

## Salsa Cuba

### Improver Dance

32 count, 2 wall, improver level

Choreographer: Micaela Svensson (Sweden)

March 2008

Choreographed to: Para Llenarme De Ti by Ramón  
(101 bpm)

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Intro start on word 'jurando' (6 sec in music)

Alternative: Any Salsa or Latino music

#### **Step back R, Heel, Step back L x2, Heel, Mambo step back, R, L**

1&2& Step back on R, touch L heel forward, Step back on L, touch R heel forward.

3 &4& Step back on R, touch L heel forward, Step back on L, touch R heel forward.

5&6 Rock back on right, rock forward onto left, step right beside left.

7&8 Rock back on left, rock forward onto right, step left beside right.

#### **Right Mambo, Left Mambo, Paddle ½ turn left**

9&10 Rock to R on R, rock back onto L, step R beside L. (Look to the L)

11&12 Rock to L on L, rock back onto R, step L beside R. (Look to the right)

13-14 Step R forward, turn 1/8 L on ball of L, Step R forward, turn 1/8 L on ball of L.

15-16 Step R forward, turn 1/8 L on ball of L, Step R forward, turn 1/8 L on ball of L.

Hold arms as if dancing with a partner (R on belly, L out to L)

Option: Let your hips pull you around on paddle turn, bumping R,R,R,R on ball of L.

#### **Step, Together, Step, Heel x2, Turn ½ R. rock step R, turn ½ L, Step, Turn ½ L, rock step L, turn ½ R, step.**

17&18 & Step R to R, step L beside R, step R to R, touch L heel to L.

19&20 & Step L to L, step R beside L, step L to L, touch R heel to R.

21&22 On ball of L make ¼ turn R rocking R to R, rock back onto L, on ball of L make ¼ turn L, step R beside L. (Look to the R when turning R)

23&24 On ball of R make ¼ turn L rocking L to L, rock back onto R, on ball of R make ¼ turn R, step L beside R. . (Look to the L when turning L)

Option: Steps 21-24 can be replaced by Rock steps back (crossing opposite foot) R, L

#### **Right Mambo back, Left Mambo forward, Right Mambo back, Left Mambo forward**

25&26 Rock back on right, rock forward onto left, step right beside left.

27&28 Rock forward on left, rock back onto right, step left beside right.

29&30 Rock back on right, rock forward onto left, step right beside left.

31&32(&) Rock forward on L, rock back onto R, step L beside R. (Option: touch R heel forward)

Intro start on word 'jurando' (6 sec in music)

Alternative: Any Salsa or Latino music

### Step back R, Heel, Step back L x2, Heel, Mambo step back, R, L

1&2& Step back on R, touch L heel forward, Step back on L, touch R heel forward.

3 &4& Step back on R, touch L heel forward, Step back on L, touch R heel forward.

5&6 Rock back on right, rock forward onto left, step right beside left.

7&8 Rock back on left, rock forward onto right, step left beside right.

### Right Mambo, Left Mambo, Paddle ½ turn left

9&10 Rock to R on R, rock back onto L, step R beside L. (Look to the L)

11&12 Rock to L on L, rock back onto R, step L beside R. (Look to the right)

13-14 Step R forward, turn 1/8 L on ball of L, Step R forward, turn 1/8 L on ball of L.

15-16 Step R forward, turn 1/8 L on ball of L, Step R forward, turn 1/8 L on ball of L.  
Hold arms as if dancing with a partner (R on belly, L out to L)

Option: Let your hips pull you around on paddle turn, bumping R,R,R,R on ball of L.

Tag 2, here on wall 9.

### Step, Together, Step, Heel x2, Turn ½ R, rock step R, turn ½ L, Step, Turn ½ L, rock step L, turn ½ R, step.

17&18 & Step R to R, step L beside R, step R to R, touch L heel to L.

19&20 & Step L to L, step R beside L, step L to L, touch R heel to R.

21&22 On ball of L make ¼ turn R rocking R to R, rock back onto L, on ball of L make ¼ turn L,  
step R beside L. (Look to the R when turning R)

23&24 On ball of R make ¼ turn L rocking L to L, rock back onto R, on ball of R make ¼ turn R,  
step L beside R. (Look to the L when turning L)

Option: Steps 21-24 can be replaced by Rock steps back (crossing opposite foot) R, L

### Right Mambo back, Left Mambo forward, Right Mambo back, Left Mambo forward

25&26 Rock back on right, rock forward onto left, step right beside left.

27&28 Rock forward on left, rock back onto right, step left beside right.

29&30 Rock back on right, rock forward onto left, step right beside left.

31&32(&) Rock forward on L, rock back onto R, step L beside R. (Option: touch R heel forward)

### Tag 1 Danced once at end of wall 4 (prepare by moving hips to L)

#### Tag Cuban Motion –R, Hold, L, Hold, R, Hold L, Hold

1&2& Move hips-R (shoulders L), Hold, move hips L (shoulders R), Hold.

3&4& Move hips-R (shoulders L), Hold, move hips L (shoulders R), Hold.

5&6& Move hips-R (shoulders L), Hold, move hips L (shoulders R), Hold.

7&8& Move hips-R (shoulders L), Hold, move hips L (shoulders R), Hold.

(Option-make steps 5-12 if the Cuban motion is too difficult)

#### Hips bumps R, L, R, L, Hold

1-5 Bump hips - right, left, right, left, Hold.

### Tag 2, On wall 9

Make the first 16 steps, repeat steps 13-16 (making it a full paddle turn), put L foot L for perfect ending.

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