

Pretty Much Samba

COPPERKNOB
BY STEPHEN HETS

Compte: 64

Mur: 2

Niveau: Phrased Advanced - Samba



Chorégraphe: Adam Åstmar (SWE) - September 2023

Musique: Me Necesita - PRETTYMUCH & CNCO : (iTunes)

Intro: 8 counts from first clear beat, approx. 11 seconds.

Sequence: A – B – B – A – T – B – B – A(33)

A (48 counts)

A – 1: Rock Fwd. Rock Side. Cross. 1/8 Back. Back Sweep. Rock Back. Cross. 1/8 Side. Back Sweep.

- 1 & 2 & Rock forward on RF (1). Recover on LF (&). Rock to R on RF (2). Recover on LF (&).
3 & 4 Cross RF over LF (3). Turn 1/8 R step back on LF (&). Step back on RF sweeping LF from front to back (4). {1:30}
5 – 6 Rock back on LF (5) Recover on RF (6).
7 & 8 Cross LF over RF (7). Turn 1/8 L step to R on RF (&). Step back on LF sweeping RF from front to back (8). {12:00}

A – 2: Lock Step Back. Sailor ¼ Turn L. R Botafogo. L Botafogo with Prep.

- 1 & 2 Lock step back on RF stepping RF (1), LF (&), RF sweeping LF from front to back (2).
3 & 4 Cross LF behind RF (3). Turn ¼ L step in place on RF (&). Step forward on LF (4). {9:00}
5 & 6 Traveling forward: Cross RF over LF (5). Step to L on LF (&). Step to R diagonal on RF (6). {11:30}
7 & 8 Traveling forward: Cross LF over RF (7). Step to R on RF (&). Step to L diagonal on LF (8). {7:30}

A – 3: Volta 7/8 Turn R. Flick. Weave with Sweep. Behind-Side-Cross. 1/8, Together with Snap.

- 1 & 2 & Turn 3/8 R cross RF over LF (1). Close LF next to RF (&). Turn ¼ R cross RF over LF (2). Close LF next to RF (&). {4:30}
3 – 4 & Turn ¼ R cross RF over LF, flicking LF to L side (3). Cross LF over RF (4). Step to R on RF (&). {6:00}
5 – 6 & Step back on LF sweeping RF from front to back (5). Step RF behind LF (6). Step to L on LF (&).
7 & 8 Cross RF over LF (7). Turn 1/8 R step back on LF (&). {7:30} Close RF next to LF rising up on ball of feet and snap fingers to sides (8).

A – 4: Step Fwd. Lock Step Fwd. Rock Fwd. Chug Turns 5/8 L. Together.

- 1 – 2 & 3 Step forward on LF (1). Lock step forward on RF stepping RF (2), LF (&), RF (3).
4 & Rock forward on LF (4). Recover on RF (&).
5 – 6 Turn 1/8 L press LF to L side (5). Turn ¼ L press LF to L side (6). {3:00}
7 – 8 Turn ¼ L press LF to L side (7). Close LF next to RF (8). {12:00}

A – 5: Step Fwd R. Step Fwd L with Sweep. Cross Out-Out. Swivel L Heel, R Heel. Slap Thighs. Body Roll Up.

- 1 – 2 Step forward on RF (1). Step forward on LF sweeping RF from back to front (2).
3 & 4 Cross RF over LF (3). Step back on LF (&). Step to R on RF (4).
5 & 6 & Swivel L heel to L side (5). Return to center (&). Swivel R heel to R side (6) Return to center (&).
7 – 8 Bend knees, push hips back and slap hands on thighs leaving them on the thighs (7). Straighten knees making a body roll and slide hands up the sides of the body, placing weight on LF (8).

A – 6: Cross Rock. Side Rock. Behind-Side-Cross. Side. Touch. ¼ Side. Touch. Slide L. Hold.

- 1 & 2 & Cross rock RF over LF (1). Recover on LF (&). Rock to R on RF (2). Recover on LF (&).
3 & 4 Step RF behind LF (3). Step to L on LF (&). Cross RF over LF (4).

- 5 & 6 & Step to L on LF (5). Touch RF next to LF (&). Turn $\frac{1}{4}$ R stepping to R on RF (6). Touch LF next to RF (&). {3:00}
- 7 – 8 Take a big step to L on LF sliding RF towards LF (7). Finish sliding RF (8). {6:00}

B (16 Counts)

B – 1: Rock Fwd. Back, Touch. Hold. Back, Touch. Rock Back. Press R. Ball. Press L. Ball.

- 1 – 2 & Rock forward on RF (1). Recover on LF (2). Step back on RF (&).
- 3 – 4 & Touch LF forward (3). Hold (4). Step back on LF (&).
- 5 – 6 & Touch RF forward (5). Rock back on RF (6). Recover on LF (&).
- 7 a 8 a Press to R on RF keeping weight on LF (7). Close RF next to LF (a). Press to L on LF keeping weight on RF (8). Close LF next to RF (a).

Optional Instead of pressing to the sides you can do point switches R and L.

B – 2: Basic Samba R. Basic Samba L. Step Fwd. Rock Fwd. Shuffle $\frac{1}{2}$ Turn L.

- 1 – 2 & Step diagonally forward on RF sweeping LF behind (1). Lock step LF behind RF (2). Recover on RF (&).
- 3 – 4 & Step diagonally forward on LF sweeping RF behind (3). Lock step RF behind LF (4). Recover on LF (&).
- 5 – 6 & Step forward on RF (5). Rock forward on LF (6). Recover on RF (&).
- 7 & 8 Shuffle $\frac{1}{2}$ turn L stepping LF (7), RF (&), LF (8). {12:00}

Tag (4 Counts)

Tag: Step Side & Hip Roll CW. Drag.

- 1 – 4 Step to R on RF starting to roll hips clockwise (1). Continue rolling hips clockwise (2, 3). Finish rolling hips placing weight on LF and drag RF towards LF (4).

Have fun!
