Samba LDIB 3

拍数: 56

级数: Easy Intermediate Samba

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音乐: Cheap Thrills (feat. Sean Paul) (André Remix) - Sia : (or all samba songs)

Intro: 16 Count - No Tag - No Restart

SEC 1: SAMBA WHISK (RIGHT, LEFT, RIGHT, LEFT)

- 1a2 Step RF to right side, Cross LF behind RF, Step RF in place
- 3a4 Step LF to side, Cross RF behind LF, Step LF in place
- 5a6 Step RF to right side, Cross LF behind RF, Step RF in place
- 7a8 Step LF to side, Cross RF behind LF, Step LF in place

SEC 2: (SAMBA STEP, BOTA FOGO)X2

- 1a2Step RF forward, Small step LF forward, Step RF in place
- 3a4 Cross LF over RF, Step RF to right side, Step LF to left side
- 5a6 Step RF forward, Small step LF forward, Step RF in place
- 7a8 Cross LF over RF, Step RF to right side, Step LF to left side

SEC 3: SYNCOPATED CROSS SHUFFLE, HIPS ROLL

- 1a2a Cross RF over LF, Step LF to left side, Cross RF over LF, Step LF to left side
- 3a4 Cross RF over LF, Step LF to left side, Cross RF over LF
- 5-8 Hips Roll for 4 counts

SEC 4: ½ LEFT SYNCOPATED CROSS SHUFFLE, HIPS ROLL

- 1a2a Make ½ left turn cross LF over RF, Step RF to right side, Cross LF over RF, Step RF to right side
- 3a4 Cross LF over RF, Step RF to right side, Cross LF over RF
- 5-8 Hips Roll for 4 counts

SEC 5: FULL TURN RIGHT, SHIMMY SHOULDER, FULL TURN LEFT, SHIMMY SHOULDER

- 1a2Make ½ right turn step RF forward, Make ½ right turn step LF back, Step RF forward3a4R Shoulder forward while L Shoulder back, L Soulder forward while R Soulder back, R
- Shoulder forward while L Shoulder back
- 5a6 Make ½ left turn step LF forward, Make ½ left turn step RF back, Step LF forward
- 7a8 L Shoulder forward while R Shoulder back, R Soulder forward while L Shoulder back, L Shoulder forward while R Shoulder back

SEC 6: BOTA FOGO (RIGHT, LEFT, RIGHT), LEFT ROLLING GRAPEVINE

- 1a2 Cross RF over LF, Step LF to left side, Step RF in place
- 3a4 Cross LF over RF, Step RF to right side, Step LF in place
- 5a6 Cross RF over LF, Step LF to left side, Step RF in place
- 7a8 Make ¼ left turn step LF forward, Make ½ left turn step RF back, Make ¼ left turn step LF to left side

SEC 7: BACKWARD SAMBA, FORWARD SAMBA, ¼ LEFT BACKWARD SAMBA, FORWARD SAMBA

- 1a2 Step RF back, Step on ball of LF next to RF, Step RF in place
- 3a4 Step LF forward, Step on ball of RF next to LF, Step LF in place
- 5a6 Make ¼ left turn step RF back, Step on ball of LF next to RF, Step RF in place
- 7a8 Step LF forward, Step on ball of RF next to LF, Step LF in place

Begin Again & have Fun!



墙数:4