

High Five Samba

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Debbie Rushton (UK), Jean-Pierre Madge (CH), Tim Johnson (UK), Dustin Betts (USA) & Rebecca Lee (MY) - June 2025
音樂: Salsa & Dancehall - Kybba & ASH



Count in: After 8 counts - when the main beat kicks in

Note: This dance was written as a contra, but can also be danced solo with no change to the footwork

MAMBO STEP, COASTER STEP, CROSS ROCK RECOVER, CROSS ROCK RECOVER

1&2 Rock forward on R, Recover back onto L, Step R back
3&4 Step L back, Step R beside L, Step L forward
5&6 Cross R over L, Rock L out to L side, Recover onto R
7&8 Cross L over R, Rock R out to R side, Recover onto L

CONTRA Start the dance directly opposite each other. You will pass on each other's R hand side during counts 5&6 on the first cross rock recover and then continue forward on 7&8

HEEL GRIND ¼ TURN & CROSS SHUFFLE & COLLECT, CROSS, ROCK & CROSS

1 2& Heel grind R over L, Make ¼ turn R stepping back on L, Step R to R side (3oclock)
3&4 Cross L over R, Step R to R side, Cross L over R
&5 6 Step R to R side (angle body to L diagonal), Close L beside R, Cross R over L
7&8 Rock L out to L side, Recover onto R, Cross L over R

CONTRA As you do the cross shuffle you will pass each other face to face. On count 6 as you cross R over L, you will 'high five' your partner with R hands as you pass them again. Keep hands together for the next 10 counts. As you do the L rock and cross on 7&8, you should end R side by R side (facing 3&9 oclock) with hands still touching in high five position at your R shoulders

VOLTA FULL TURN R, SIDE BACK ROCK, STEP ½ TURN

1&2&3&4 Turning over your R shoulder, make a full volta turn stepping R, L, R, L, R, L, R
5 6& Step L to L side, Rock back on R, Recover forward onto L
7 8 Step R forward, Pivot ½ turn L taking weight onto L (9oclock)

CONTRA Keep your hands touching as you do the full clockwise volta turn around each other. You should end where you started. Drop hands on count 5

SAMBA DIAMOND

1&2 Cross R over L, Step L to L side, Step R back to L diagonal (10.30)
3&4 Step L back, Make 1/8 turn R stepping R to R side, Step L forward to R diagonal (1.30)
5&6 Make 1/8 turn R crossing R over L, Step L to L side, Step R back to L diagonal (4.30)
7&8 Step L back, Make 1/8 turn R stepping R to R side, Step L forward (6oclock)

CONTRA You will do your diamond anti-clockwise around each other. On counts 1& and 5&, you should be apart but roughly 'back to back' with each other (facing 3/9), and you will end the dance in your partners' previous starting spot facing each other (6/12 oclock)

*Please see our video for clearer visual of the contra movements