

Gostoso Samba

拍数: 32 墙数: 4 级数: Improver
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音乐: Gostoso Samba - Bernardo Lafonte



No tag No restart

Sec 1 : R-L Stationary Samba, R-L Cross Samba

1 a2. RF Step Fwd, LF next to the RF, RF recover
3 a4 LF step back, RF next to the LF, LF recover
5 a6 RF cross over LF, LF step side, RF recover
7 a8 LF cross over RF, RF step side, LF recover

Sec 2 : Volta 3/4 Turn R , L-R Whisk

1 a2 1/4 turn R RF step fwd, LF step lock behind, 1/4 turn R RF step fwd
a3. LF step lock behind, 1/8 turn R RF step fwd
a4 LF step lock behind, 1/8 turn R RF step fwd (facing 9.00)
5 a6 LF step side, RF behind, LF recover
7 a8 RF step side, LF behind, RF recover

Sec 3 : Hip Roll, Diamond

1-2 LF stomp & hip roll counter clockwise
3,4 Hip roll x2 counter clockwise
5 a6 RF Cross over LF, 1/8 turn R LF step back, 1/8 turn R RF step back & LF hitch (facing 12.00)
7 a8 LF cross behind, 1/8 turn R RF step fwd, 1/8 turn R LF step fwd (facing 3.00)

Sec 4 : Batucada

1, 2 RF touch fwd pressing big toe & turn hip out, RF close together
3- 4 LF touch fwd pressing big toe & turn hip out, LF step back
5& RF touch fwd pressing big toe & turn hip out, RF step back
6& LF touch fwd pressing big toe & turn hip out, LF step back
7& RF touch fwd pressing big toe & turn hip out, RF step back
8& LF touch fwd pressing big toe & turn hip out, LF close together

Happy Dancing & stay safe

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