|  |  |
| --- | --- |
| Bosa Nova (Beginner Style) |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Ultra Beginner | . |
| **Choreographer:** | Irene Groundwater (CAN) |
| **Music:** | Blame It on the Bossa Nova - Jane McDonald |
| . |

**STOMP, HOLD, STOMP, HOLD, FORWARD, TOGETHER, FORWARD, HOLD**

|  |  |
| --- | --- |
| 1-2-3-4 | Stomp right to side, hold, stomp left to side, hold |

|  |  |
| --- | --- |
| 5-6-7-8 | Step right forward, step left together, step right forward, hold |

**Optional hands for the first 8 counts:**

**1-2: hold right hand shoulder high out to the right**

**3-4: hold left hand shoulder high out to the left**

**5-8: extend both hands out to the side with palms down**

**On counts 5-7 bend knees as going forward**

**STOMP, HOLD, STOMP, HOLD, FORWARD, TOGETHER, FORWARD, HOLD**

|  |  |
| --- | --- |
| 1-2-3-4 | Stomp left to side, hold, stomp right to side, hold |

|  |  |
| --- | --- |
| 5-6-7-8 | Step left forward, step right together, step left forward, hold |

**Optional hands for the second 8 counts:**

**1-2: hold left hand shoulder high out to the left**

**3-4: hold right hand shoulder high out to the right**

**5-8: extend both hands out to the side with palms down**

**On counts 5-7 bend knees as going forward**

**SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD**

|  |  |
| --- | --- |
| 1-2-3-4 | Step right to side, hold, touch left toe forward, hold |

|  |  |
| --- | --- |
| 5-6-7-8 | Step left to side, hold, touch right toe forward, hold |

**Optional hands for the third 8 counts**

**1: swing hands to right side of body**

**3: snap fingers**

**5: swing hands to left side of body**

**7: snap fingers**

**Optional steps for the third 8 counts:**

|  |  |
| --- | --- |
| 1-8 | Step right to side, step left together, step right to side, touch left together, step left to side, step right together, step left to side, touch right together |

**Or**

|  |  |
| --- | --- |
| 1-8 | Vine right, vine left |

**FORWARD, HOLD, TURN ¼ LEFT, HOLD, FORWARD, HOLD, TURN ¼ LEFT, HOLD**

|  |  |
| --- | --- |
| 1-2 | Step right forward, hold |

|  |  |
| --- | --- |
| 3-4 | Turn ¼ left (weight to left), hold |

|  |  |
| --- | --- |
| 5-6 | Step right forward, hold |

|  |  |
| --- | --- |
| 7-8 | Turn ¼ left (weight to left), hold |

**Optional hands for the final 8 counts:**

**1-8: hold right hand above head making circular movements to the left**

**Or clap on counts 4 and 8**

**REPEAT**