

Samba Belinda

Compte: 32

Mur: 2

Niveau: Improver / Intermediate



Chorégraphe: Cato Larsen (NOR) - 29 August 2021

Musique: Belinda - Marcus & Martinus & Alex Rose : (CD: Marcus & Martinus - 2021)

Intro: Start the dance at vocals after 16 counts of intro. (10 seconds).

Motion: Cuban Motion (Samba)

Tempo: 90 BPM.

SOD: Speed of Dance; Normal.

Dance nr: 153 (of Cato's Choreography's)

[1 - 9] Step, Side Rock & Cross, Side Rock & Cross, 1/4 Pivot turn twice, Cross, Side Rock & Cross.

- 1 Cross right over left (1). 12:00
- 2&3 Step left to left side (2), Rock (recover) back again onto right (&), Cross left over right (3).
- 4&5 Step right to right side (4), Rock (recover) back again onto left (&), Cross right over left (5).
- 6 Turn (pivot) 1/4 turn right Stepping back on left (6).
- &7 Turn (pivot) 1/4 turn right Stepping right to right side (&), Cross left over right (7). 3:00
- 8&1 Step right to right side (8), Rock (recover) back again onto left (&), Cross right over left (1). 6:00

[10 - 17] Samba Whisk's, Volta turn full turn.

- 2 Step left to left side (2).
- a3 Cross right behind left (a), Rock (recover) forward again onto left (3).
- 4 Step right to right side (4).
- a5 Cross left behind right (a), Rock (recover) forward again onto right (5).
- 6 Turn 1/4 turn left Stepping forward on left (6). 3:00
- a Turn 1/4 turn left Stepping right slightly to right side (a). 12:00
- 7 Cross left slightly diagonally across of right (7).
- 0a Turn 1/4 turn left Stepping right slightly to right side (a). 9:00
- 8 Cross left slightly diagonally across of right (8).
- a Turn 1/4 turn left Stepping right slightly to right side (a). 6:00
- 1 Cross left slightly diagonally across of right (1).

[18 - 25] Side, Sailor Step, Ball-Cross, 1/4 Pivot turn twice, Bota Fogo.

- 2 Step right to right side (2).
- 3&4 Cross left behind right (3), Step right slightly right (&), Step left slightly left side (4).
- &5 Step right next to left (&), Cross left over right (5).
- 6 Turn (pivot) 1/4 turn left Stepping back on right (6). 3:00
- 7 Turn (pivot) 1/4 turn left Stepping left to left side (7). 12:00
- 8 Cross right over left (8).
- a1 Step left to left side (a), Rock (recover) back again onto right (1).

[26 - 32] Fallaway, Bota Fogo, Cross Shuffle.

- 2 Cross left diagonally across of right (2). 1:30
- & Step right to right side (&). 12:00
- 3 Cross left diagonally behind right (3). 10:30
- 4 Step right diagonally back right (4). 10:30
- & Turn 1/8 turn left Stepping left to left side (&). 9:00
- 5 Cross right diagonally across of left (5). 7:30
- 6 Step forward on left (6). 7:30

a7 Turn 1/8 turn left Stepping right to right side (a), Rock (recover) back again onto left (7).
8& (1) Cross right over left (8), Step left to left side (&), Cross left over right (1).
The 1 on the Cross Shuffle, is the first step on the new wall.. Ref. count 1, section 1.

No tags, no restarts.

www.catolarsen.com

www.western-entertainment.no

email: cl@western-entertainment.no
