

Spicy Samba

拍数: 0 墙数: 1 级数: Intermediate line/contra dance
编舞者: John Walton (UK)
音乐: Spice Up Your Life - Spice Girls



Sequence: A,B,C1,C2, A,B,C1,C2, B,C1,C2,C2 (for CD Track 1, start after 4 beats of drum)

SECTION A: LYRICS: "LA, LA-LA..."

SAMBA BASICS AND SLIDES

- 1-2 Left foot step forward with very small bounce, right foot touch beside left foot
- 3-4 Right foot step back with very small bounce, left foot touch back beside right foot
- 5 Left foot long step forward
- 6-8 Slide right foot beside left foot
- 9-10 Right foot step back with very small bounce, left foot touch back beside right foot
- 11-12 Left foot step forward with very small bounce, right foot touch beside left foot
- 13 Right foot long step back
- 14-16 Slide left foot back beside right foot

SAMBAS WITH TURN TO RIGHT (TWICE)

- 17-18 Left foot step back with very small bounce, right foot touch back beside left foot
- 19-20 Right foot step forward with very small bounce, left foot touch beside right foot
- 21-22 Left foot step back with very small bounce, right foot light touch beside left foot with
- ½ Turn right
- 22-23 Right foot step forward with very small bounce, left foot touch beside right foot
- 24-32 Repeat 17-18

SECTION B: VERSE, "WHEN YOU'RE FEELING..."

BALL, CROSS, SIDE TOUCH, CROSS, UNWIND (TWICE)

- &1-2 Step left ball in place, cross right foot diagonally across left foot, hold
- 3-6 Touch left foot to left side, hold, cross left foot across right foot, hold
- 7-8 Unwind ½ to right, hold
- &9-10 Step right ball in place, cross left foot diagonally across right foot, hold
- 11-14 Touch right foot to right side, hold, cross right foot across left foot, hold
- 15-16 Unwind ½ to left, hold

BALL, CROSS, UNWIND, COASTER (TWICE)

- &17 Step left ball in place, cross right foot diagonally across left foot
- 18 Unwind ½ to left
- 19&20 Coaster (left-right-left)
- &21 Step right ball in place, cross left foot diagonally across right foot
- 22 Unwind ½ to right
- 23&24 Coaster (right-left-right)

SAMBA BASICS (FORWARD AND SIDE)

- 25-26 Left foot step forward etc, right foot touch beside left foot
- 27-28 Right foot step back, left foot touch beside right foot
- 29-30 Left foot step to left, right foot touch beside left foot
- 31-32 Right foot step to right, left foot touch beside right foot

SECTION C1: CHORUS: "COLORS OF THE WORLD..."

SAMBA WALKS IN PLACE, PIVOT TURN TO THE RIGHT, COASTER, PIVOT TURN TO THE LEFT (TWICE)

- 1 Left foot forward with relaxed knee
- & Right foot small step back, part weight, straightening knee
- 2 Pull left foot back several inches, replacing weight on left foot, knee straight
- 3-8 Repeat 1-2 (lead on right, left, right, left, right)
- 9-10 Left foot step forward, pivot turn ½ right
- 11&12 Coaster (left, right, left)
- 13-14 Right foot step forward, pivot turn ½ left
- 15-16 Right foot step forward, pivot turn ½ left and hitch left leg

SECTION C2: LYRICS "SHIMMY TO THE LEFT..."

HEEL FANS IN TIME WITH LYRICS, PIVOT TURNS TO THE LEFT (TWICE)

- 1 Left foot small step to left with heel fanned to left, then left heel fanned to right
- & Left heel fanned to left, then left heel fanned to right
- 2-4 Left heel fanned to left, close left foot beside right foot, hold
- 5-8 Repeat 1-4 to right side (reversing feet!)
- 9 Left foot small step forward with heel fanned to right while fanning right heel left then fan left heel left while right heel fanned right
- & Fan left heel right and right heel left, then fan left heel left and right heel right
- 10-12 Fan left heel right, close left foot beside right foot with weight, hold
- 13-14 Step right foot forward, pivot turn ½ left
- 15-16 Step right foot forward, pivot turn ½ left and hitch left leg
- 17-32 Repeat 1-16

REPEAT

This dance is phrased to match the specified music and track-the Stent Radio Mix (2:53 min). With minor variations in the sequence it should fit all mixes of the song. There is ample opportunity in this dance for dancers to add "attitude", spin turns and other embellishments.

In Samba rhythm the "&" beat is half as long as a normal "&" beat, and is usually written as an "a" beat. That convention has been omitted for simplicity.
