

More Than Anything Samba

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mandy Epprecht (CAN) - February 2021
音乐: Mas Que Nada - Nossa



Mambo Fwd and Back, Bota Fogo, Volta with flick

1&2 Fwd R, replace weight to L, back R,
3&4 Back L, replace weight to R, fwd L
5&6 Fwd R, L to side, replace weight to R,
7&8 Cross L over R, R to side, cross L over right and flick R back

Mambo ½ Turn Left, Mambo Fwd, Syncopated Mambo Back L

1&2 Fwd R, ½ turn L, tap R to L (6:00)
3&4 Fwd R, replace weight to L, back R
5&6& Back L, replace weight to R, Fwd L, replace weight to R,
7&8 Back L, replace weight to R, Fwd L

Fwd Locks, ½ Turn R, ½ turn with Sweep

&1-2 Close R to L, R ball of foot slightly behind L (&), step fwd L (1), hold (2)
&3-4 Close R to L, R ball of foot slightly behind L (&), step fwd L (3), hold (4)
&5&6 Close R to L, R ball of foot slightly behind L (&), fwd L (5), close R to L, R ball of foot slightly behind L (&), fwd L (6)
7,8 ½ turn R, step fwd R (count 7, 12:00), fwd L, ½ turn R, sweeping R foot behind L (6:00)

Behind, Side Across, Hip Bumps on L and R

1&2 R behind L, L to side, R fwd and across L
3&4 Press L ball of foot diag fwd, rock part weight, with lifted hips fwd and back
5&6 L behind R, R to side, L fwd and across R
7&8 Press R ball of foot diag fwd, rock part weight with lifted hips fwd and back

Sailor Shuffle X 2, Sailor Shuffle with ¼ turn R, Paddle ¼ turn

1&2 Back R, L to side, replace weight to R
3&4 Back L, R to side, replace weight to L
5&6 Back R, ¼ turn R, replace weight to L, R fwd and across L (9:00)
7,8 Fwd L, ¼ to R, replace weight to R (12:00)

Tap Steps, Kick, Tap Steps, Kick, Out, Out

1&2& Tap L ball of foot fwd, close L to R, Tap R ball fwd, close R to L
3&4& Kick L fwd and across R, close L to R, tap R ball fwd, close R to L
5&6& Tap L ball fwd, close L to R, Tap R ball fwd, close R to L
7&8 Kick L fwd and across R, step L to side, step R to side

Hip Circle, Side Step, Cucarachas L and R

1,2 Circle hips counter clockwise from L to R, end with weight split
&3,4 Close R to L (&), step L to side (3), hold 4 - alternative - close R to L (&), point L to side without weight (3), transfer weight to L with hip circle (4)
&5&6 Close R to L (&), L to side (5), replace weight to R (&), close L to R (6)
7&8 R to side, replace weight to L, close R to L

Whisk to Left and Whisk to Right, Circular Volta to L with 1 ¼ Turn

1a2 L to side, R crosses behind L, replace weight to L
3a4 R to side, Left crosses behind R, replace weight to R

5a6 Cross L in front to R, $\frac{1}{4}$ turn L, (5), R to side(a), L across R turning $\frac{1}{2}$ to L (6) (3:00)
a7a8 R to side (a) (12:00), L across R turning $\frac{1}{4}$ to L (7), R to side (a), L across R turning $\frac{1}{4}$ to L
(9:00)

Two easy restarts -

Wall 2, after 16 counts. Restart at 3:00

Wall 4, after 16 counts, Restart at 6:00

Enjoy!! mandysdance1@gmail.com
