

# Sambas and Sailors

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Sue Ayers (USA) - May 2024

Musique: Lovely Day - Bill Withers



Intro: Lovely Day — 20 seconds/32 counts in just before lyrics begin

**NO TAGS or RESTARTS!**

## **SEC 1 — WALK, WALK, FORWARD MAMBO, BACK, BACK, COASTER STEP**

- 1-2 Step R forward (1) step L forward (2)
- 3&4 Rock forward on R (3) recover weight to L (&) step R back (4)
- 5-6 Step L back (5) step R back (6)
- 7&8 Step L back (7) step R together next to L (&) step L forward (8)

## **SEC 2 — CROSS SAMBA, CROSS SAMBA, JAZZ BOX 1/4 RIGHT (3:00)**

- 1&2 Cross R over L (1), rock L back and to left of R (&), recover on R facing right diagonal (2)
- 3&4 Cross L over R (3), rock R back and to right of L (&), recover on L facing left diagonal (4)
- 5-6 Step R across L (5), step L back (6)
- 7-8 Step R 1/4 turn to right (7), step L slightly forward (8) (3:00)

## **SEC 3 — 3/4 RIGHT TURNING WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE (12:00)**

- 1-2 Step 1/8 turn right on R (1), step 1/8 turn right on L (2) (6:00)
- 3&4 Step 1/8 turn right on R (3), step L next to R (&), step 1/8 turn right on R (4) (9:00)
- 5-6 Step 1/8 turn right on L (5), step 1/8 turn right on R (6) (12:00)
- 7&8 Step L forward (7), step R next to L (&), step L forward (8)

## **SEC 4 — TAP FORWARD, TAP SIDE, SAILOR, TAP FORWARD, TAP SIDE, SAILOR 1/4 LEFT (9:00)**

- 1-2 Tap R toe forward (1), tap R toe to right (2)
- 3&4 Sweep R foot behind L (3), step L to left (&), step R to right (4)
- 5-6 Tap L toe forward (5), tap L toe to left (6)
- 7&8 Sweep L behind R turning 1/4 left (7), step R to right (&), step L to left (8) (9:00)

Last Update: 26 May 2024

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