Samba Tonight



拍数: 32 墙数: 4 级数: Improver samba

编舞者: Verity Mills (AUS) & Dennis Foley (AUS) - October 2017

音乐: Mama (Willam Singe)



INTRO: 16 Counts

Ending

1,2,3

Step R to R side(Long Step), Rock L Behind R, Recover on R Step L to L side (Long Step), Rock R Behind L, Recover on L Touch R Hel diagonal R, Hook R Heel Across and Below L Knee Rock R fwd diagonal as you bump hip, recover back onto L as your Bump L hip back Rock R fwd diagonal pushing hip
Touch L heel diagonal L, hook L heel across R and below R knee
Rcok L fwd diagonal as you bump hip,recover back onto R as you bump and hip
Rock L fwd diagonally pushing hip (CIRCLING 3/8 LEFT TO 6) walk R L R
Press ball of left to left side and recover to R
Troop ball of folk to lock olds and received to the
(CONTINUE CIRCLING TO 3) walk L R L
Press ball of right to R side and recover to L
Step fwd R close L next to R Step R next L (counts 5&6 slightly bent knees with bunce action)
Step back L close R next to L Step L next to R (counts 7&8 slightly bent knees with bounce action)
Turn 1/4 R walk fwd R L R (facing 6)
Turn L on ball of R weight on right 3/8 and point left toe to 1.30 popping knee fwd and pull both hands waist level and pull back & turn 1/8 now facing 12
Walk fwd L R L
Turn R on ball of L 3/8 keep weight on L and point right toe to 4.30 popping knee fwd and pull both hands waist level and pull back and turn 1/8 left to face 3pm to start

Last 4 counts faces 1.30 turn 1/8 to face 12 walk & 4 Step ball of R with a hip bump recover

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to left with a hip bump and pose