 7 Walk small steps forward L, R, L, R, L, R, L  
& 8 Turn ½ turn to left on ball of left foot, Step right beside left

Start again and have fun!

Music suggestion: Shakira feat. Wyclef Jean “Hips Don’t Lie” or  
Madonna “Hang Up” (You may add some Travolta disco arm movement when you are using  
this song)  
If you like, you can use more traditional salsa music as well.

Tips: Don’t have too much distance between the rows, one meter might be enough. Shimmy and shake, flirt and  
make it HOT and GOOD LUCK!