

拍數: 48 牆數: 4 級數: Phrased Intermediate Samba style
編舞者: Patrizia Porcu (IT) - January 2020
音樂: RITMO (Bad Boys For Life) - Black Eyed Peas & J Balvin



SEQUENCE: A-Bx4-A-Cx3-A(short)-Bx4-A-Cx4-A(short)-Bx4

Intro: 6 Count Start with 7&8 bumping arms and hips

SIDE A: 16 COUNT

(1 - 8) SAMBA LOCK FW DIAGONAL R (X2), STEP R FW DIAGONAL R, SAMBA LOCK FW DIAGONAL L (X2), STEP L FW DIAGONAL L

1 - 2 Step R FW diag. R, Lock L toe back to R 13:30
3 & 4 Step R FW diag. R, Lock L toe back to R, Step R FW diag. R
5 - 6 Step L FW diag. L, Lock R toe back to L 22:30
7 & 8 Step L FW diag. L, Lock R toe back to L, Step L FW diag. L - Short A

(9 - 16) ROCK R OVER L, RECOVER, CLOSED UP LOCK BACK R AND L, BUMPING ARMS-HIPS

1 - 2 Cross Rock R over L, recover L
3 & 4 Step R back with a little flex legs and pointing L (3), rolling hips (&4)
5 & 6 Step L back with a little flex legs and pointing R (5), rolling hips (&6)
7 & 8 Bumping arms and hips according with music

SIDE B: 16 COUNT

(1 - 8) FW BOTAFOGOS L-R, BACK BOTAFOGOS L-R

1 a 2 Step R cross L, rock L to side, step R in place
3 a 4 Step L cross R, rock R to side, step L in place
5 a 6 Step R back L, rock L to side, step R in place
7 a 8 Step L back R, rock R to side, step L in place

(9 - 16) L TRAVELING VOLTAS, TURN ½ L, R TRAVELING VOLTAS, ROLLING HIPS IN PLACE, ROLLING HIPS TURNING ¼ L

1 a 2 Step R cross L, Step L toe side, Step R cross L
a Turn 1/2 Left without move feet 6:00
3 a 4 Step L cross R, Step R toe side, Step L cross R 6:00
5 - 6 Step R side making a circle with hips counter clockwise (L), recover on L - 6:00
7 - 8 Turn ¼ L and step R side making a circle with hips counter clockwise (L), recover on L - 3:00

SIDE C: 16 COUNT

(1 - 8) L JAZZ BOX, WHISK R AND L LEGEND

1 - 2 Step R FW, Cross L over R
3 - 4 Step R back, Step L together R
5 a 6 Step R side, Step ball L toe behind R, Step R in place
7 a 8 Step R side, Step ball L toe behind R, Step L in place

(9 - 16) BASIC BOUNCING SAMBA FW AND BACK, R SIDE, TOGETHER, L SIDE, TOGETHER TURNING ½ L

1 a 2 Step R forward, Step ball L toe beside R, Recover R in place
3 a 4 Step L back, Step ball R toe beside L, Recover L in place
5 & 6 Step R side, recover on L, Step R together L (scrolling shoulders)
7 & 8 Step L side, recover on R turning ½ L, Step L together R (scrolling shoulders) 6:00

Note: please at the end of Cx3 stay on main wall, at Cx4 turn ¼ L instead 1/2L. This is a modern samba time so leave your feelings blowing through your body while you dance. Arms are optional but they are very nice if

you want transform it in choreographic dance for your show or competition!

At the end of the dance strike a pose and enjoy!

For any question or help please email me or contact in social

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