

Samba-Ning

拍數: 32 牆數: 4 級數: Improver
編舞者: Nining Dwi Suti Ismawati (INA) & Suciati Ningsih (INA) - April 2025
音樂: Azul - J Balvin



Intro : 2 x8

Restart : 1x at wall 4th after count 16

Section I: LOCK SHUFFLE SYNCOPATED FORWARD, STATIONARY SAMBA

1 & 2 Step RF forward , step LF behind RF, step RF forward
&3 &4 Step LF behind RF, step RF forward, step LF behind RF, step RF forward
5 a6 Step LF together , step ball RF back , recover on LF
7 a8 Step RF together , step ball LF back , recover on RF

Section II : HIP BUMP, SAILOR ¼ R, SAMBA WHISK

1 & 2 Step LF to left side with hip bump to L-center-L
3 & 4 Step Rf Circular behind LF, Step LF together to 03.00 o clock , Step RF Forward
5 a6 Step LF to Left side, Rock RF behind LF, Recover on LF
7 a8 Step RF to Right side, Rock LF behind RF , Recover on RF

Section III : VOLTA TURN ½ TO LEFT, BOTAFOGO

1 & 2 & 1/8 Turn left , Step LF forward , Lock Rf behind Lf , 1/8 turn Left Step LF forward, Lock RF behind LF
3 & 4 & Turn LEFT ¼ : 1/8 Turn left , Step LF forward , Lock Rf behind Lf , 1/8 turn Left Step LF forward, Lock RF behind LF
5 a6 cross RF over Lf , rock LF to left side , recover on RF
7 a8 cross LF over Rf , rock RF to Right side , recover on LF

SECTION IV : DIAMOND , CROSS SHUFFLE , SIDE MAMBO, LF CLOSE

1 & 2& cross RF over Lf , Step Lf behind Rf to Left, 1/8 turn Right step RF back, Hitch on LF
3 & 4 Step LF back, 1/8 turn Right Step RF to Right ,1/8 turn Right Cross LF over Rf forward
5 &6 1/8 turn Right Cross RF over LF , step Lf to Left side, Cross RF over LF
7 & 8 Rock LF to Left side, recover on RF, step LF together