

Samba LDIB 3

拍数: 56 墙数: 4 级数: Easy Intermediate Samba
编舞者: Lusiana Marmunah (INA) - June 2021
音乐: Cheap Thrills (feat. Sean Paul) (André Remix) - Sia : (or all samba songs)



Intro: 16 Count - No Tag - No Restart

SEC 1: SAMBA WHISK (RIGHT, LEFT, RIGHT, LEFT)

1a2 Step RF to right side, Cross LF behind RF, Step RF in place
3a4 Step LF to side, Cross RF behind LF, Step LF in place
5a6 Step RF to right side, Cross LF behind RF, Step RF in place
7a8 Step LF to side, Cross RF behind LF, Step LF in place

SEC 2: (SAMBA STEP, BOTA FOGO)X2

1a2 Step RF forward, Small step LF forward, Step RF in place
3a4 Cross LF over RF, Step RF to right side, Step LF to left side
5a6 Step RF forward, Small step LF forward, Step RF in place
7a8 Cross LF over RF, Step RF to right side, Step LF to left side

SEC 3: SYNCOPATED CROSS SHUFFLE, HIPS ROLL

1a2a Cross RF over LF, Step LF to left side, Cross RF over LF, Step LF to left side
3a4 Cross RF over LF, Step LF to left side, Cross RF over LF
5-8 Hips Roll for 4 counts

SEC 4: ½ LEFT SYNCOPATED CROSS SHUFFLE, HIPS ROLL

1a2a Make ½ left turn cross LF over RF, Step RF to right side, Cross LF over RF, Step RF to right side
3a4 Cross LF over RF, Step RF to right side, Cross LF over RF
5-8 Hips Roll for 4 counts

SEC 5: FULL TURN RIGHT, SHIMMY SHOULDER, FULL TURN LEFT, SHIMMY SHOULDER

1a2 Make ½ right turn step RF forward, Make ½ right turn step LF back, Step RF forward
3a4 R Shoulder forward while L Shoulder back, L Shoulder forward while R Shoulder back, R Shoulder forward while L Shoulder back
5a6 Make ½ left turn step LF forward, Make ½ left turn step RF back, Step LF forward
7a8 L Shoulder forward while R Shoulder back, R Shoulder forward while L Shoulder back, L Shoulder forward while R Shoulder back

SEC 6: BOTA FOGO (RIGHT, LEFT, RIGHT), LEFT ROLLING GRAPEVINE

1a2 Cross RF over LF, Step LF to left side, Step RF in place
3a4 Cross LF over RF, Step RF to right side, Step LF in place
5a6 Cross RF over LF, Step LF to left side, Step RF in place
7a8 Make ¼ left turn step LF forward, Make ½ left turn step RF back, Make ¼ left turn step LF to left side

SEC 7: BACKWARD SAMBA, FORWARD SAMBA, ¼ LEFT BACKWARD SAMBA, FORWARD SAMBA

1a2 Step RF back, Step on ball of LF next to RF, Step RF in place
3a4 Step LF forward, Step on ball of RF next to LF, Step LF in place
5a6 Make ¼ left turn step RF back, Step on ball of LF next to RF, Step RF in place
7a8 Step LF forward, Step on ball of RF next to LF, Step LF in place

Begin Again & have Fun!

For more information about this dance please contact: gieprod@yahoo.com
