

Learn To Samba

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Chica Bacilona - Yano : (Google Play / iTunes / AmazonMP3)



Intro: 32 cts (started dance during instrumental portion before vocals; danced through w/o Restart which was preferred by the practice group (beginner level)---worked out well, as demo shows.

S1: FORWARD R & L CROSS SAMBAS (AKA BOTAFOGAS)

1a2 Cross R over L, Step L slightly to L Side (a), Step R Step in place (weight on right)
3a4 Cross L over R, Step R slightly to R Side (a), Step L Step in place (weight on left)
5a6 Cross R over L, Step L slightly to L Side, (a), Step R Step in place (weight on right)
7a8 Cross L over R, Step R slightly to R Side (a), Step L Step in place (weight on left)

S2: 1/2 R TURN: CIRCULAR VOLTAS, L FORWARD ROCK, L COASTER STEP

1a2 1/4 R Turn: R Step Forward , L Ball Step behind R (a), 1/4 R Turn: R Step Forward (weight on R)
a3 L Ball Step behind R (a), Step R Forward (weight on R)
a4 L Ball Step behind R(a), Step R Forward (weight on R)
5-6 L Rock Forward, Recover R
7&8 L Step Back, R Step next to L, L Step Forward

S3: SAMBA BASIC R L R L (AKA WHISKS)

1a2 R Step to Right Side, L Ball Step behind R (a), R Step in Place (weight on right)
3a4 L Step to Left Side, R Ball Step behind L (a), L Step in Place (weight on left)
5a6 R Step to Right Side, L Ball Step behind R (a), R Step in Place (weight on right)
7a8 L Step to Left Side, R Ball Step behind L (a), L Step in Place (weight on left)

S4: 1/4 R TURN: R & L TOE HIP HEEL 2X

1a2 1/8 R Turn: R Toe Hip (a) Drop Heel
3a4 1/8 R Turn: L Toe Hip (a) Drop Heel
5&6 R Toe Hip (a) Drop Heel
7&8 L Toe Hip (a) Drop Heel (weight on left)

Have fun dancing the Samba!

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