

# Liberate Love

拍数: 76      墙数: 2      级数: Phrased Intermediate Contra dance  
编舞者: Edie Milligan Driskill (USA) - 1 February 2022  
音乐: Liberate Love - Ndlovu Youth Choir



3rd Place Phrased - 2022 Ft Wayne Dance For All Choreography Competition  
#16 ct intro - Sequence: A, B, B-, A, B, B-, A-, B, B, B, A

Dancers begin in two lines facing a partner about six feet apart.

## SECTION A 40 cts. One Wall (dancers do not change sides of the contra lines) SAMBA WHISKS RIGHT AND LEFT, SAMBA BASICS FORWARD AND BACK

1a2            Step right to side, ball step left behind right, return weight to right.  
3a4            Step left to side, ball step right behind left, return weight to left.  
5a6            Hop right forward, ball step left next to right, return weight to right.  
7a8            Hop left back, ball step right next to left, return weight to left.

## TURNING BOTA FOGA, SAMBA WALK, ROCK STEP, WALK BACK R&L

1a2            Step right across left, ball step left to side, return weight to right turning  $\frac{1}{4}$  right. (3:00)  
3a4            Step left forward, ball step right in place, return weight to left.  
5-6            Rock right forward, recover to left.  
7-8            Step right back, step left back.

## TOE PIVOT, STEP 1/2 PIVOT, STEP, 3/4 LEFT PUSH TURN

1-2            Extend right toe behind, turn  $\frac{1}{2}$  right, taking weight on right. (9:00)  
3-4            Step left forward, turn  $\frac{1}{2}$  right stepping forward on right. (3:00)  
5-6            Step left forward, keep weight on left, use right toe forward to pivot  $\frac{1}{4}$  left. (12:00)  
7-8            Use right toe forward to pivot  $\frac{1}{4}$  left, repeat (6:00)

## CROSS POINTS R&L, STEP TOUCH, HALF TURN STEP TOUCH

1-2            Step right across left, point left to side.  
3-4            Step left across right, point right to side.  
5-6            Step right forward, tap left foot behind right, snap.  
7-8            Turn  $\frac{1}{2}$  left stepping left forward, tap right foot behind left, snap. (12:00)

## REPEAT FIRST 32 COUNTS

## SECTION A (CONT)

### VOLTAS TO RIGHT, JAZZ TRIANGLE WITH STOMP UP

1&2&3&4      Turn full circle to right: step right, ball step left behind, step right, ball step left behind, step right, ball step left behind, step right. (12:00)  
5-6-7-8      Cross left across right, step right back, step left to side, stomp up right.

### SECTION A- 16 cts (the music keeps same tempo, but loses beat)

1-15          SAME AS SECTION A (3:00)  
16            Turn  $\frac{1}{4}$  left, stepping left to side. (12:00)

## SECTION B 32 cts. Two Wall (dancers change sides of the contra lines)

### BOTA FOGOS RIGHT AND LEFT, SAMBA WALKS R&L IN HALF CIRCLE

1a2            Cross right in front of left, ball step left to side, return weight to right moving slightly forward.  
3a4            Cross left in front of right, ball step right to side, return weight to left moving slightly right and forward to now be on right of partner, facing opposite directions. Raise left hand to connect palms, or keeping distance between hands, if preferred.

- 5a6 Circling partner to left, step right forward, ball step left in place, return weight to right. (9:00)  
7a8 Continuing to circle partner to left, step left forward, ball step right in place, return weight to left. (6:00)  
[partners have now changed places]

### **WALK HALF CIRCLE, ½ TURN TOE STRUT BUMP, SAMBA WALK BACK**

- 1-4 With left hand still up to partner, walk right, left, right, left in half circle to left. (12:00)

**[partners are now back in original place where they took hands]**

- 5& Put right toe across left bumping right hip, bump left. (10:30)  
6 Pushing off partner, turn ½ left taking weight on right. (4:30)  
7a8 Sweep left back, right ball step in place, step left back.

### **SAILOR STEP, ½ TURNING SAILOR STEP, BOTA FOGOS RIGHT AND LEFT**

- 1&2 Sweep right to step behind left squaring up, step left to left, step right forward. (6:00)

**[partners are now facing each other from opposite lines]**

- 3&4 Sweep left to step behind right, pivot ½ left, step right to right, step left in place. (12:00)  
5a6 Step right in front of left, step left to left, step right slightly back.  
7a8 Step left in front of right, step right to right, step left slightly back.

### **STEP POINTS, SLOW CROSS UNWIND**

- 1-2 Step right in front of left, point left to left  
3-4 Step left behind right, point right to right  
5-8 Cross right toe in front of left, sharing weight. Slowly pivot ½ left, bounce heels three times.  
Wave arms from right to left ending over head on "sunrise" (6:00)

### **SECTION B- 20 cts.**

- 1-16 SAME AS SECTION B

### **LEFT JAZZ BOX (starting with step back)**

- 17-20 Step right back, step left to side, step right forward, step left across right.

### **Music Available on Apple Music, Amazon, Ubetoo, Spotify**

**NOTE: The Ndlovu Youth Choir began as an after-school choir in South Africa and gained international acclaim when they made it to the top ten of Season 14 of America's Got Talent. They continued to produce music during the pandemic but have been unable to travel. This song was selected as the theme song for this year's National Day of Racial Healing in the US. Please support them by purchasing their music and letting your students know who they are.**

**NOTE: You will hear the 1a2, 3a4 African beats in the music and I have used the notation to reflect that you will be dancing to those beats. For those who are new to that notation, the "a" defines the beat between the "&" and the next full beat. So there is a delay in dancing the "a" beat between the full beats, as compared to the "&" beat you are comfortable with in many other rhythms.**

**NOTE: I have used descriptive terms that relate to Samba moves that are used by American ballroom instructors. These terms may have no connection to the original Samba dance introduced to Brazil by enslaved Africans.**

**Last Update - 12 Mar 2022 r2**

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