Sabado



拍数: 32 墙数: 4 级数: Beginner / Improver - samba

编舞者: Tony Wilson (USA) - July 2012

音乐: Sabado - Jody Bernal



Start on vocals

SNAKE ROLLS R&L, SIDE TOG SIDE TOUCH

Step R to right...arms above head hands with palms together up to right L hip to left L

shoulder up

&2 Arms above head hands together to left R shoulder up,...shift weight to L

Arms above head hands together to right L hip to left L shoulder up,...shift weight to R
Arms above head hands together to left R hip to right R shoulder up,...shift weight to L

& Drop hands to chest level

Step R to right...L shoulder up L hip to left
Step L next to R...R shoulder up R hip to right,
Step R to right...L shoulder up L hip to left
Touch L next to R...R shoulder up R hip to right

Counts 1-4... Hands, arms and body moving like a snake

SIDE TOG. SIDE TOUCH 1/4 TURN 1/4 TURN LEFT

9	Step L to leftR shoulder up R hip to right
10	Step R next to LL shoulder up L hip to left
11	Step L to leftR shoulder up R hip to right
12	Touch R next to LL shoulder up L hip to left

13-14 Pivot 1/4 left...R hip out as you turn 15-16 Pivot 1/4 left...R hip out as you turn

Counts 1-16...Latin hips!

5-16 option...Hands lightly clenched, rolling at chest level

SAMBA STEPS R &L, CROSS SHUFFLE RLR 1/4 TURN RIGHT

17&18	Cross R over L, recover on L, step R next to L
19&20	Cross L over R, recover on R, step L next to R
21&22	Cross R over L, step L slightly left, cross R over L
23-24	Step L back, turning 1/4 right step R to right

SAMBA STEPS L&R, CROSS SHUFFLE LRL 1/4 TURN LEFT

25&26	Cross L over R, recover on R, step L next to R
27&28	Cross R over L, recover on L, step R next to L
29&30	Cross L over R, step R slightly right, cross L over R

31-32 Step R back, turning 1/4 left step L to left

Turn 1/4 left to start again

The dance rotates clockwise and ends on front wall on count 1.

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