

Solambada

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4
編舞者: Forty Arroyo (USA)
音樂: Lambada - Kaoma



Sequence: AB, AB, AB, BC, AB, BC, BB

PART A (24 COUNTS)

PRESS LEFT, STEP TOGETHER, TOUCH, ½ TURN, CROSS, STEP, STEP, CROSS, STEP, STEP

- 1-2 Press ball of left to side while pushing hips to left, step left next to right
- 3-4 Touch right toe behind left, unwind ½ turn to right (weight on right)
- 5&6 Cross left over right, step right slightly back, step left next to right
- 7&8 Cross right over left, step left slightly back, step right next to left

CROSS, STEP, CROSS, CROSS & TWIST, TWIST, STEP

- 9&10 Cross left over right, step right to side, cross left over right
- 11& Touch right toes in front of left turning right knee in over left knee, fan right knee out
- Twist body to left and right when turning right knee in and out (weight remains on left throughout 11&)**
- 12 Step right slightly forward and in front of left (end at 6:00)

- 13-24 Repeat steps 1-12 (end at 12:00)

PART B (32 COUNTS)

SIDE STEP, BALL STEP, ½ TURN TOUCH, TWIST, SIDE STEP, BALL STEP, ½ TOUCH

- 1&2 Traveling toward 9:00 - step side left, step right toward left, step left to side
- 3 Pivot ½ turn to left (on ball of left) and touch right out to side
- 4 Twist both heels to left - making ½ turn to right shifting weight to right

End with weighted right crossed in front of left and facing 12:00

- 5&6 Traveling toward 9:00 - step side left, step right toward left, step left to side
- 7-8 Pivot ½ turn to left (on ball of left) and touch right out to side, hold
- Throughout counts 1-6 keep head turned in the direction you are traveling (end at 6:00)**

RIGHT TOGETHER, STEP LEFT, PUSH HIPS, RIGHT TOGETHER, STEP LEFT, RIGHT TOGETHER, STEP LEFT

- &1-2 Step ball of right next to left, step left to left pushing hips to right, push hips to right (or hold)
- 3 Step ball of right next to left, step left to side pushing hips to right
- &4 Step ball of right next to left, step left to side pushing hips to right

TOUCH BEHIND, UNWIND ½ TURN RIGHT, ½ TURN STEP, SHIMMY

- 5-6 Touch right toe behind left, unwind ½ turn to right (weight on right)
- 7 (Pivoting on ball of right) step left to side turning ½ turn to right
- &a8 Push right shoulder forward, back, forward (end at 6:00)

FORWARD - CROSS, ROCK, STEP (RIGHT & LEFT) - BACKWARD - CROSS, ROCK, STEP (RIGHT & LEFT)

- 1&2 Stepping forward diagonally to left - cross right in front of left, rock side left, step right in place
- 3&4 Stepping forward diagonally to right - cross left in front of right, rock side right, step left in place
- 5&6 Stepping back diagonally to left - cross right behind left, rock side left, step right in place
- 7&8 Stepping back diagonally to right - cross left behind right, rock side right, step left in place (end at 6:00)

SAMBA $\frac{3}{4}$ TURN - STEP, BALL STEP, BALL STEP, BALL STEP, TWIST, TWIST, BALL STEP $\frac{1}{4}$, BALL STEP $\frac{1}{4}$

- 1&2 Starting a $\frac{3}{4}$ turn to right - step slightly forward on right, step left behind right (on ball of left), step right in place turning to right
- &3 Step left behind right (on ball of left), step right in place turning to right
- &4 Step left behind right (on ball of left), step right in place turning to right
- Steps 1-4 are executed while turning to right to complete a $\frac{3}{4}$ turn (end at 3:00)**
- 29 Twisting heels to right (in place) turning $\frac{1}{2}$ to left - weight on left (now at 9:00)
- 30 Twist heels to left (in place) turn $\frac{1}{2}$ to right - weight on right (now at 3:00)
- &31 Ball step - step left next to right (on ball of left), step right in place turning $\frac{1}{4}$ to right
- &32 Ball step - step left next to right (on ball of left), step right in place turning $\frac{1}{4}$ to right (ending at 9:00)

PART C (16 COUNTS)

LAMBADA - PRESS, PUSH, STEP, PRESS, PUSH, STEP, KICK $\frac{1}{4}$, TRIPLE IN PLACE, KICK $\frac{1}{4}$, TRIPLE IN PLACE - REPEAT

- 1&2 Step ball of left slightly to left, push hips to left, step left next to right
- 3&4 Step ball of right slightly to right, push hips to right, step right next to left
- &5&6 While turning $\frac{1}{4}$ to left - kick left forward(&), triple in place left right left (5&6)
- &7&8 While turning $\frac{1}{4}$ to right - kick left forward(&), triple in place right left right (7&8)
- 9-161-8 Repeat steps 1-8 of part c (end at 9'oclock)

I borrowed parts of my dance "D.A.RIGHT.E. To Mambo" for Solambada. Those of you who know D.A.RIGHT.E. will know what I mean. Although I have always enjoyed this song (Lambada by Kaoma), the dance itself was inspired by the Wildman - thanks Louie, I hope you like it
