

# BOSA NOVA (BEGINNER STYLE)

**Count:** 32    **Wall:** 2    **Level:** Ultra Beginner

**Choreographer:** Irene Groundwater

**Music:** Blame It On The Bossa Nova by 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**